WAFCS NEWSLETTER

WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

Founded in 1921 | Spring/Summer, 2022 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.

WAFCS PROUD

2022 WAFCS New Achiever Miranda Stroik, CFCS



her Master's degree in Education.

2022 WAFCS Teacher of the Year Susan Strutz, CFCS



2022 WAFCS Leader Diane Ryberg



The Wisconsin Association of Family and Consumer Sciences (WAFCS) New Achiever for 2022 is Miranda Stroik, CFCS (Certified Family and Sciences). Miranda was awarded this prestigious award at the WAFCS state conference held in Onalaska, WI at the Stoney Creek Hotel and Conference Center held on March 3rd and 4th. She is the Family and Consumer Sciences teacher for the DC Everest School District. She attended the University of Wisconsin-Stevens Point for her bachelor's degree in Family and Consumer Sciences Education, Health Education and

As of December 2021, Miranda is a Servsafe instructor and proctor with National Restaurant Association. She was a local adviser for both Career, Community Leaders of America (FCCLA) and Health Occupations Students of America (HOSA) while teaching at Sheboygan North. At her new placement, DC Everest Senior High, she started a HOSA chapter. Miranda has also served as a state HOSA adviser in 2018 and 2019. Miranda has chaperoned and judged at the 2019 HOSA International conference at Orlando in 2019. She also chaperoned and judged for the FCCLA National Conference at Anaheim in 2019. It takes major effort and commitment to be an adviser for both FCCLA and HOSA).

While teaching at North, She was an active member of the Lakeshore Technical College Culinary Advisory Committee. Other trainings Miranda has participated in are: Shaken Baby Syndrome (for which she is certified), Positive Behavior Intervention System (PBIS) training, and has completed phases I and 2 for the American Red Cross FAST program for

train the trainer. Recent webinars include a geriatric curriculum for teaching "Sensitivity and Care Across the Life Span" and "Tips for Starting a Hydroponics Program".

Miranda initiated Sheboygan North's Dual-Credit course offerings with Lakeshore Technical College Health Science's department. Her design and implementation of curriculum has benefited specific cognitively disabled and multiple language students.

Miranda's commitment to the profession and WAFCS is clear. In her role as New Membership representative, Miranda worked with the membership team to build the WAFCS Leadership Academy. As a conference planning co-chair, Miranda has assisted in the planning of this year's excellent 2022 conference. The pre-conference (Pathway Palooza) and coordination with sponsors and expo partners highlights her leadership and organizational abilities now and in the future. We look forward to her continued Leadership with WAFCS.

One interesting volunteer activity, perhaps unknown to many, is her dedication to the Foundation for Hope in Africa. Miranda has been the project manager for two missionary trips to Africa, one to Malawi and one to Tanzania. She was the team lead to organize manage and support group members to test and donate over 2000 pairs of prescription eye glasses to those in need.

Words used in a letter of recommendation for Miranda are enthusiasm, inspiration, positivity, innovation, collaboration, pioneering and above all, a dedicated leader in the Family and Consumer Sciences (FCS) and Health Sciences profession.

Congratulations to Miranda Stroik, CFCS, 2022 WAFCS New Achiever of the Year! Miranda will be nominated to the American Association of Family and Consumer Sciences (AAFCS) organization for the 2023 National AAFCS New Achiever Award!

The Wisconsin Association of Family and Consumer Sciences (WAFCS) Teacher of the Year for 2022 is Susan Strutz, CFCS (Certified Family and Consumer Sciences). Susan teaches middle and high school for the Wisconsin Dells School District. She is the adviser to the Family and Consumer Sciences (FCS) Leaders in Action Dells Designs leadership group. She earned her Bachelor of Science degree from UW-Stevens Point and her Master of Arts in Education from Viterbo University in LaCrosse. With numerous DPI licenses, Susan also has additional certifications and training in the following areas: ServSafe: Food Protection Manager; Google Level 1 Certification; Population Education Trainer; Shaken Baby Syndrome and Abusive Head Trauma Trainer; as well training as a Food Literacy Educator. Susan is a Dual credit instructor and has added Dual Enrollment options to existing courses with Fox Valley Technical College for Health-Safety-Nutrition, and Advanced Foods.

