
WAFCS NEWSLETTER

WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

Founded in 1921 | Winter, 2018 Issue



WAFCS 2018 Annual Conference

March 2 - 3, 2018

Pre-conference March 1st of 2018

Post Conference March 3, 2018

The Wintergreen Resort & Conference Center Wisconsin Dells

EARLY BIRD REGISTRATION ends Wednesday, February 7

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.

GENERAL SESSIONS

Tune up your financial wellness Friday morning with Rhonda Noordyk, representing the Women's Financial Wellness Center. Her topic "10 Attitudes and Beliefs About Money".

Discover your passion and set goals to live it every day. How? Maureen Jorgensen, Friday afternoon keynote speaker, will inspire us with money management strategies to support our desired life style.

Embrace your WAFCS travel passport as you enter Friday night's program. Experience the adventures of Sue Buck and Carol Anderson as they traveled to Antarctica. Then rotate amongst round tables, each featuring travel destinations to explore.

Update your understanding of the top 10 consumer complaints in Wisconsin. Saturday morning Michelle Reinen, Director of Consumer Protection at DATCP, will share examples of unfair, deceptive, and fraudulent practices in the marketplace.

OVER 25 BREAKOUT SESSIONS focusing on:

- ♦ Building math concepts through baking
- ♦ Traveling inexpensively
- ♦ School-based enterprises
- ♦ Teaching employability skills
- ♦ Use of technology in classroom
- ♦ "The Money As You Grow book club teaching children about money

- ✦ Food literacy training program
- ✦ Hands-on simulators to teach FCS and health sciences
- ✦ Standards based grading in FCS
- ✦ 3 R's of retirement
- ✦ Tiny houses: benefits & challenges
- ✦ Grocery shopping for maximum benefit
- ✦ Virtual farm tours as field trip alternatives
- ✦ Remodeling FCS kitchens and funding
- ✦ Entrepreneurship
- ✦ Leadership
- ✦ Financial literacy best practices
- ✦ Chair yoga to manage stress
- ✦ "food insecurity" and food pantries
- ✦ Health sciences best practices

CONFERENCE HIGHLIGHTS

- ✓ Art/Design Exhibit, Friday only
- ✓ Dialogue with Colleagues
- ✓ Drawing Prizes throughout Conference
- ✓ Silent Auction to Benefit WAFCS Foundation, Friday only
- ✓ Vendors, Friday only

SPECIALLY DESIGNED FOR STUDENT UNIT MEMBERS

- ✦ "Being a Professional on Every Step of Career Ladder" Meet Kalahari Corporate Director of Human Resources
- ✦ Speed Mentoring with veteran FCS professionals
- ✦ Fun-Filled Social Event

BEST VALUE FOR THE MONEY

- ♣ Register for conference by **Wednesday, February 7** to avoid additional cost
- ♣ Attend Saturday Post Conference at no additional cost
- ♣ Form a car pool to travel together to The Wintergreen
- ♣ Bring someone new to conference and share lodging costs

Pre-Conference, March 1 Options



Chef Susan Holding of Little French Bakery

Chef Susan Holding will prepare Gateau St. Honoré. This delicacy combines the elements of tart crust, crème patissiere, pâte a choux, and crème Chantilly. Members will be sampling this delicious pastry and conversing with Susan throughout the 3-hour session. Fee is \$35.00 and we will travel to the site via car. Seating for ten people. Register for pre-conference using same form as conference registration.

Pre-Conference, March 1 Options, continued

Fawn Creek Winery



While sampling wine you learn about how this family business has grown into the “People’s Choice for Southwest Region Venue” for two summers. No cost for wine tasting. Register for Fawn Creek Winery pre-conference option using same form as conference registration.

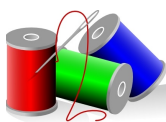
Post-Conference, March 3 (3 options)

2:15 - 5:15 pm (*Each 3 hours in length*)



Meaningful Team Building

Do you work with students, manage staff, or coach? Learn how to effectively debrief and connect your team building activities to your desired outcomes and goals. Whether you want to apply this to a unit of study in the classroom, build an effective staff training program, or host a retreat for your employees, co-workers, students, or teammates - this session is guaranteed to have you walking away with a new arsenal of icebreakers, team initiatives & communication activities as well as effective methods of connecting those activities to your outcomes and goals.



