
WAFCS NEWSLETTER

WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

Founded in 1921 Winter, 2019 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.



Wisconsin Association of Family and Consumer Sciences

2019 Annual Conference

March 8-9, 2019

Pre-conference March 7, 2019

The Wintergreen Resort & Conference Center, Wisconsin Dells, Wisconsin

2019 Annual Conference Checklist

- _____ **Register!** Remember the deadline for registration is **February 14th, 2019** - \$25 late fee after this date. ***Register Here***
- _____ **Book your room** - Special rate expires Wednesday **February 14th, 2019**
- _____ Plan to arrive for “**Relax, Refresh and Relate Welcome Reception**” Thursday evening
- _____ **Check out the MANY Breakout Session** options described in this newsletter
- _____ **Work on your Art and Design Show entries** – the theme is “a Touch of Home”
- _____ Secure **Silent Auction** items for the Foundation
- _____ **Secure exhibitors** for the conference – pass the names on to Marilyn Swiontek, Deb Gangnon or Janet Powell

Conference Keynote Presentations



Julie Poehlmann-Tynan, Ph. D., will be presenting “***Children with Incarcerated Parents***”. The U.S. incarcerates more people than any country in the world, and most incarcerated individuals are parents of minor children. Children of incarcerated parents are at risk for developing negative outcomes in adolescence and adulthood, including substance abuse, externalizing problems, cognitive delays, school failure, truancy, criminal activity, and persistent internalizing problems.



Under 40 Grams: The Benefits of Social Media and Communicating with grandchildren

presented by Danielle Y. Hairston Green, Ph.D., CFCS-HDFS will discuss the value of healthy relationships between grandparent and grandchildren in reducing symptoms of depression for both generations. The relationship is considered second in emotional importance only to the relationship between a parent and child (Pilemer, 2013). Studies also show that grandparents are becoming younger and younger, experiencing their first grandchild before the age of 40, which could be an added benefit because the two things that young grandparents and their grandchildren have in common is energy and social media. This talk will share five core reasons why grandparents matter more than ever

and how social media /technology has a positive impact on those relationships.

WAFCS SILENT AUCTION

The Silent Auction has become a tradition with WAFCS. Year after year our members donate items and then engage in friendly bidding to help raise money for the many scholarships, travelships, and project/research grants, which the WAFCS Foundation provides. This year we are in two smaller rooms at the conference, so we are asking everyone to be selective in what they bring to the Silent Auction. All items are to be priced at \$5.00 or higher. Gift baskets are always popular, so here are some ideas for you.



Crafter's Dream Basket	Car Care
Fitness	Camping Fun
Lunch on the Go	Grilling Out
Movie Night	Date Night
Book Lovers Basket	Scrapbooker's Basket
Gardener's Delight	Make-up/Skin Care
Baby Basket	Cleaning Supplies

Art and Design Show



Hello Everyone! Remember that lovely Art and Design show at the conference last year? Do you want to see some of your work displayed there too? Do you want another chance to win a fabulous prize while at the conference? Then enter your work into the Art and Design Show at the conference this March! Your work will be displayed at the front of the main conference room, and we are taking all kinds of your creativity! This show is themed “**A Touch of Home**”, and we want to see what reminds you of home and those great times with your family! This can range from a picture and recipe/description of your favorite dish/dessert that you make, to a picture of your favorite room in your house that you designed, a table you refinished, or bring in any samples of your needle/fabric arts to share with your friends and peers!

If you have a piece you would like to enter, please email Terri Williams at tlwfcs@gmail.com, and let her know what you want to bring. Know that you can also bring more than one piece/entry! *Just be sure to have a typed description with it and your name so that we can know more about your amazing work!* Pieces will be out for display Thursday through Friday evening, and winners will be announced during dinner on Friday.

Don't have a piece to enter, but you want to help out? Email Terri about watching the displays during and in between presentation times, she would love your help!

