



# WAFCS Newsletter

Founded in 1921

Wisconsin Affiliate of the American Association of Family and Consumer Sciences

Spring 2006



## Kendra Naef 2006 Teacher of the Year

Kendra Naef of Appleton, Wisconsin was honored as WAFCS Teacher of the Year for 2006. Kendra received the award from Donna Sanderson Dinco at the Annual Conference on March 3, 2006 in Neenah. Kendra is being recognized for her role in transforming the FCE program at Kimberly High School in Kimberly, WI. Kimberly High School now offers a comprehensive FCE program with opportunities in health occupations, early childhood, dual credit options and the P.A.R.T.N.E.R.S. program. Kendra's P.A.R.T.N.E.R.S. program (Peers, Acceptance, Respect, Trust, Nurturing, Esteem, Relationships, Social skills) is a fascinating collaboration between special needs students who are teamed with regular education students. P.A.R.T.N.E.R.S. is a unique and innovative experience through which special education students are teamed with regular education students to develop positive peer relationships and gain knowledge and skill through participation in learning experiences and activities focused on community and daily living, and personal growth. The program goal is to prepare all students to be positive contributing members of families, communities, and society.

Through this experience, students develop friendships and social networks. Special education students receive individualized peer attention geared toward their development of community living and job related skills and experiences. This greatly enhances their potential to function within transitional job placements during high school, leading to successful job and career experiences during their adult life. Regular education students develop feelings of empathy and demonstrate advocacy for their special education peers. Increased acceptance, equitable social status, pro-social behaviors, and more inclusive attitudes toward all individuals with special needs are the desired outcomes of this program.

Kendra is currently pursuing a PhD with concurrent MS degrees in family and consumer sciences education. Recently, Kendra completed a sole author project for Glenco/McGraw-Hill for a middle school text. Each chapter in the text provides eight detailed activity ideas with four accommodations or modifications for special needs students. She has also written activity plans for inclusion in supplementary materials in the areas of food and nutrition, child development and family relationships. Professionally, Kendra has presented at annual conferences or graduate classes at

UW-Stout and UW-Madison and serves as a cooperating teacher for UW-Stevens Point. She takes an active role in her community by serving on the Fox Valley Technical College Early Childhood Advisory Board. At Kimberly High School, Kendra's leadership extends to serving as a leader in assessment and standards based teaching and learning and as a mentor to new teachers in her district.

WAFCS congratulates Kendra as WAFCS Teacher of the Year.



## Gina Van Berkel is Named 2006 New Achiever

Gina Van Berkel is the 2006 recipient of the WAFCS New Achiever Award presented by Janet Powell at the spring conference. Gina has been teaching Family and Consumer Sciences at Kimberly High School since 2002 and her peers have supported her whole-heartedly with letters and "pat on the back" notes for everything from creating a new foods course and implementation of "smart goals" in the classroom to updating curriculum. She's received similar notes of praise from her administrators and parents of her students.

Her professional life also includes her work as WAFCS secretary since 2002, as well as her assistance in planning and presenting at WAFCS annual meetings on an annual basis. Gina continues her own education well, attending summer institutes at the technical college to increase her skills in culinary arts and financial literacy.

In her personal time, Gina not only participates in volunteer work with her church, but has also been organizing volunteer activities and fundraisers for her students and judging in FCCLA competitions. I don't know how she fits it all in! She certainly deserves this recognition for her accomplishments as a New Achiever and I'm sure we'll be hearing more about Gina's accomplishments in the future! Congratulations, Gina!

WISCONSIN ASSOCIATION OF  
FAMILY AND CONSUMER SCIENCES

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Leaders Award.....	Carolyn Barnhart CFCS
Teacher of the Year Award .....	Donna Dinco CFCS
New Achievers Award.....	Dottie Winger CFCS

## Message from The President

April, 2006  
Greetings,

It is difficult to believe my term as president is quickly coming to a close. It has been a busy year with Wisconsin, once again, reaching out with strong leadership and innovation.

The recent annual conference in Neenah was outstanding. Kudos to Judy Knudsen and her committee for planning a program that was cutting edge and informative! Thanks to Rita Houser for her work in securing exhibitors. Thanks to Sue Simon (and all the contributors and purchasers) for a financially rewarding silent auction. Congratulations to the award winners, Gina VanBerkel as the New Achiever and Kendra Naef as the Teacher of the Year. Last but not least, thanks to everyone who supported the quilt raffle. Congratulations to Sue Simon for winning the beautiful quilt!

To recap other happenings this year, in response to AAFCS's request for input for the Future Search process, Wisconsin stepped forward and hosted two Conversation Cafes in November. The input from our members and outside stakeholders was summarized, and a report from each was sent to AAFCS. Barbara George from NASCO, Mary Jurmain from Reality Works and Laura Van Waardhuizen from Lands End represented Wisconsin at the Future Search Summit in December, 2005.