Susan collaborated with the Agri-Science program to grow and procure fruits and vegetables and also to fillet and prep fish from an aquaponics system. Her signature program focuses on "Food Sustainability". It's a nine week curriculum entitled "Food Stories: Where Food Comes From". The basic premise is to "plant a seed" in students to be conscious food consumers. The "Food Stories" curriculum enables students to calculate food miles when comparing and industrial food system to a local food system. Students are challenged to research what is "sustainable" in their community, regionally and globally. Core concepts include food: production, processing/distribution, preparation, sustainability and values. In 2020, Susan wrote a food sustainability lesson for the Wisconsin and Minnesota Pork Boards with support from the National Pork Board.

As many learners are drawn to processed foods, many are less aware that their foods came from places others than the grocery store. She connected her lessons to the National FCS Education Standards. Susan secured a Whole Foods Foundation grant to create a school garden. This created collaboration between the Agri-science, Biology and FCS programs. Together they designed and planted the space. The garden was also used for six sessions of elementary students during summer school. Students learned about different plants and cooking with garden produce.

Susan co-advises a Wisconsin Dells FCS Leaders group. She began a "Dells Design" student group which focuses on Community service. Their collaboration with the American Legion Auxiliary and fashion students, created four "Quilts of Valor" for veterans. Not only did they sew the quilts, the students were taught to properly present the quilts during the Veteran's Day assembly. Another project teamed up with a 4K class to make felt monsters based on the children's art work. Her students have used their skills to make pillowcases for "Ryan's Case Smiles Project" at the WAFCS conference in Onalaska, WI at the Stoney Creek Hotel and Conference Center held on March 3rd and 4th. This is where Susan received this prestigious award.

Another initiative that resulted from moving to a new high school in 2020 with lots of "green space" was collaboration with the Agri-Science program, to utilize gardens, the greenhouse and the aquaponics system. Another collaborative opportunity is the "Happy Kids Network" which oversees a "Vine Street Market" at the high school. The market is open 2-4 PM weekdays for students and families. The market receives a weekly shipment of food from Second Harvest.

Words from recommendation letters include: the "stars aligned" when she joined our team; a game changer; mentor; valuable collaborator; influential; inspirational; innovative; passionate; energetic and enthusiastic.

Congratulations to Susan Strutz, CFCS, 2022 WAFCS Teacher of the Year! Susan will be nominated to the American Association of Family and Consumer Sciences (AAFCS) for the 2023 National AAFCS Teacher of the Year Award!

Diane Ryberg, is the recipient of the 2022 Wisconsin Association Family Consumer Sciences (WAFCS) Leader Award. She was recognized at the WAFCS Awards Celebration on Thursday, March 3. The Leader Award was established to identify and honor Family and Consumer Sciences (FCS) professionals who have made significant contributions to the field through their involvement with WAFCS.

Diane is an education consultant and state FCCLA adviser for the Department of Public Instruction where she reviews Carl Perkins, STEM, Personal Financial Literacy, FCS Standards and Assessment. She is instrumental in providing workshops and trainings for FCS teachers in all curriculum units of study. Diane's role in the DPI is an asset for WAFCS, as she serves as a liaison providing professional staff development and leadership in family and consumer sciences education programs for Wisconsin school districts.

Diane has gained recognition in Family and Consumer Science Education programs by developing partnerships with business and industry and by providing leadership to students and teachers on the integration of FCCLA in the FCS classroom. She has co-written articles that showed rigor and relevance in the areas of early childhood programs, personal finance, and ACTE.

WAFCS has been fortunate to have Diane as one of our leaders at the Dept of Public Instruction. Her support on WAFCS projects is critical as she shares her knowledge in learning opportunities. WAFCS congratulates Diane Ryberg with this prestigious award!