Time to Get Certified!! (Post-conference - Saturday)

Paper Based testing registration has been set up for the Wisconsin Association of Family & Consumer Sciences Annual Conference for March, 2019. **The deadline for candidates to register is February 16, 2019.** Candidates are eligible to register for one of the five exams (FCS Composite, HDFS, HNFS, PFFE, and the NWE). Once the registration has ended on February 16. AAFCS will process the registrations and provide a roster of the candidates that have registered for testing. As the proctor, AAFCS will provide Susan Turgeson with an email confirmation that the certification testing order has been submitted to the testing company SMT/ ISO Quality Testing.

Online Registration Details:

Event: Wisconsin AAFCS Affiliate Conference (March 2019)

Test Administration Date: Saturday, March 9, 2019

Registration Fee: \$95

Registration Deadline: Saturday, February 16, 2019

Link to online test registration form: <http://www.rsvpbook.com/>

Exams will take place following the end of the conference on Saturday.

A New Year's Message from your President: Deborah Gangnon



Happy 2019! The new year is a time for reflecting on the past year and thinking about new plans, goals and resolutions. How do you set goals and resolutions? Think about what will restore, revitalize and renew your spirit! Finding resolutions that will make this the best year ever...for you is the challenge and the benefits fit right in with the theme for this year's annual conference in March "Social and Emotional Competence for Healthy Relationships".

The following are a few suggestions for goals that will benefit all of us as professionals, family and community members.

- ◆ Resolve to be passionate about your work. Do the thing you do best or love to do every day.
- ◆ Resolve to set time aside for yourself every day. Make sure it is different from what you do all day long.
- ◆ Resolve to give yourself credit when you deserve it. Keep a file of positive notes, thank you notes and other reminders of your excellent efforts.
- ◆ Resolve to learn something new every day. The possibilities are endless through technology.
- ◆ Resolve to make professional contacts and network. It's not enough to just sign up. You have to join in and participate as well.

Take some time to think about how these might fit into your life. How could they help to improve your emotional well being? How could it help you to be a better professional, spouse or parent? How can this fit into a plan to be more involved as a WAFCS/AAFCS member?

So be Resolved to have a great 2019. I look forward to seeing you at the annual conference March 7-9!

Thank you!

You've probably heard it said "membership has its benefits" in credit card or business ads. Membership in WAFCS has its benefits too - friendships and supports that get you through the tough days of life. Thanks to all of you for the many, many kindnesses, assistance and patience the last few weeks. It's been challenging to focus when my head and heart are with family. Special thanks to Cathy Lader and Janet Powell for making the WAFCS Conference registration pieces come together.

Chris Kniep

“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!**
- **Student Travelships/State Conference (eight at up to \$100 each) to promote student attendance at the State WAFCS Annual Conference—February 15 deadline!**
- **Student Travelships/National Conference (three at up to \$300 each) to promote student attendance at the National AAFCS Annual Conference—April 1 deadline!**
- **Professional Travelships/National Conference (three at up to \$500 each) to promote professional attendance at the National AAFCS Annual Conference—April 1 deadline!**

Details for applying for ALL of these benefits can be found on the WAFCS website at <https://wafcs.org/forms.html> (or for a specific application form, contact Jean Zeithaml at 715-836-8330 or djzeithaml@att.net). To promote the concept that “**Membership has its Benefits!**” you must be a current AAFCS member to be eligible and preference for the conference travelships will be given to first-time attendees and/or those in the early years of their professional careers.

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 Conference. Preferably, the grant recipient will be present at the 2019 WAFCS Annual Conference to receive the award.

To apply for a grant, applicants should submit a one to two-page proposal (preferably via email) to **Janet Powell** at executivedirector@wafcs.org no later than **February 15, 2019**. For questions, contact Karen Goebel at 608-444-2652. The grant recipient will be announced at the 2019 WAFCS Annual Conference in Lake Delton, March 7-9, 2018.