And, of course, we are very proud of young leaders like Kendra Naef. Kendra received the Milken Family Foundation Educator Award for \$25,000. It is professionals like Kendra who give us hope for the future of the profession.

In the field of FCS education, many have concerns regarding our future. Cuts in Perkins funding, allocation cuts in elective courses, pressure to fulfill NCLB requirements, all give a feeling of gloom and doom. I recently read a section from the Wall Street Journal, (November 8, 2004)



Janet Powell

“Through The Glass Ceiling” which highlighted fifty successful women. General qualities of these leaders are: They are smart and energetic, willing to work hard, they're great motivators, and more than likely, they are more willing than men to take risks. Most of them were hired to bring a company out of looming bankruptcy or poor quarterly reports. They turned the tide in their businesses in the face of many challenges. It was their innovation and ability to think out of the box that achieved success for them and their company. I truly believe that FCS professionals have all of these qualities. It is time to put them into action, now more than ever! As someone said at a Conversation Café “Outlook determines the outcome”! If we think we are important, we will use our innovation and creativity and interpersonal skills to let administrators and decision makers see that as well. I think we are in for a great ride!!

Thank you to all who make WAFCS the outstanding organization it is. And I thank you for the opportunity to serve you as president this past year.

Sincerely,  
Janet

## Wanted

Do you know someone who is always there to help or support you in your efforts related to Family and Consumer Sciences? Then please consider nominating him/her for Friend of WAFCS. The form is really simple to fill out and can be obtained by contacting Janet Powell.

Phone 608/271-0776, or e-mail [jmpowell@facstaff.wisc.edu](mailto:jmpowell@facstaff.wisc.edu)

## Small Steps to Health & Wealth

WAFCS Conference Keynote Session

Presented by Karen Ensle, Rutgers University Extension

Many Americans today have health and personal finance “issues.” Examples of these problems include diabetes, more overweight and obese adults and children, low household savings rates and high household debt. There are many parallels between factors that affect good health and those that foster financial success.

“Personal control” is often considered an important factor in changing behaviors. A change often occurs when there is great dissatisfaction with current conditions, there is a plan for changing one’s behavior, and these conditions exceed the perceived cost of making a change.

Similarities between health and financial “issues” include:

1. Problems generally start small.
2. There is less stigma than before. Almost 2/3 of Americans have “weight issues” and over 1 M bankruptcies are filed annually.
3. Job productivity and discrimination are affected by excess weight and/or unhealthy bodies, along with personal financial problems.
4. Lots of technical jargon. Both health and personal finance information can be a challenge, due to confusing information.
5. Need for programs at schools and work sites. School lunch choices and lack of adequate exercise are concerns, along with the lack of youth and adult financial literacy programs.
6. Fear of drastic changes. Many people believe they must make major lifestyle changes to be healthy and wealthy. So, instead they “freeze” and do nothing.
7. Need for “point of purchase” information. Carrying a calorie counter is suggested, along with “warning labels” for credit cards (much like cigarette warning labels.)
8. Need for realistic advice. Are governmental nutrition guidelines out of touch with the way Americans eat?
9. Lack of limits causes problems. When people are served more food, they eat more and don’t realize the consequences. Lack of understanding about the long term cost of credit is widespread.
10. Restrictions help avoid problems. Some people find it helpful to lose weight by eating portion-controlled foods and having automated deposits for investments fosters increased savings.
11. Drastic solutions have major drawbacks. There is no easy way to lose weight, accumulate wealth, or dig your self out of debt. It takes discipline, perseverance, and time.
12. Health and wealth are strongly related. People “invest” in their health through healthy lifestyle choices, just like they invest in wealth-building assets.

Small steps can make a difference. Some people don’t try to improve their health or finances because they feel their situation is hopeless. A person needs to make a plan with a specific goal in mind, be committed and get started. Any small step to improve your health or increase your wealth is better than doing nothing.

*Submitted by Vera Riley*

## National Standards for Teachers of Family and Consumer Sciences

Presenter Diane Klemme provided participants a copy of the National Association of Teacher Educators for Family and Consumer Sciences (NATEFACS) recently approved standards. The very engaged group discussed the standards. One concern raised by the group was the lack of any mention of the HOSA organization under standard Number Ten “Student Organization Integration.” Group members shared that several FCE programs include HOSA groups and Standard Ten should be more inclusive of various student organizations.

### UW Stout Professor Share an Approach to Solve Childhood Obesity

Two professors from the University of Wisconsin-Stout teamed up to present one of the fifteen sessions at the annual conference. Dr. Carolyn Barnhart, EdD, CFCS, Dept. Chair, Food and Nutrition and Dr. Ann Parsons, PhD, Chair and Associate Professor Dept. of Biology shared how they developed a community-based interdisciplinary team to help lead change on the childhood obesity epidemic.