Make, Take and Teach Sewing Lab

Polish your sewing technique by making a microwaveable bowl potholder. You will take away some simple tips for teaching beginning level sewing skills. Ideas for teaching middle school or secondary classes, youth enrichment programs, or adult and community education will be shared. Materials (fabric, thread, etc.) will be supplied for you, but you will need to BYOM (bring your own machine). This session is limited to 15, so be sure to sign up early.



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

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 assessment offered by AAFCS.

1. Family and Consumer Sciences (FCS) Composite Examination
2. Hospitality, Nutrition and Food Science (HNFS) Concentration Examination
3. Human Development and Family Studies (HDFS) Concentration Examination
4. Personal and Family Finance Educator (PFFE) Examination
5. Nutrition and Wellness Educator (NWE) Examination

Demonstrate your professional competence and your commitment to professional development and register to take the exam at a reduced rate. All certification exams are registered online with AAFCS a minimum of three weeks prior to WAFCS conference.

An Invitation for R & R

Ever returned home from a conference and thought, “Wow, that was a whirlwind of information and great opportunities?” The 2018 WAFCS Annual Conference is offering for the first time Post-Conference sessions Saturday afternoon. Here is another first!

Extend your weekend at The Wintergreen Resort – invite family to join you or spend some extra time with friends. The Wintergreen will apply the conference guest room rates to your stay on Saturday evening, March 3 of 2018.

The musical “Nunsense” is being performed the evening of Saturday, March 3, at The Palace Theater in The Dells. It is a dinner show and the cost varies from \$27.95 to \$50.95 depending on location in theater. Check out the theater website at www.dellspalace.com for additional information. To ensure seating together we need to make reservations ahead of time.

OR you may want to enjoy one of the upscale restaurants in the area – Del-Bar, Embers, Double Cut at Kalahari or Kaminski’s Chop House at Chula Vista. Plus more options. Even have a relaxing evening by the pool at The Wintergreen. We hope you consider giving yourself the gift of R & R. A time to unwind, visit with friends plus reflect on the sessions you attended. Interested in attending “Nunsense”? Contact Cathy Lader at jclader@inwave.com by February 1 and she will do her best to secure seats together.

A Message from your president, Carol Subera

Welcome to 2018. The New Year is a traditional time to look back, reflect and remember the past year. WAFCS honors our past in recognizing and appreciating the contributions of our legacy members. In addition we celebrate our many active members who have been contributing to WAFCS/AAFCS for many years. However, a New Year is also a reason for looking forward and it is time to welcome and focus on our newest members. The future of WAFCS/AAFCS and the F/CS profession depends on the leadership and commitment of those who have recently entered the profession and those who are soon to graduate.

Many years separate some of our members but even though a variety of societal changes have occurred, we still have the same mission, values, and concern for the family as a basic unit of society. We still focus on family issues and dynamics. Methods may have changed in delivering F/CS information from blackboards, filmstrips, overheads and VHS tapes to smart boards, web pages, Google and smart phones but our central mission as we meet the challenges affecting the family remains steadfast. We extend a heartfelt welcome to those of you who are recent members as we look forward to working with you in your professional endeavors and your involvement in WAFCS.



Resolutions are also a traditional New Year ritual and I would like to submit the following for all of our members to consider for 2018:

- *Resolve to attend and participate in the annual WAFCS conference March 1-3*
- *Resolve to say yes when asked to take a leadership role in WAFCS*
- *Resolve to promote FCS/WAFCS/AAFCS to potential members*
- *Resolve to continue to be a role model for FCS, WAFCS and AAFCS*

Have a great start to 2018 and I hope to see many of you in at the conference. You won't be disappointed in the great program that has been put together by Cathy and her committee.



“Membership Has Its Benefits!”