Proposals must include:

- ◆ Name, address, phone number, e-mail address, and AAFCS member number of applicant(s).
- ◆ Project description and objectives (or statement of problem and justification, research objectives, and methodology or procedure).
- ◆ Proposed time frame for the project/research.
- ◆ Amount requested with rationale for request, e.g., how grant funds will be used.
- ◆ Plan for dissemination of project results/research findings.

Recent Donations

The Foundation gratefully acknowledges the following donations made to the Foundation. **Mary Kennedy** donated in honor of **Janet Powell** as the recipient of the 2018 Mount Mary University Madonna Medal for Professional Excellence. **Carolyn Barnhart** made a donation in honor of **Jeanne Schwass-Long's** 50 years of membership in the Phi Upsilon Omicron National Honor Society. **Karen Goebel** made a donation in memory of **Mary W. Anderson**.

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 _____

Conference Schedule – At-a-Glance

Thursday March 7

- 12:30 p.m. Pre-Conference – Depart for The Little French Bakery
- 1:00 p.m. Pre-Conference – Mary Alice Hart of Creative Quilts – Wild Rose Blossom
- 1:30 p.m. Pre-Conference Event - Building Protective Factors for Youth
Provided by UWSP Continuing Education and Outreach
- 5:00 p.m. – 8:00 p.m. **Relax, Refresh and Relate Welcome Reception/Event** & Community Service Project
Conference Registration open
- 7:00 – 9:00 p.m. WAFCS Board Meeting

Friday March 8

- 7:30 – 8:20 a.m. Exhibits Open
Art & Design Show Opens
Silent Auction Opens
- 7:15– 8:15 a.m. Breakfast Buffet
Conference registration continues outside of ballroom
- 7:45 – 8:20 First Timer Session
- 8:30 – 9:45 a.m. First General Session
Keynote Speaker: Julie Poehlmann-Tynan, Children with Incarcerated Parents
- 10:00 – 10:45 a.m. Breakout Sessions, Exhibitor Expo, Art and Design Exhibit, Silent Auction
- 11:00 – 11:45 a.m. Breakout Sessions, Exhibitor Expo, Art and Design Exhibit, Silent Auction
Lunch for students and mentors
- 12:00 – 12:45 p.m. Breakout Sessions, Exhibitor Expo, Art and Design Exhibit, Silent Auction
Lunch for remaining attendees
- 1:00 – 1:45 p.m. Breakout Sessions, Exhibitor Expo, Art and Design Exhibit, Silent Auction
- 2:00 – 2:45 p.m. Breakout Sessions,
- 3:00 – 4:00 p.m. Business Meeting/Student Business Meeting
- 4:00 – 5:00 p.m. General Session - Creating the future of WAFCS
- 5:00 – 6:00 p.m. Break Time, Silent Auction
- 6:00 – 6:30 p.m. Social time – Cash Bar
- 6:30 – 8:30 p.m. Awards and Recognition Banquet
- 8:30 p.m. Pick up and pay for Silent Auction items

Saturday March 9

- 7:30 a.m. - 8:20 a.m. Healthy Start Continental Breakfast (ballroom)
- 8:30 – 9:15 a.m. Breakout Sessions
- 9:30 – 10:15 a.m. Breakout Sessions
- 10:30 – 11:15 a.m. Brunch
- 11:15 – 11:45 a.m. **Keynote Speaker: Danielle Y Hairston Green, Under 40 Grams: The Benefits of Social Media and Communicating with Grandchildren**
- 11:45 – Noon Closing