Drs. Barnhart and Parsons strategy for success to lead change in a community that included the following:

- Start small let it build
- Inclusive
- Freedom in anticipation
- Stay connected
- Celebrate success

Another part of developing a community-based interdisciplinary team was to create connections. Dr. Parsons told about the need to identify people who had a passion about their community and present ideas to them such as to make a walking path (add sidewalks if necessary), introduce new foods to the community – tasting and testing or fun, food, and fitness. Dr. Parsons said, “Any community member who expressed an interest was added to the community committee.” In this manner the idea of making a community change became shared by all involved.

Dr. Barnhart shared with the conference attendees some fitness-related activities that were included to lead community change on the childhood obesity epidemic. The activities presented were pretest and posttest of individual fitness; walking distance measurement using a pedometer (use a quality pedometer); present awards; and create an internet site to report miles walked. She noted by using technology and easy record keeping individuals were able to track their own health change progress.

“Healthier You” was the chosen title for the community-based interdisciplinary six-month wellness project conducted by Drs. Barnhart and Parsons. The kick-off date included a motivational speaker. After which all community participants could choose to attend any of the monthly motivational seminars and data base tracking in-services.

The lead for community change by Drs. Barnhart and Parsons advanced to their involvement with the public school lunch program; they talked to with school-age children while the students ate (meal time socialization); and they helped to plan a FCCLA project that involved the taste testing of which is whole milk. This system addressed the community's youth involvement with nutrition and lifestyle change. Dr. Barnhart reminded the audience of their capability to produce change in their own communities by stating, "You are all teachers and you can take this idea [lead change on the childhood obesity epidemic] to implement in your community."

Another system to implement change was to use the public school facility, as a site, to provide a week-end day camp for obese community members (by doctor referral) to experience and actively participate in programmed fitness and eating. Over weight persons seem to require discipline, counseling, and professional assistance in choosing healthy eating habits. The theme of the camp was "Let Your Child Decide When He/She is Full." The goal of this camp was to lead obese participants into to healthful lives

The WAFCS conference participants were made aware when they choose to engage and lead a day camp, focused to help lead change on childhood obesity, free consulting would be available. Dr. Barnhart said, "When you buy into this [change on childhood obesity] you buy into this [lead community change] for life." Although the camp was for a weekend, we expect that we will be approached while in the community or contacted for additional assistance. Therefore, it is recommended, by Drs. Barnhart and Parsons, if you choose to do a camp expect yourself to be viewed as performing a long-term commitment for your community.

### **"Supersize America: Beating the Obesity Epidemic"**

Are you developing your district's wellness policy, class curriculum or presenting information to your school board and community/parent groups and need current research based information on the obesity epidemic? Such a program has already been developed at Rutgers Cooperative Research & Extension. WAFCS Conference Keynote, Dr. Karen Ensle, RD, FADA, CFCS, introduced the educational program: "Supersize America: Beating the Obesity Epidemic", designed for older youth and adults discussing the obesity issue in America today.

U.S. News & World Report, Aug. 19, 2002, states "Americans 'Supersize' diet is fatter and sweeter and more deadly for the health of the kids and adults in America". The Center for Disease Control statistics for the rise in obesity state by state throughout the U.S. are covered from 1996-2006. Sixty three percent of U.S. adults are overweight and twenty seven percent or 50 million are obese.

Serious health effects of childhood obesity include type II diabetes, high blood pressure, sleep apnea, and low self-esteem; which often leads them to consume alcohol and use drugs. A rise in the amount of asthma can be directly related to weight gain. "Why are the overweight statistics increasing?" The question is answered from a multifocused approach to this complex situation. Portion distortion addresses the size and caloric increase of foods such as burgers, candy bars and soft drinks over the past 20 years.

As part of the answer to the problem, the 2005 Dietary Guidelines are presented as well as the My Pyramid Food Groups and how to use it. It includes interactive statements comparing food calories and activity levels needed to burn up those calories. It looks at fat, salt and sugar consumption with ideas for reducing intake of each. It concludes with Physical Activity, which is needed in conjunction with nutrition to have a balanced diet.

Lastly, a section on "What Communities Can Do" with references, is available for your use. As F/CE professionals we look for research based, current resources at a reasonable price. Here is an excellent resource addressing the obesity epidemic. To order a CD-ROM (cost is \$25.00, including shipping) with a power point annotated presentation, pre/post test evaluations, and marketing materials call 908-654-9854-x2234 or ensle@rcrc.rutgers.edu. Jeanne Schwass-Long, Stoughton.

### **"Claiming your Place at the Fire"**

After having the audience make two circles of chairs Around her artificial log fire, with the elders in the inner Circle, Mary Kennedy shared the advice of the author to "Make a Fire! Then address the eternities through stories, which serve as our oral legacy." The author referred to these fireside chats as "Humanities 1st Home Entertainment Center".

