



# WAFCS E-Newsletter

Wisconsin Association of Family and Consumer Sciences

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## Our Mission

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.

## INSIDE THIS ISSUE:

|                        |   |
|------------------------|---|
| Dipesh Navsaria        | 2 |
| Shoyeon Shim           | 2 |
| Wayne Kostroski        | 2 |
| Call for Artifacts     | 3 |
| Student Travelships    | 3 |
| Teacher Stipends       | 3 |
| Calendar of Events     | 4 |
| Lodging and Directions | 4 |



## WAFCS-WICFR Joint Conference: Learn, Connect, Relax, Enjoy!

The 2014 Wisconsin Association of Family and Consumer Sciences (WAFCS)-Wisconsin Council on Family Relations (WICFR) Joint Conference is more than just a conference; it's an engaging professional and personal experience with great value for attendees. Join us for this unforgettable event!

The conference features a pre-conference workshop on grant writing, three keynote presentations, more than 26 breakout and concurrent sessions, a curriculum showcase and poster session, exhibits, and other opportunities for professional development, personal enrichment, networking and engagement, and creativity.

Educational sessions span the scope of family and consumer sciences disciplines. Presenters draw upon the latest research, best practices, and their own expertise and practical experiences to contribute insight that will help attendees put concepts into action. Held at the Three Bears Resort in Warrens, WI, the conference is also a time for exploration, relaxation, and fun!

## Joint Conference Schedule At-a-Glance

The WAFCS-WICFR Joint Conference March 27-29, 2014, schedule offers a mix of professional development and personal enrichment, with a little fun tossed in for good measure!

After Dr. Judy Rommel's "Ten Tips to Make You a Better Grant Writer" pre-conference session on Thursday afternoon, WAFCS leaders should make plans to attend the Council Meeting from 7 to 9 p.m.

Friday's schedule begins with an early morning wellness walk, followed by the general opening session keynoted by Dean Shoyeon Shim of UW-Madison. The breakout sessions offer something for everyone, as topics range from "eParenting High

Tech Kids" and "What Does a District Administrator Need to Know About Your FCS Program?" to "Designing Your Plate: The Art and Science of Eating" and "Alzheimer's Disease, The Cleverest Thief." Following an awards luncheon and a keynote presentation by Dr. Dipesh Navsaria of Reach Out and Read Wisconsin, attendees will have the opportunity to choose one of three concurrent sessions: Cranberry Discovery Center Tour and Program, Laughter Yoga, and Three Bears Lodge Tour. The evening ends with "30 Seconds or Less: Sharing the FCS Story and Brand" by Past AAFCS President Sue Buck, a pizza party, and time for creative

activities.

Saturday kicks off with another early morning wellness walk, followed by business meetings and the closing general session headlined by Wayne Kostroski of Taste of the NFL. Breakout sessions range from "Shaken Baby Syndrome (SBS) Training" and "The Pursuit of New Romantic Partnerships in Later Life" to "Educator Effectiveness Process for FCS Teachers" and "What About My Stuff?" A mentoring and networking luncheon will bring the conference to a close.

For a complete conference schedule, visit the WAFCS website home page, and click on "[Tentative Conference Schedule](#)."

## At the Crossroads of Medicine and Library Science



As the keynote speaker at the WAFCS-WICFR Joint Conference second general session, **Dipesh Navsaria** wears several hats. He is a pediatrician, occasional children's librarian with a M.S. degree in Library and Information Science, a public health professional, and child health advocate. He serves as Assistant Professor of Pediatrics at the UW School of Medicine and Public Health and Medical Director of Reach Out and Read Wisconsin. Reach Out and Read is a national evidence-based program, which makes literacy promotion a standard part of pediatric primary care, so that children grow up with books and a love of reading. The program currently serves 4 million kids each year.

Dr. Navsaria practices primary-care pediatrics at a community health center working with

underserved populations. He has a passion for promoting early childhood literacy programs in health care settings, particularly around ideas of early brain and child development, including the effects of adversity and poverty upon early brain development. Dr. Navsaria values partnerships with parents, educators, and policy makers to promote healthy brain development and social policies for healthy children, families, and communities.

Recognized as a dynamic speaker with the ability to translate neuroscience concepts and clinical medicine for a wide variety of audiences, Dr. Navsaria will share his views in a presentation titled: ***“Books Build Better Brains: How Reading in the Early Days Affects Child Development.”***

## UW-Madison’s Shim Keynotes Opening General Session

**Shoyeon Shim**, Dean of the School of Human Ecology at UW-Madison, will serve as the WAFCS-WICFR Joint Conference opening general session keynote presenter. As an academic leader in the state, Dr. Shim is focused on educational innovation, Wisconsin economic development, and the creation of new knowledge of local relevance and global impact. Dr. Shim is an educator, researcher, and prolific author, having more than 95 scholarly publications to her credit. Her research in consumer decision-making and financial behavior has won grants totaling more than \$1.5 million. She has led multi-million dollar campaigns resulting in the development of centers of excellence for retailing, consumer finance, and family studies.

Moreover, Dr. Shim has a passion for students, their learning and well-being. The title of her keynote presentation is: ***“Students’ Financial Well-being: It’s not just about money. It’s about life.”*** Dr. Shim will discuss her research findings and implications for educators, parents, and policy makers regarding financial capability education for students. Further, Dr. Shim will offer a model of young adults’ financial decision-making process and factors that contribute to the process as well as to their life success.



## Kostroski: Entrepreneur, Restaurateur, Humanitarian

**Wayne Kostroski** is the keynote presenter for the WAFCS-WICFR Joint Conference third and final general session. Kostroski is an entrepreneur, restaurateur, humanitarian with a commitment to “kicking” hunger in America, and a notable motivational speaker.