2019 Annual Conference Break-out Sessions

Friday 10:00 -10:45 a.m.	Friday 11:00 -11:45 a.m.	Friday 12:00 - 12:45 p.m.	Friday 1:00 -1:45 p.m.
Researching Your Family Farm Ginny Hall	Lunch for students and mentor	Lunch for remaining attendees	Mental Health First Aid” Heather Erickson
What’s Behind the Pineapple? Exploring Hospitality Coursework Julie Martin Dr. Lynea LaVoy	It's Not Easy Being Orange” Stephanie Fox	Starting Your Career in Family and Consumer Sciences Michael Friedel	“Smart Growth Law”: How It Grew To Wisconsin Legislation Charmaine Rimple MS, CFCS
Hands-On FCS Activities for a World of 7.6 Billion Sue Strutz	Discovering the soft skills that promotes early career success Danielle Y. Hairston Green Ph.D. CFCS-HDFS	Making Middle School Matter Susan Turgeson Sue Becker, Barron Deb Gagnon, Hudson Cindy Quilling, Menomonie Ashley Westerfeldt, Sauk Prairie	How does your “relationship” with money influence you and your personal relationships? Diane Klemme
Start Simple with MyPlate Barbara George	The Gentle Art of Swedish Death Cleaning” Christine Kniep	Collaboration Cross Curriculum Kathy DeBoth	Learn About Your ADRC (Aging & Disability Resource Center)” Jim Pritzkow
Friday 2:00 - 2:45 p.m.	Saturday 8:30 - 9:15 a.m.	Saturday 9:30 - 10:15 a.m.	
REVEAL YOUR POWER: A Blueprint for Renewal” Brian Krolczyk, Ph.D	Let’s Get Energized! Michael Friedel	Expand YOUR FCS Possibilities: Be Involved in AAFCS and IFHE! Carol L. Anderson, CFCS Marilyn Sue Buck, CFCS	
The Joy of Laughter and Humor Karen Dickrell	Sustainable Food System-Preparing for Creative Solutions Jasia Steinmetz	Enhancing Teens 'Transition from Foster Care to Independent Living Judy Knusen Paula Hella	

Friday 2:00 - 2:45 p.m.	Saturday 8:30 - 9:15 a.m.	Saturday 9:30 - 10:15 a.m.
The Building Blocks for a Child Care Service Care Program Susan Turgeson Nancy Merwin, Cuba City Britta Rotering, Gale-Ettrick - Trempealeau Juanita Weinert - Oregon	Developing Digital Wellness Susan Turgeson Shelby Fehrenbach, UWSP Macey Staab, UWSP	Service Learning : Connecting Classroom and Community Susan Turgeson Alyssa Anderson, Pittsville Emily Larson, Amery Michelle Taylor - Grantsburg
Knitting Vs. Crochet: Learn how and the value! Tess Holperin, Terri Williams		

REST, RELAX and RELATE (Something new!)

Thursday: March 7th Ballroom 5:00- 8:00 p.m.

Wear your comfortable clothes and join us to slow the pace of hectic schedules and enjoy listening to a story teller, and participating in yoga, relaxation, art and food! (Included in registration fee)

Registration Fees - Meals included with Registration Fee

Please note, registration is non-refundable.

Registration after Wednesday February 14 add \$25 Late fee.

Conference Registration

Fri/Sat Member - \$160.00

Fri/Sat Non-Member - \$195.00

Fri/Sat Student - \$90.00

Fri Only Member - \$90.00

Fri Only Non-Member - \$110.00

Fri Only Student - \$50.00

Sat Only Member - \$90.00

Sat Only Non-Member - \$110.00

Sat Only Student - \$50.00

Pre Conference Fees:

Chef Susan Holding of Little French Bakery - \$35

Mary Alice Hart of Creative Quilts - \$20

Building Protective Factors for Youth - Cost to attend: \$65 General Public

\$30 Discounted Rate for UWSP Students

Room Reservation Information & Lodging Room Rates

The Wintergreen Resort & Conference Center
100 Gasser Road
Wisconsin Dells, WI 53965
Phone: (800) 548-4765 or (608) 254-2285

<u>Room Type</u>	<u>Room Rate</u>
Single	\$82.00 + tax
Double	\$95.00 + tax
Triple	\$95.00 + tax
Quad	\$95.00 + tax

- Tax exempt documentation **MUST** be presented at check-in or at time reservation is made.
- Special rate expires Wednesday February 14th, 2019.