Foundation Offers Membership Benefits & Encourages/Seeks Applicants

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

Scholarships and Travelships—for Students AND Professionals!

The Foundation has been supportive of student members for years in the form of scholarships and travelships to promote their attendance at State WAFCS and National AAFCS Annual Conferences. The Foundation has expanded member benefits by reaching out to our professional members. The following benefits are offered to professional and student members:

Graduate Scholarship (\$1000)—**February 15 deadline!**

Undergraduate Scholarship (\$500)—**February 15 deadline!**

Professional Stipend (three at up to \$125 each) to promote professional attendance at our State WAFCS Annual Conference—**February 15 deadline!**

Professional Travelships (three at up to \$500 each) to promote professional attendance at the National AAFCS Annual Conference—**April 1 deadline!**

Student Travelships (three at up to \$300 each) to promote student attendance at the National AAFCS Annual Conference—**April 1 deadline!**

ART & DESIGN EXHIBIT – WAFCS—2018



Enter your Art and Design items in one or both categories. Contact Bev Braun (bbraun5@new.rr.com) by February 25 with any questions.

Category A: CONFERENCE THEME—design and construct a wearable piece or home décor item with the theme of “Financial Fitne\$\$”—Trends, Innovations & Impacts. Include a statement how this project has financially affected your budget.

--Innovation—i.e. Halloween costume

--Trends—i.e. recycling, T-shirt quilt

--Impacts—i.e. upcycling an item for another season, Goodwill purchases

Category B: PROJECT RUNWAY CHALLENGE—using those non-biodegradable plastics (shopping bags, bread bags, newspaper sleeves, etc.) along with fabric, design and construct a wearable piece or a home decor item. (The whole project does not need to be made from plastic—it needs to be used in or on the project.) And, as Timm Gunn says “MAKE IT WORK!”

Tour Guides Needed for the Friday evening Travel the World Event.

Many of you have traveled the United States and the world. Volunteer to share a brief synopsis of the highlights of your trip in ten minutes or less. We need about fifteen people and only have a handful at this point. The travel could be for pleasure, family or for other recovery/mission work to any destination in the world. It's an easy and enjoyable way too have fun reminiscing with others!



Contact Mary Kennedy at: kennmaindel@gmail.com by February 15th if you have questions or can volunteer. Conversation ideas will be sent to those who are willing to share their experiences. Little if any preparation is needed.

Items Needed for One-Day Silent Auction!

The Silent Auction held during the WAFCS Annual Conference is the Foundation's primary fundraising activity. So, come prepared to "Bid HIGH and Bid OFTEN!" Please consider donating good quality items to benefit scholarships, professional grants and stipends, travelships, and WAFCS organizational membership in IFHE. "Theme" or pamper baskets are popular as well as homemade items. Re-gifting is permissible! Bring your donated items or send items by February 24 to Jean Zeithaml, 2536 E. Princeton Ave., Eau Claire, WI 54703.

Is your Membership up to date?

Benefits include reduced cost for conference attendance, access to national and state scholarships and grants, access to 80+ archived high-quality webinars, advocacy and support for the field of FCS, opportunity to achieve credentialing in several concentration areas, Journal of Family and Consumer Sciences, networking and leadership opportunities. If renewing has gotten lost in the busyness of life, RENEW NOW! Easy to do on the AAFCS website under "Who Are We".

Nyla Musser Legacy Member

Legacy Series by Carol Subera

Nyla Musser, Professor Emeritus, UW-Extension has been a member of WAFCS/AAFCS for over 60 years.

A graduate of Stout Institute, now known as UW-Stout, Nyla also earned her Master's Degree at Stout. Her career in Extension spanned 34 ½ years serving the counties of Outagamie, Jackson and Jackson/Trempealeau.

Nyla's involvement in AAFCS/WAFCS has included serving as secretary, working on many committees and attending state and national meetings.

An active participant in many community groups, Nyla has been president/vice-president of Interfaith Volunteers as well as being a volunteer driver and reader for that group. She has also been the president/vice-president of The Federation of Women, Black River Falls, active in the ELCA Lutheran Church again serving as president/vice-president, teaching Sunday school, serving as lay leader and attending state and national conferences.