Most of us have been directly influenced by stories of relatives who reach across a 200 year span, from grandparent to grandchildren. Our resulting stories involve a journey, quest for truth, triumph of purpose, and a homecoming. As we age, the author stressed the importance of recalling the 1st half of life to determine how to go and grow in the 2nd! The problem is learning how to harvest wisdom to take from one to the other, as well as to come to Know Yourself...and whether we are a bonfire or just a flicker. Doing what you are most proud of is what fuels your life, and renews and energizes a person, so that we do not grow old, but grow whole.

Mary took time for much sharing among the participants of their personal stories which enriched the presentation, and certainly made the book a must-read for many.

*Submitted by Susan Simon*

### **Managing Cooking Labs**

Arlene Welcher, CFCS, presented a breakout session entitled Managing Cooking Labs. Students as well as professionals attended this informative and interactive session. During the session, tips were shared on how to organize kitchen labs, how to work within a budget, and how to use other resources to reach your goals in the classroom. Many excellent ideas and suggestions were shared among participants. Recipes from Arlene and other FCS teachers were distributed. A book that Arlene recommended to the group was Secondary Classroom Management by Caron Simon Weinstein. Attendees came away from this session with a variety of ideas and suggestions to assist in managing foods labs.



## Art and Design Award Winners



*Wearable Art – Felted hand knits, hats and handbags – Items were hand knit using wool yarn. Embellishments were added using crocheting, needle felting, and embroidery.  
Entered by: Judy Rommel, Riverfalls*



*Most Unique of Show – Three garments speaking to the effects of surrounding ourselves with Information Technology: Isolated, Overloads, Touch Deprived.  
Entered by: Susan King*



*Student Involvement Project- 9 inch Nursery Quilt Squares – Students completed a stamped cross-stitch child's size quilt with the theme of transportation toys. The sashing and background fabrics were flannel toy prints by Mattel.  
Entered by: Bev Braun, Green Bay*



*Quilted Item – Stack 'N Wack Quilt – All squares were made from the same floral print around the edge using a variety of patterns.  
Entered by: Jeanne Schwass-Long*

Respectfully submitted by:  
Veronica Campbell, Art and Design Chairperson



*Group tour of Notable Homes of Neenah*



*UW-Stout Alumni*



*Passing the gavel*



*Region 6 meeting*



*And the winner is...Sue Simon!*



*Door Prizes distributed by Rita Houser*





Rick and Mary Jurmain, co-owners of RealityWorks, Inc., recently received the annual “Friend of WAFCS” award. Every year, WAFCS members have the opportunity to nominate non-WAFCS professionals that help us achieve our mission of improving the quality of life. Nominees are screened by a selected committee of WAFCS members. This year our winners were nominated by Mary Kennedy and Jeanne Schwass-Long who praised them for “transforming F/CE Child Development coursework throughout the nation with their “Baby-Think-It-Over” invention”. The “production of this parenting Simulator and other research related to teen pregnancy, has been a valuable asset to our curriculum.”

Facing downsizing at NASA, where he was an aerospace engineer, Rick invented the first prototype of their infant simulator in 1993. Since then, it has undergone numerous updates, and the company Rick and Mary formed has grown and expanded its product line to include substance abuse education products which provide realistic learning experiences for youth. In 1996, the Jurmains decided to relocate to Wisconsin from California and have remained in Eau Claire where they now employ 40 people and continue to grow at a steady pace.

The list of awards they have received includes Fortune Magazine’s “Product of the Year”. In 1994, Parenting Magazine’s Parenting Achievement Award in 1995, and many more Small business and Social Impact awards too numerous to mention. Mary is newly retired, and now serving on many boards and committees including the steering committee for the AAFCS Future Search Summit.

Sue Simon, who as VP of External Affairs was privileged to present this award, has been invited along with her Madison Memorial students to be featured on RealityWorks’ new DVD which will be used to promote their products globally.



*Jean Zeithaml just peddlin’ around*



*Louis E. Klusmeyer of Oshkosh was honored as a mentor by Jean Zeithaml (left).*



## Show You Care: Bring a Bear!

**The Rationale:** For the past two years, the AAFCS Preprofessional/ Graduate Student (P/GS) Section has organized a national community service project in celebration of a three-year commitment to the 10th Anniversary of the International Year of the Family. This year, both students and professionals will collaborate to leave their mark on the Charlotte area!

**The Issue:** United Family Services <http://www.unitedfamilyservices.com/> of Charlotte, North Carolina, works in diverse ways, and in partnership with others, to restore all individuals and families to basic levels of security, self-sufficiency, and belonging, through quality services to ensure that children have mentors, that women are safe, that victims are not left in the cold, that no one is overwhelmed by debt, and that counseling is accessible.

**The Need:** In abuse and domestic violence situations, children are removed from the home and given a NEW TEDDY BEAR for comfort. In sexual assault and rape situations, victims are transported to the hospital where they are in need of NEW SWEAT SUITS to wear after being examined by a doctor.