Congratulations 2022 AAFCS Award Winners



Donna Dinco, 2021 WAFCS Leader, has been notified that she will receive the 2022 AAFCS Leader Award at the national conference in Orlando, FL June 25-27, 2022. Michael Westbrook, CFCS, 2021 WAFCS New Achiever, has been notified that he will receive the 2022 AAFCS New Achiever Award at the national conference in Orlando, FL June 25-27, 2022.





Congratulations, Barbara George, CFCS

recipient of

2022 AAFCS Distinguished Service Award

Wisconsin is proud to announce that Barbara George, CFCS will receive the 2022 AAFCS Distinguished Service Award at the national conference in Orlando,.FL, June 25-27.

More information about Barbara's accomplishments will be forthcoming in future newsletters

A message from your president:

The 2022 WAFCS Annual Conference was a delightful event featuring the new pathway palooza, fantastic keynote speakers, engaging breakout sessions, and the Wisconsin showcase. It was jampacked with fun and educational opportunities. Thank you to the conference chairs, Julie Anderson, Michael Westbrook, and Miranda Stroik, for your hard work and everyone else who helped make the conference a success. We are pleased to announce that the co-chairs will once again chair the conference and host the WAFCS Conference on March 2,-3, 2023 at the Stoney Creek Hotel in Onalaska. After the 2023 WAFCS conference, we will start a rotation to different parts of Wisconsin.



It's hard to believe our annual AAFCS conference is next month, and I hope to see many of you in Orlando, Florida, from June 25th to 27th. If you cannot attend in person, consider joining us virtually at the AAFCS conference. WAFCS members will celebrate our Wisconsin award winners, and some of our WAFCS members will also be presenting at the AAFCS conference sessions. I will be speaking about service-learning at the FCS fast-talks sessions and would love for you to join me! It is sure to be a fun "workcation".

Your WAFCS President, Emily Larson

2022 Conference Highlights



WAFCS Goal Surpassed

700+ Pillow Cases Delivered

Thank You to the 55 WAFCS members plus FCCLA chapters, FCS classes, and community volunteers that supported the 2021 – 2022 service project. The members at the "Stop & Sew" action center at the annual conference completed 58 pillow cases. A donation of 33 yards of fabric was made at the conference and this resulted in 51 pillow cases being made after the conference.

During the month of March deliveries were made to the two "Ryan's Case for Smiles" Wisconsin coordinators – Joleen Adkins (Madison) & JoAnne Haasch (Milwaukee).

Why was a service project important to WAFCS leadership? The WAFCS mission includes supporting professionals that work with families and communities to make informed decisions that lead to optimum quality of life/well being. It was time to "walk the talk" and use FCS skills to provide a service to families in need. When FCS professionals have a common goal it enhances our connectedness and encourages more collaborative efforts in the future.

Will WAFCS have a service project for 2022 – 2023? Interested members are encouraged to contact WAFCS President, Emily Larson/Charlene Kelly, or any board member to volunteer



"Ryan's Case for Smiles" is a nonprofit association that provides pillow cases to children undergoing cancer treatments. Plus vital resources for families are supplied to families with these children.

I would like to thank you for all your hard work and time organizing this pillowcase drive. The efforts of all involved are greatly appreciated by our organization. I deliver and donate about 200 pillowcases a month to Children's Hospital, Milwaukee and Neenah.

I am more than thrilled to receive this donation. In this time in our difficult world affairs it is great to see the hard work of these students and professionals.

Thank you again.

Joanne Haasch

<u>cases2smile4@gmail.com</u>



The Stop and Sew simulation during the WAFCS Expo on March 3 resulted in 58 pillow cases being completed during that two-hour period.

Thanks to one and all for their assistance.

700+ pillow cases have been completed by WAFCS and donated to "Ryan's Case for Smiles" project coordinators in Wisconsin.