Nyla was also active in 4-H, hosting an International Four-H Youth Exchange from Chili and traveling to Finland to represent Wisconsin. She served in many capacities in Wisconsin Association for Home and Community Education (Jackson County) and WEAFC/NEAFC.

Nyla's accomplishments have been recognized with her receiving the following awards:

- Distinguished Alumni Award-UW-Stout
- Distinguished Service Award AAFCS/WAFCS
- Grace Frysinger Recipient
- Local and State CAROL Award (Jaycettes)

On a personal note, one of my college friends (Nancy Nehring), who was from Jackson County, often mentioned Nyla as a role model.

Nyla observes that there is not enough recognition of the importance of life-long skills that F/CS provides in today's society. Her advice to current members- "Keep the Betty Lamp burning as FCS is one of the most valuable, educational tools our society has to reach individuals of all ages, regardless of culture or race."

We thank Nyla for her years of service and commitment to our profession.

Professional Project/Research Grant

The Foundation also continues to offer up to \$1,000 in grant money for a special project or research proposal related to the field of Family and Consumer Sciences. Applicants must hold a bachelor's degree and be a current member of AAFCS. The grant recipient will acknowledge the grantor and share his/her project/ research findings or results with the WAFCS/AAFCS membership via a WAFCS newsletter article and/or presentation at a WAFCS and/or AAFCS Annual Meeting. Preferably, the grant recipient will be present at the 2018 WAFCS Annual Conference to receive the award.

Applications for this grant are due February 15, 2018.

WAFCS Foundation Money is Cornerstone to Memory Café Initiative

What do Retired Home Economists Do?

Answer: Use their talents to develop new projects

For the last year a team of volunteers representing Waushara County's Department of Aging have been researching the feasibility of introducing the Memory Café concept to the community.

Memory Cafés (sometimes known as Memory Care Cafés) provide a fun and comfortable environment where people with mild cognitive impairment and their "care partners" can enjoy the company of others facing similar challenges and learn, laugh, and visit together. Café activities are chosen with the participants' abilities and interests in mind. Most Cafés are two hours in length and are held in an easy to access welcoming facility.

During late 2015 through the spring of 2016, Karen Wenninger, a volunteer leader for the Waushara County Dementia Support Group and I traveled around Wisconsin visiting Memory Cafés. We experienced programs in Portage, Wisconsin Rapids, Sturgeon Bay, Stevens Point, DeForest, Oshkosh, Westfield and Madison. In addition local coordinators, some paid, others volunteer, spent time with us highlighting successes and barriers in the efforts to launch Memory Cafés in their communities.

From our observations and discussions, the local Waushara County Team, built our "Best of the Best" Memory Café format, that we felt would work. The Memory Café Would be one part of an overall plan to make the county a more dementia friendly community. Projections indicate as baby boomers age, the number of individuals suffering from cognitive impairment will only increase. The term "silver tsunami" has been used for this phenomena.

Our pilot Memory Café was held on August 21st with the theme "Good Old summertime". Twelve individuals suffering from memory impairment, along with their care partners attended. Care partners can be spouses, children, paid caregivers and even neighbors or friends.

October Café was "Octoberfest" which included harvest, hunting and Halloween activities. Our December event "Jingle Bell Fun" revolved around the holiday season.

We chose to move the café location around the county. Town halls, restaurants, community centers and libraries volunteered to provide a venue when they learned of our efforts. The local Memory Café team spent hours speaking to local service groups, government agencies and churches about Memory Cafés. Through word of mouth we had a list of venues that covered our first year. Fees for building use were waived and we gained volunteers through this "speakers bureau" effort.

Our "best of the best" café runs for two hours, on a weekday, in the afternoon. We have starts slowly by offering a café every other month. In 2019 we may expand to a monthly event. However that will depend on funding, volunteer commitment and evaluations from participants.

Dementia compromised individual's experience senses differently. Due to variations in abilities we have created a rhythm to our two hour café format by developing activities around these basic questions.