**The Goal:** 200 items

- 100 NEW teddy bears
- 100 NEW women's sweat suits, various sizes

**The Delivery:** ALL ITEMS AND MONETARY DONATIONS MUST BE DROPPED OFF IMMEDIATELY PRIOR TO THE AAFCS PACESETTER BRUNCH FROM 9-9:30 A.M. ON SUNDAY, JUNE 25, IN CHARLOTTE.

**The Impact:** Our "Show You Care" items will be presented to and remain with individuals in need long beyond the short time we spend meeting and learning at our Annual Conference!

*All items MUST be NEW to comply with health codes.  
Monetary donations will also be accepted.  
All proceeds benefit United Family Services of Charlotte.*





# Foundation Raises Funds, Awards Scholarship & Travelships

The WAFCS Annual Conference is an outstanding combination of fundraising on behalf of the Foundation and awarding Foundation funds. Again, the Silent Auction was a success. Thanks to all of those who donated the auction items and to those who “bid high and bid often” to raise \$1500 for the Foundation! A special thank-you to Sue Simon for coordinating this year’s Silent Auction. Start collecting items for next year’s Silent Auction! A separate “International Bazaar” was held this year in conjunction with the Silent Auction. Members donated interesting treasures brought home from their travels. Money raised from this separate silent auction (\$619) will more than pay WAFCS’s “organization membership” (\$400) in the International Federation for Home Economics (IFHE). Thanks for everyone’s support of this important organization.

### Quilt Raffle & Notecard Sale

The International Year of the Family Anniversary Quilt Raffle and sale of notecards featuring a segment of the quilt has been ongoing projects since last summer. The drawing for the quilt was held at the WAFCS Annual Conference in Neenah and the lucky winner was Sue Simon of Madison. We still have the beautiful quilt notecards for sale! They are nice to use and make lovely gifts as well. Contact Vera Riley for cards at 8260 Stagecoach Road, Cross Plains, WI 53528 or verariley@aol.com or 608-798-2182. The price is \$10 per package of 10 notecards. To date, a profit of \$1800 has been made on the sale of the raffle tickets and notecards. Thanks to everyone who purchased raffle tickets and for your continued purchase of notecards.

### Student Scholarship/Travelships

Pre-professional members were supported by the Foundation via a \$500 scholarship and seven travelships to promote WAFCS Annual Conference attendance. The 2005 WAFCS Foundation Scholarship was awarded to Karen Casey of UW–Stout. Travelships of up to \$100 were awarded to Maureen Adair of UW–Stevens Point, Amanda Fallbacher of UW–Madison, and to Jacqueline Bluhm, Crystal Bradwell, Karen Casey, Kim Hart, and Stephanie Love of UW–Stout.

### Professional Travelships for Award Winners

The Foundation also honors WAFCS Award winners by offering \$300 travelships to support their attendance at the AAFCS Annual Conference. Those eligible for travelships this year are Peg Voss (Teacher of the Year), Mary Kennedy (Leader Award), and Amy Merlo (New Achiever Award).

### Mentors Honored

Contributions were made to the Foundation to honor the following mentors. Each mentor honoree received a certificate and was recognized at the Annual Conference.  
 Lois J. Alfsen (anonymously nominated)  
 Cheryl G. Fedje (anonymously nominated)  
 Lois E. Klusmeyer (nominated by Jean Crownhart Zeithaml)

### Additional Donations

Barbara George made a donation to the Foundation in honor of Lois E. Klusmeyer. Foundation donations were also received from Rita Houser, Mary Koch, June Luett, and Vera Riley.

\_\_\_\_\_ Other \_\_\_\_\_ \$100 \_\_\_\_\_ \$50 \_\_\_\_\_ \$25

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In Memory of \_\_\_\_\_

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Make checky payable to:  
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 Karen Goebel, Chair  
 WAFCS Foundation  
 1821 Camelot Drive  
 Madison, WI 53705  
 karen.goebel@ces.uwex.edu

We would like to inform those honored families of your gift.

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## 2006/2007 Officer Biographies

Jacqueline Bluhm, 1st Vice Chair:

My name is Jacqueline Bluhm, and I am the new 1st Vice Chair for the P/GS section of the Wisconsin Association of Family and Consumer Sciences. I am originally from Marshfield, Wisconsin, and I am currently a senior standing Family and Consumer Sciences Education major at UW-Stout. My anticipated graduation will be May 2007. I have been a member of the AAFCS and the WAFCS since January 2006. I am very passionate about our mission to prepare individuals for their futures by equipping them with essential life skills. I will strive to prepare a successful, pertinent fall conference. I welcome any suggestions for topics to be included in the P/GS fall conference. I also plan to provide the P/GS members with informative articles in our newsletter. I am looking forward to serving as 1st Vice Chair for the next year, and I hope to meet many others with my same passion.