April 14, 2022

Janet Powell, Executive Director WI Affiliate of the American Assn. of Family & Consumer Sciences 5605 Barton Road Madison, WI 53711-3420

Dear Janet,

Thank you so much for your generous donation of 645 pillowcases to our Milwaukee & Madison chapters. We truly appreciate your commitment to provide comfort to children with life-changing illnesses and injuries, and their families. With your help, they will receive the support of whimsical pillowcases, sibling Coping Boxes and access to our web-based resources, CopingSpace and JustSibs.

"My son Charlie is a frequent visitor to the hospital ... During his most recent visit, we entered the hospital room and found the most beautiful pillowcase on his bed. Many thanks to your organization for providing something so thoughtful. It helps to make the room feel more cozy and really put a smile on my son's face. Hospital visits are never easy and little things like a simple pillowcase can make such a BIG difference. Thanks so much for your amazing thoughtfulness."- A Grateful Family



Thank you again for your generous donation. It means the world to children, like Charlie, and their families who benefit from our programs.

Sincerely,

Melisa Rush

Melissa Lusk
Executive Director
Melissa@caseforsmiles.org

Wow! What an amouging community project. We a gratiful to receive the fruits of your labor o organization. Thank you to all involved. It is amonging to thish about the children

Ryan's Case for Smiles is a registered 501(c)3 corporation, and your gift is tax-deductible based on IRS and state law. No goods or services were exchanged for this contribution. Please keep

this letter for your tax records.

of a pulloward a smile!

WAFCS has another 56 pillow cases to turn in thanks to the efforts of a volunteer. These pillow cases were made from the donation of 33 yards of fabric we received at the 2022 annual conference. Those additional 56 pillow cases raise the WAFCS total to over 700.

Some of our Exhibitors

















Foundation Announces 2022 Awards Successful First Basket Raffle Fundraiser

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

Basket Raffle Fundraiser and Donations Enable Foundation Awards

For over 25 years, the Silent Auction was the Foundation's primary fundraiser and helped sponsor scholarships, grants, travelships, and more for student and professional WAFCS members. But we thought that it was time to "change it up" a little. Thanks to the leadership of Rita Houser, with help from Marilyn Swiontek, Carol Subera, and Jean Zeithaml, the Foundation's first attempt at sponsoring a Basket Raffle was a big success! Thanks to the members who donated 38 baskets and the 79 ticket purchasers, we were able to raise \$1,370!

An additional \$1,221 in Foundation donations were received around the time of the Annual Conference. As the Foundation awards more dollars than it generates during its fiscal year, this greatly contributes to the Foundation's ability

to make awards. We want to especially thank an Anonymous Donor who has been extremely generous to the Foundation over several years via the charitable IRA contribution, donating an additional \$1000 this past year.

The Foundation also pays WAFCS organizational membership dues (\$425) in the International Federation for Home Economics (IFHE) to support our profession at the international level. In addition, the Foundation provided a \$1,000 scholarship for a representative from an underdeveloped country to attend the IFHE World Congress in Atlanta this fall.

Scholarships and Travelships

Lauren Hayes and Ryan Lehman, both UW–Stevens Point students, were each awarded a \$500 Foundation Undergraduate Scholarship during the Awards Banquet of the WAFCS Annual Conference.

The following UW-Stevens Point students were awarded travelships of up to \$100 each to attend the 2022 WAFCS State Conference in Onalaska: Jessica Lange, Gabe Retzlaff, Laura Schechter, Kelly Yeakey, and Ryan Lehman. Chloe Allen and Amber Miller were each awarded a \$125 Professional Stipend to attend the 2022 WAFCS State Conference. Both are first-year teachers in Horicon and Sheboygan respectively.

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 this year are Donna Dinco (2021 WAFCS Leader Award), Michael Westbrook (2021 WAFCS New Achiever Award), and Kim Hart-Shatwell (2021 WAFCS Teacher of the Year). Students receiving travelships (up to \$300 each) to attend the 2022 AAFCS Annual Conference in Orlando, Florida are Noah Gaffney, Ryan Lehman, and Kelly Yeakey, all of UW—Stevens Point.