What can you sing?
What can you do?
What can you create?

What can you say?
What can you see?

The activities that accompany these questions are theme related songs, physical games, crafts, questions/answer sharing, and art appreciation. Doodle activities, art supplies and puzzles are on the tables to be used when an individual may need a change or break from the large group activity. Of course light hearted jokes, snacks and a small usable parting gift, reflecting the theme, are all part of the “rhythm”. We observe old fashioned fun. For a family that is experiencing dementia this is a refreshing opportunity to just enjoy the day.

Our initial exploration team charged with the researching the Memory Café program for Waushara County was four. It has been amazing the number of volunteers whom have stepped forward to assist. Our snacks are made by a retired chef. A department of Aging Board member, a lover of crafting, contributes time, talent and supplies. She recruited her husband to play Santa for the December event.

We have a resident musician who plays the concertina so we always have a “sing along with Carl” segment. Some volunteers have experience with family members with dementia and others just want to insure that these types of services are available for themselves or loved ones if needed.

The **Foundation Grant** was key to the early success of the Waushara County Member Café project. With the funds we bought basic equipment that is used at every session – easels, flip chart stands and a specialized coffee/hot drink maker. Supplies for crafts, paper/pencil activities, art supplies have been purchased. The Department of Aging had limited funds for a pilot project so our efforts began on a shoe string. But the grant gave us the flexibility to make the Café a quality program that we had hoped.

Since our early Cafés have been so successful, we have had service organizations donate funds to the care efforts and the Department of Aging has now developed a specific “Memory Café line item to a funding appeal, that appears monthly in the “Loose Ends” Department newsletter that is distributed county wide.

February 20th is the “Snow Ball” and it is scheduled at the Wautoma Senior Center in Wautoma from 1-3 pm. Do you now someone from Waushara County that might need and enjoy being part of a Memory Café? Are you a Home Economist that has time and talents to share? There is always a place for our special gifts. You just need to reach out and someone will gratefully grab your hand and welcome you a board – and maybe you can bring along some funding that will make your project “the best of the best” from our WAFCS Foundation.

Thank you so much for the grant funding. We really would not be experiencing the success without your dollars and support.

Sincerely,
Edie Felts Podoll
UW Madison BS – FRCS, 1977
CAVE MS, 1982
Retired Family Living Educator – UW Extension
Adams County 1977-2010

Editor’s Note: Edie Felts Podoll was the recipient of the 2017 WAFCS Foundation Professional Project/Research Grant.

All conference information including Registration Forms, Conference Program, and Lodging Information as well as forms to apply for Foundation grants, scholarships and travelships can be found at www.wafcs.org

FYI:

The UWSP Family and Consumer Sciences unit is hosting a Dibble Institute Relationship Smarts Plus training on **Friday, Feb. 16**. Additional info can be found at:

<https://www.eventbrite.com/e/relationship-smarts-plus-workshop-registration-39082343341>



The Latest News from FCS Professionals

Excerpts:

[“Beyond the Basics—Trending Topics in Food Safety” Registration is OPEN!](#)

FCS Professionals is thrilled to be hosting a the seminar “Beyond the Basics—Trending Topics in Food Safety” and registration is now OPEN! To register click on the Eventbrite link here...

[Read on »](#)

DATE AND TIME

Fri, February 23, 2018
8:00 AM – 2:30 PM CST

LOCATION

Edina Country Club
5100 Wooddale Ave
Edina, MN 55424



**Wisconsin Association of
Family and Consumer Sciences**

Janet M. Powell, CFCS

WAFCS Executive Director

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Madison, WI 53711

608-271-0776

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2018 Calendar of Events

February 15	E-Newsletter deadline*
March 1	WAFCS Council Meeting
March 2,3	WAFCS Annual Conference Wintergreen Resort and Conference Center Wisconsin Dells
May 1	Summer Newsletter deadline*
June 24-27	AAFCS Annual Conference, Atlanta GA

*Send newsletter info to: executivedirector@wafcs.org

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