Denene Van Hecker, 2nd Vice Chair:

My name is Denene Van Hecker. I am second vice chairperson, and a student at the University of Stevens Point. I will be graduating in 2009. I was raised in Milwaukee Wis., but now live in Mosinee Wis. I have been married for 25 years and have two living grown children. My 22 yr old son is still at home with us, and my 30 yr old daughter is married with two beautiful children. She lives in DePere Wis. My husband and I share our home with our son, two dogs, two cats and a cockatoo that is fluent in cat, dog and has a 3 yr old's vocabulary.

After I graduate I plan to work with displaced families/refugees. I have had a lot of experience with being displaced due to job situations over the past 25 years, which will help me empathize and understand my client's needs and feelings better.

As second vice chair, I hope to help design the best state meeting ever. I look forward to preparing the lamp lighting ceremony, as it is important to remember and honor our heritage. I also look forward to writing articles for the newsletters. Finally I will do my best to organize and distribute forms for the state officer elections.

Kelsey Wolff, Inter-Campus Relations

Hi I am Kelsey Wolff and I will be holding the position of Inter-Campus Relations. I am originally from Elcho, Wisconsin and am currently in my third year at UW-Madison, majoring in Family and Consumer Education. I will be graduating in May 2008 and plan on continuing on to graduate school for counseling psychology. My hope is to someday become a high school guidance counselor. As the Inter-Campus Relations representative it is my goal to get to know and connect with students from all three campuses. I look forward to working with all of you this coming year.

Kate Banser, Co-Chair

Hello! My name is Kate Banser and I'm from Merrill, WI. After graduating from high school I spent four years in the U.S. Navy, followed by two years at UW-Marathon County. I'm currently attending UW-Stevens Point and will graduate in the spring of '08 with a Family and Consumer Sciences major and minors in Health Education and Nutrition. I've just completed my eligibility on the women's volleyball team at UW-Stevens Point and will be assistant coaching this fall. After graduating, I plan on teaching FCE and Health at the high school level somewhere in Wisconsin as well as doing some coaching. The goals I hope to accomplish while co-chairing the P/GS Section of WAFCS are to increase student involvement in WAFCS and to learn as much as I can from my fellow P/GS members as well as the professional members of WAFCS.

### ThankYous for Scholarship and Travelship

I would like to thank Karen Goebel and the members of WAFCS for the \$500 scholarship and the \$100 travelship; because of their amazing generosity, I have an opportunity to shine in the organization.

The personal and professional enrichment of being in this organization has shown me the true passion of what it means to be a member of WAFCS. I thank you and the organization for recognizing my potential and assisting me to reach my goals. I am very grateful for the outstanding efforts and authenticity of all professionals involved. Thank you very much,

Karen Casey  
Dear WAFCS

I would like to sincerely thank you for your generous travelship award of \$100 for the spring, 2006 conference. By receiving this award, I will be able to further explore my interest in professional activities. I really enjoyed the conference and received useful information, and best of all I met so many wonderful people with my same interests and goals. This was an experience I will never forget. It has inspired me to be further involved with Family and Consumer Sciences Education beyond the classroom. I became the 1st Vice Chair of the P/GS section of the WAFCS at the conference, which I am looking forward to.

Thank you again,  
Jacqueline Bluhm

I would like to thank all of the people who again made this year's conference a wonderful experience. I came away from the conference with more ideas, more connections, and a renewed excitement for what I do. I would also like to take this opportunity to thank the foundation for all they do, and for the honor of receiving a travelship this year. It is wonderful how professionals are so willing to help the students reach their goals. Thanks again and see you next year!

Kimberly Hart



*Karen Casey, Scholarship winner*



*Travelship Winners*



*Travelship Winners*



*New P/GS Officers being sworn in - Denene Van Hecker; Jacqueline Bluhm, Julianna Weden, Kate Banser*



*Business meeting*



*Theater Readers*



*Walking for Fitness*



## AAFCS Annual Conference Student Events At-a-Glance

The following events have been designed by and for students. Plan to attend these dynamic student-friendly activities, along with the many other outstanding conference sessions.

### **Thursday, June 22**

- 7:30 a.m.-8:30 a.m.      New Member Orientation  
*All new student members are invited to this informational meeting.*
- 2 p.m.-3 p.m.            Association Recognition and Celebration  
*Preprofessional/Graduate Student Section Awards will be given.*
- 8 p.m.-10 p.m.         Preprofessional/Graduate Student Social Night  
*Join fellow student members for a night out in Charlotte!*

### **Friday, June 23**

- 10:30-11:30 a.m.      Certification: A Powerful Credential Tool  
*Learn more about certification options available through AAFCS.*
- 12 noon-1:30 p.m.     Various Professional Networking Luncheons  
*Choose a luncheon of interest and register today for only \$30!*
- 7 p.m.-9 p.m.         SOS for Student Chapters  
*This session will help put wind back into your chapter's sails.*