Other News..



We were all saddened to hear that Carolyn Barnhart has had a relapse of her AP leukemia. Those who are following her progress on CaringBridge know that it will be a long process of recovery but the Drs are optimistic that the treatment they are giving her will result in remission or better. Carolyn remains positive and her husband and family so supportive. If you wish to send her a card, send to -
Methodist Hospital 200 West Center Street, Rochester MN 55904. Room 7211

Beverly Joan Henderson, age 87, of Madison, passed away on Friday, Dec. 14, 2018, at Oakwood Village University Woods, Madison. Beverly graduated from New Auburn High School in 1939 and carried on to earn a Home Economics degree from UW-Stout. She taught for several years, worked at Eau Claire County Extension Office, and at UW Madison in the Department of Consumer Science. She enjoyed traveling, biking, and geneology.

Rosemary Thornton Stare, age 89, passed away on Dec. 23, 2018 in Appleton. After graduating from UW-Madison with a major in Home Economics-Related Arts, she joined Cooperative Extension as the home demonstration agent in Jackson County, on Nov. 1, 1951. Rosemary completed an M.S. in Agriculture Journalism in 1957, and went to Michigan State University as the home economics information specialist. In 1958, she returned to Wisconsin as the extension home economist in Dodge County. Rosemary received the UWEX Distinguished Service Award in 1981, the Jackson County Extension Homemaker Award for Dedication and Service in 1982, and the WAEHE Outstanding Alumna Award in 1984.





Karen Ann Wright Zimmerman, age 76, of Menomonie, Wisconsin, passed away unexpectedly, Sunday, January 6, 2019, at her home. While she was in 4H, she met a young woman from Iowa State University who inspired her to go on to college. Karen did her undergraduate work and then continued on to earn her PhD in Home Economics from Iowa State University.

Karen went on to become a professor at UW Stout, where she was the Early Childhood Education Undergraduate Program Director, the ECE Graduate Program Director, and also the Department Chair for Human Development and Family Studies. During her long tenure at Stout, Karen worked alongside her colleagues,

helping to create a program that became nationally respected. She was invited to present both locally and nationally at professional conferences. She managed Head Start Grants, collaborated with Jordan educators to develop trainings for teachers and was a co-investigator for a national child care study. She published a textbook with Goodheart Wilcox, and co-authored articles in publications such as Early Childhood News, Young Children, PACE, Journal of Life Long Learning, Texas Child Care Quarterly, and Journal of Home Economics. Karen's academic success, knowledge, and work ethic is widely respected, and she was also named a Dahlgren Professor of Education.

We express our sincere sympathy to the families of these three women and appreciate their outstanding contributions to the field of Family/Consumer Sciences.

And Congratulations!..

Dale and Cindy Quilling were featured in the Wisconsin Farm Bureau Federation's Rural Route, August/September, 2018.

Spilling the Beans – Quilling Family Grows Kidney Beans

It is an excellent article about their farming of kidney beans. Cindy submitted a recipe for cake using kidney beans and was quoted as teaching Family and Consumer Sciences. To see the article go to:

<https://wfbf.com/member-profiles/meet-dale-and-cindy-quilling/>





**Wisconsin Association of
Family and Consumer Sciences**

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**2018-19 Calendar of
Events**

- March 7, 2019** WAFCS Council Meeting
- March 8, 9** WAFCS Annual Conference Wintergreen Conference Center, Lake Delton, WI
- May 1** Spring/Summer Newsletter deadline
- June 23-26** AAFCS Annual Conf. St. Louis, MO

***Send newsletter info to:**
executivedirector@wafcs.org

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