Revised Foundation Bylaws and Policies

The Foundation has revised its Bylaws and Policies to align with the recently revised WAFCS Bylaws and Policies. Proposed revised Foundation Bylaws and Policies were presented to the WAFCS Executive Board and approved at their January 6 meeting via the WAFCS Professional Development Committee.

The following is a summary of the changes/clarifications that were made to the Foundation Bylaws and Policies:

- 1. The purpose of the Foundation remains the same: to support the purposes of WAFCS.
- 2. The Foundation is now less autonomous.
- 3. The WAFCS Finance Committee has fiscal oversight of the Foundation.
- 4. The WAFCS Professional Development Committee provides program direction and support to the Foundation.
- 5. The Foundation works through the WAFCS Finance Committee and the WAFCS Professional Development Committee to report to and relate with the WAFCS Executive Board.
- 6. The Foundation Board has authority to make decisions on previously approved and budgeted "awards," such as scholarships, grants, travelships, incentive to achieve AAFCS Certification, etc. Only when the Foundation has a new proposal for a fundraising idea or award does it need to go through the appropriate WAFCS Committee and WAFCS Executive Board for consideration and approval.

Recent Donations to Honor, Support, Recognize, Memorialize, and Extend Gratitude

A donation was made by Marilyn Swiontek to honor and support Charmaine Rimple and Jeanne Schwass-Long as both continue to address health issues. Carol Anderson donated in honor of the young AAFCS/WAFCS members, especially those who were instrumental in the 2022 WAFCS Annual Conference. Sue Buck made a donation to honor and thank WAFCS Executive Director Janet Powell. Chris Kniep made a donation to the Foundation to "keep it going." Carol Subera donated in honor of the WAFCS Foundation Board for providing great professional development opportunities. Thanks for the vote of confidence, Chris and Carol! Additionally, Jeanne Schwass-Long and Virginia Hall made undesignated donations to the Foundation.

The following members made donations toward Scholarships and Travelships via their WAFCS Annual Conference registration forms: Evelyn Ditzler, Janet Powell, Cindy Quilling, Charmaine Rimple, Beth Roehl, Judy Rommel, Carol Subera, and Marilyn Swiontek.

Previously in 2021, in addition to Ruth Gibowski, Virginia Hall, and Mary Kennedy, Mary Kaye Merwin donated in memory of Arlene "Toby" Spotz. Gretchen Speerstra made a year-end donation to the WAFCS Annual Conference Keynote

Speaker Fund. A generous Anonymous Donor took advantage of the charitable IRA law, making a donation directly from an IRA without having the distribution count as taxable income.

Thank you to all for investing in the future of our association! If you would like to make a donation to the WAFCS Foundation in honor, celebration, or memory of someone special, use the donation form or donate online at the WAFCS website www.wafcs.org . All names of donors will be published in a future newsletter.

CELEBRATE GENEROSITY! Ruth Gibowski Janet Powell Karen Goebel Cindy Quilling Charmaine Rimple Thank You to 2021 Foundation Virginia Hall Mary Heisler **Donors** Jeanne Schwass-Long Rita Houser Gretchen Speerstra Carol Subera Carol Anderson Judy Jax Mary Kennedy Marilyn Swiontek Anonymous Jean Brew Chris Kniep Susan Turgeson Sue Buck Judy Knudsen Terri Williams Kayla Correll Mary Kaye Merwin Jean Zeithaml Donna Dinco Ruth Ann Potts

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Thanks to the WAFCS Foundation!

Thank you to the WAFCS Foundation for the generous gift of the WAFCS Undergraduate Scholarship. I am honored to have received this award. This scholarship will be applied to my tuition this coming semester (Fall 2022) where I am going to be student teaching. Student teaching is typically a time of financial deficits. However, because of the WAFCS Undergraduate Scholarship I will have less of a financial burden to deal with. Once again, thank you to the WAFCS Foundation for their generosity

Ryan Lehman, UW-Stevens Point, Family and Consumer Sciences Education

Dear Foundation Members,
Thank you very much for this scholarship.
This scholarship will help me achieve my
ultimate goal of becoming a Family and
Consumer Sciences Teacher, and to help
students create a healthy lifestyle for
themselves. I want to educate people that
living healthy is not a burden, and there
are so many different, fun, and unique ways
that you can achieve this. Again, thank you
so much!