### **Saturday, June 24**

- 8 a.m.-9 a.m.          Preprofessional/Graduate Student Business Meeting  
*Don't miss important student updates and installation of the 2006-07 national officer team.*
- 12 noon-1:30 p.m.     Various Professional Networking Luncheons  
*Choose a luncheon of interest and register today for only \$30!*
- 4:30 p.m.-6:30 p.m.   Research to Practice Rounds  
*A variety of FCS professionals will provide mentoring for students.*

### **Sunday, June 25**

- 9:30 a.m.-11:30 a.m.   Pacesetter Brunch  
*Enjoy the close of the conference at this elegant brunch. The cost is included with your \$99 student registration fee.*

## Marshall Fields Grant Program

Marshall Fields announced the company's 2006 store grant program for both new and ongoing programs. Priority areas include early childhood reading, youth leadership development accessibility to the arts and education through the arts. Deadline is May 31. [http://www.fields.com/common/comm\\_grants.jstp](http://www.fields.com/common/comm_grants.jstp), <http://www.fields.com>

## Early Literacy and Language Development Videos

In English, Spanish, Vietnamese, Korean, Mandarin, and Filipino. To preview on line go to [www.wlearning.com](http://www.wlearning.com)

## Excellent Resource: What to do When a Friend is Depressed.

National Institute of Health  
6001 Executive Boulevard, Room 8184  
MSC 96653  
Bethesda, MD 20892-9663  
1-800-421-4211

## Research

A brief review of a piece of research that is new to me and completely fascinating. It is research done by Dr. Masaru Emoto, published in text titled, *The Hidden Messages in Water*. Dr. Emoto has discovered that molecules of water are affected by our thoughts, words and feelings. Water mirrors the images of its surroundings and holds those reflections in memory. Dr. Emoto has been able to master the art of capturing, through photography, the very moment a drop of water forms a crystal. It is spectacular to see crystals formed from spring water, water surrounded by words of love and gratitude, or music of Mozart, Beethoven or Bach. Contrasted with tap water, water from a stagnant pool, words of hate, or heavy metal music---in these instances, crystals do not form. Since we are composed mostly of water, his message is one of personal health, better environments. I also thought about what we know about music and brain development and the beautiful crystals that are formed when water is exposed to beautiful music. An interesting book to read and to reflect upon.

## Good News

Found on page 31 of *Middle Ground*, The Magazine of Middle Level Education. Volume 9. Number 2. October 2005, a quarter page advertisement for the new DPI curriculum framework, Family Work and Careers, A Middle School Teachers Guide.

Also, the January 2006 issue of *Career World*, features an article "Where Do I Go with Family and Consumer Sciences? Four career areas, textile designer, interior designer, consumer advocate, and nutritional counselor are featured along with brief interviews with FCCLA members. 'Work' and 'Real Life' are not separate to family and consumer sciences; that may explain why 'most people with jobs in family and consumer sciences tend to be passionate about the work they do'" (p.22).

## Critical Science Summit and Graduate Course July 16-July 20, 2006

**The Reason:** Iowa State University has developed The Critical Science Summit to provide an opportunity for FCS leaders and scholars to explore the question of what critical science is and whether it has a place in the profession.

**Participants:** This summit will involve several groups of professionals including (1) graduate students enrolled in the FCS Education Leadership Academy, (2) professionals interested in sharing their experiences with critical science, and (3) professionals who want to be part of the debate and this significant experience.

**Summit Instructor:** Dr. Yvonne S. Gentzler, Iowa State University, 30A MacKay Hall, Ames, IA 50011-1121. Telephone: 515-294-0533 Email: [gentzler@iastate.edu](mailto:gentzler@iastate.edu)

## Small Steps to Health and Wealth Coming Summer 2006

*Small Steps to Health and Wealth* is a workbook designed to motivate participants to simultaneously improve their health and personal finances. The workbook was written by Dr. Barbara O'Neill, a certified financial planner and Dr. Karen Enslie, a registered dietician.

Consisting of 35 short, user-friendly chapters, the book encourages participants to set health and/or wealth goals and take action to achieve them by identifying small progress steps.

The book will be available during the summer of 2006 from the Natural Resource, Agriculture, and Engineering Service (NRAES), based at Cornell University. For further information contact NRAES at:

Phone (607) 255-7654  
Fax (607) 254-8770  
Website: [www.nraes.org](http://www.nraes.org)

## Project Identify and Recognize

Honoring

Home economics, Family & Consumer Sciences,  
Dietetic Professionals with Military Service

**GOAL:** To identify and recognize professionals having a degree in home economics, family & consumer sciences, dietetics, or related fields of study who are serving or have served in the United States military.

**WHO:** Active Duty, Reserve, National Guard, or Veteran (living or deceased) who served in the Army, Navy, Air Force, Marines, or Coast Guard.

**WHY:** Sponsors want to document and recognize the military accomplishments and contributions of these professionals. Membership in either professional association sponsor is not a requisite for this recognition.

**Recognition Ceremony:** June 21, 2006  
*At AAFCS Conference in Charlotte, North Carolina*

Register with *Project Identify and Recognize* to receive the certificate of appreciation and recognition brooch and to receive an invitation to the third recognition ceremony in 2006

### Contact the following for more information:

Janett A Gibbs, Director  
135 Meadowview Road  
Athens, GA 30606  
Phone/Fax (706) 546-6372  
Email: [jangibbs@ix.netcom.com](mailto:jangibbs@ix.netcom.com)

### Wanted: Leader of the Year Nominations

Contact Carolyn Barnhart : [barnhart@uwstout.edu](mailto:barnhart@uwstout.edu)

### Wanted: New Achiever Nomination

Contact Dittie Winger: [dwinger@madison.k12.wi.us](mailto:dwinger@madison.k12.wi.us)



*Sterling Wall and Arlene Welcher share their findings*



*Heavy discussion*

## SAVE THE DATE

**2007 WAFCS State Conference**  
**March 1-3, 2007**  
**Madison, WI**

## Share Your News

The Editor invites you to share your valuable opportunities and resources with us to be printed and distributed to your fellow professionals. Send your information to:

*Priscilla Bondhus, email [pbondhus@charter.net](mailto:pbondhus@charter.net)*



### Wanted: Nominations for Friend of WAFCS

Last year's recipient for Friends of WAFCS, Rick and Mary Jurmain, were deeply grateful for our recognition, and the chance to do some networking. Who do you know who has been a significant resource and help for you in your efforts related to Family and Consumer Sciences, that you could similarly honor? Please consider nominating them for Friend of WAFCS in 2007. A small amount of effort on your part in filling out a simple form could really make a difference in the life and career of another. Don't delay.....do it TODAY!

To secure a form, Contact Janet Powell Phone: 608-271-0776 or e-mail: [jmpowell@facstaff.wisc.edu](mailto:jmpowell@facstaff.wisc.edu) Nominations are due by Dec. 31, 2006.

### 2006 Silent Auction Calling all COLLECTORS !

WAFCS needs you to save your good quality used items, or consider donating new or homemade items for our annual auction. Last year our auction's profit was over \$ 2000 and directly benefited our foundation which supports travel- ships and scholarships for our organization's students and award winners.

So, if you produce arts or crafts, consider sharing an example of your creativity for this good cause. Or if you're shopping and come across some good deals, pick up an extra one to donate. CONSUMABLES have been especially good sellers. Or share no longer needed used items in good condition. March will be here before we know it, so please Start Collecting Now! Your efforts will benefit many.

*Submitted by Sue Simon*

### Teacher of the Year Nomination

The WAFCS Teacher of the Year award recognizes an excellent teacher whose educational programs, methods, techniques and activities give visibility to Family and Consumer Education, grades K-12.

#### Requirements:

- Be employed as a full-time Family and Consumer Education teacher, grades K-12
- Be a current member of AAFCS and has maintained membership for at least the past three consecutive years
- Not a current member of the AAFCS Board of Directors, Awards and Recognition Committee or staff
- Submit, using WAFCS criteria, a written report of a current teaching unit or module.

Nominee: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Please attach a statement (75 words or less) telling how the Nominee has demonstrated outstanding teaching that gives visibility to Family and Consumer Education.

Nominator: (remains confidential) \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Mail postmarked or email on or before September 30 to:

Donna Sanderson Dinco  
3171 Hwy K  
Hartford, WI 53027

### Region 6 meeting

**When:** Saturday October 21st

**Where:** Ten Chimneys National Historic Landmark

**Time:** Afternoon, Exact times for tours to be determined

**Cost:** \$30 (group rate if we get 24; otherwise it's \$35)

**Meal:** \$10 Box Lunch provided by Ten Chimneys

This tour is well worth it! Please help support the Region 6 Fall Meeting!

We are also checking it out as a possible tour site for the Annual AAFCS Meeting to be held in Milwaukee in 2008!

*Watch for more details in the fall WAFCS Newsletter!*

**Dates to Remember:**

**AAFCS Annual Conference**  
June 22 to 25, 2006  
**Charlotte, North Carolina**

**WAFCS Council Meeting**  
June 29, 2006  
**Mauston, WI**

**Critical Science Summit**  
July 16-20, 2006  
**Ames, IA**

**Ellen Satter Presents**  
September 11, 2006  
**UW-Stout, Menominee, WI**

**2007 WAFCS Conference**  
March 1-3, 2006  
**Madison, WI**

**Deadline for Fall Newsletter**  
August 1, 2006

**Solutions for  
Thriving in  
Threatening  
Times**

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WISCONSIN ASSOCIATION OF  
FAMILY AND CONSUMER SCIENCES  
Priscilla Bondhus  
1300 North High Point Rd.  
Middleton, WI 53562  
PH. (608)827-5554  
Email: [pbondhus@charter.net](mailto:pbondhus@charter.net)

NONPROFIT ORG.  
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