Síncerely, Lauren Hayes

Thank you to the WAFCS Foundation for their generous gift of the WAFCS Student Travelship to the State Conference. Because of their generosity, I more easily afford attending the WAFCS Annual Conference and could experience the Pathway Palooza without the financial burden. Through the Pathway Palooza, I got to experience what the future of a newer CTSO, Educator Rising, is going to be, and I learned that we have many resources through the Wisconsin Beef Council that I can utilize as a future FCS teacher. Once again, thank you to the WAFCS Foundation for their generosity.

Ryan Lehman, UW-Stevens Point, Family and Consumer Sciences Education Student

To WAFCS Foundation!

Thank you for the professional stipend! I was able to enjoy the conference and learn from my peers! This has helped me in my classroom being a first year teacher! Thanks again!

Chloe Allen

Thank you to everyone who made it possible for travel ships to be available to students. I was able to attend the state conference this year for the first time, and I am so glad that I did. The conference allowed me to network with potential future colleagues and cooperating teachers, which is something I am very grateful for. Again I want to thank everyone who made this possible.

Thank you, Kelly Yeakey

For Your Information...

Watch your email for two important membership announcements -

WAFCS Elections: Soon an email will be coming with a ballot to vote for three new WAFCS Board members.

Thank you to all who have stepped up to accept a Leadership position. If you are asked, please do the same. Leaders "Model the Way", Inspire a Shared Vision, Challenge the Process, Enable Others to Act, Encourage the Heart. Kouzes/Posner

Mark your calendar: WAFCS General Membership Meeting via Zoom Tuesday, June 7, 4-5 PM

An email announcement will be sent out with a Zoom invitation to attend.

Plan to join this meeting. Meet your WAFCS Board members for 2022-2023. Meet the new WAFCS Executive Director. Learn about plans for the 2023 WAFCS Annual meeting.

Lastly..

To My WAFCS Friends,

This is the last newsletter I will be publishing as my term as executive director will end June 30. First I want to thank Cindy Quilling, chair of the awards and recognition committee, for the heart-warming "non-roast" that took place at the end of the awards and recognition banquet during the WAFCS conference. The tributes were humbling and I thank everyone for the very kind words and lovely thank you gifts.

I have truly enjoyed being the WAFCS executive director since 2014. I have learned a great deal throughout these ten years but especially important to me has been the relationships developed working with everyone from university students, new professionals, seasoned professionals and emeritus members. Family and Consumer Sciences has not only been a profession but a cadre of lifelong friendships.

I am confident my successor will do a great job in this position. Thanks for the opportunity to serve you.

Yours in WAFCS, Janet Powell







Wisconsin Association of Family and Consumer Sciences

Janet M. Powell, CFCS WAFCS Executive Director 5605 Barton Road Madison, WI 53711 608-271-0776

email: executivedirector@wafcs.org

2022-2023 Calendar of Events

June 7-4-5 pm WAFCS Gen. Membership Mtg. Zoom

June 25-27 AAFCS Annual Conf. Orlando, FL

August 15 Fall Newsletter deadline*

December 15 Winter Newsletter Deadline

March 2,3, 2023 WAFCS Annual Conference

Stoney Creek Hotel, Onalaska WI

*Send newsletter info to: executivedirector@wafcs.org

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Log on to www.aafcs.org

In this Issue

Celebrating Award Winners Page 1-4

President's Message Page 4

Ryan's Case for Smiles Page 5,6

WAFCS Conference Highlights Page 7,8

WAFCS Foundation Report Page 7-9

Recipient Thank You Page 10

For Your Information Page 11