Kostroski is founder of Taste of the NFL, a non-profit organization that raises awareness and dollars for hunger relief. Entering its 23rd year, Taste of the NFL has distributed in excess of \$14 million for local and national food banks across America.

A well-known Twin Cities’ restaurateur, Kostroski is co-owner of Cuisine Concepts, which includes Franklin Street Bakery. Cuisine Concepts is a consulting and management company offering specialized services in hospitality management with a commitment to the highest standards of integrity in a business operation. Kostroski has played an instrumental role at several of the Twin Cities’ premier dining establishments, including Goodfellow’s, Tejas, and Bar Abilene.

In line with his passion and mission as a boundless humanitarian, Mr. Kostroski will speak on the topic: ***“Giving is Good Business – Achieve Super Bowl Results with Your Business, Community, and Yourself.”*** Mr. Kostroski will share inspiration for tapping the human spirit of giving, finding your passions, and achieving success and happiness.



WISCONSIN  
ASSOCIATION  
OF FAMILY  
AND  
CONSUMER  
SCIENCES

## Thank You!

We offer our sincere thanks to the hard working WAFCS-WICFR Joint Conference Planning Committee:

**Stephanie Bartelt,  
WICFR Chair  
Esther Fahm,  
WAFCS Chair**

**Carolyn Barnhart  
Deborah Gangnon  
Diane Klemme  
Jessica Monfils  
Cindy Quilling  
Judy Rommel  
Susan Turgeson**

To assist in commemorating the 20<sup>th</sup> Anniversary of the profession's name change from Home Economics to Family and Consumer Sciences at the 2014 WAFCS-WICFR Joint Conference, the Conference Planning Committee Chair, Esther Fahm, is asking WAFCS members to share for display purposes any memorabilia and artifacts you may have. These may include, but are not limited to:

- Documents (programs, invitations, articles, other) from the Scottsdale meeting on the name change of the profession
- Articles/publications related to the name change
- Last program for the national American Home Economics Association (AHEA) annual meeting and the state Wisconsin Home Economics Association (WHEA) annual meeting
- First program for the national American Association of Family and Consumer Sciences (AAFCS) annual meeting, and state WAFCS annual meeting

Please contact Esther Fahm regarding commemorative documents and artifacts:

Esther Fahm  
N4876 524<sup>th</sup> Street  
Menomonie, WI 54751  
[fahme@uwstout.edu](mailto:fahme@uwstout.edu)  
715-235-4501

## Eight \$100 Student Travelships To Be Awarded

The WAFCS Foundation encourages student attendance at the WAFCS Annual Conference by offering eight \$100 awards to assist students in paying expenses associated with attendance at the meeting. To access a travelship application, visit the WAFCS website "[Forms & Applications](#)" page. Note that one letter of recommendation from an adviser is required. Applicants are reminded to save receipts for conference expenses; if chosen as a travelship recipient, documentation will need to be provided to Karen Goebel, CFCS, WAFCS Foundation Chair, at the WAFCS Annual Conference. The application deadline is February 15, 2014.

### It's Never Too Early!

This year's WAFCS Foundation Silent Auction promises to be another successful event. As you complete your holiday or post-holiday shopping, consider picking up an extra item or two to contribute to the auction. We look forward to your creative, practical, and fun contributions!

## Teacher Stipends Available for WAFCS Conference Attendance

Building upon its strong support of student members and their attendance at the WAFCS Annual Conference, the WAFCS Foundation has decided to expand its reach to professional members of WAFCS. In light of budget cuts and financial constraints in many school districts, teachers are often limited in the amount of time that can be spent out of the classroom for professional development activities. It has been pointed out that the availability of funds to pay for a substitute teacher could be the difference in whether some of our teaching members are able to attend the annual conference. The Foundation is poised to address this concern by offering three stipends of up to \$125 each to support classroom teacher attendance at the 2014 WAFCS Annual Conference. All recipients will be notified prior to the hotel registration deadline of February 28 and will be reimbursed after conference attendance and submission of appropriate expense documentation. Preference will be given to first-time professional WAFCS annual conference attendees. To apply for a stipend, classroom teachers should submit a brief statement (preferably electronically) to Karen Goebel at [kpgoebel@wisc.edu](mailto:kpgoebel@wisc.edu) and Vera Riley at [verariley@aol.com](mailto:verariley@aol.com) no later than February 15, 2014. Questions? Contact Karen at 608-444-2652.

### Application Requirements:

- ⇒ Name, address, phone number, e-mail address, and AAFCS member number of applicant.
- ⇒ Brief statement of how a \$125 stipend would make the difference in being able to attend the conference.
- ⇒ Include how the stipend would be used (substitute teacher cost, registration fee, travel and lodging, etc.).
- ⇒ Indicate if you are a first-time professional WAFCS annual conference attendee.



# FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families

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Connect with us via web-enabled phone  
or log on to [www.wafcs.org](http://www.wafcs.org) today!

## 2014 Calendar of Events

|                    |   |
|--------------------|---|
| <b>January 1</b>   | WAFCS Winter Newsletter Content Deadline  |
| <b>January 18</b>  | WAFCS Board of Directors Teleconference Meeting   |
| <b>February</b>    | National Career and Technical Education Month   |
| <b>February 15</b> | WAFCS Student Conference Travelship Application and<br>WAFCS Foundation Teacher Stipend Application Due |
| <b>February 28</b> | WAFCS-WICFR Hotel Registration Deadline   |
| <b>March 10</b>    | WAFCS-WICFR Conference Registration Deadline  |
| <b>March 21</b>    | World Home Economics Day  |
| <b>March 27-29</b> | WAFCS-WICFR Joint Conference (Warrens, WI)  |
| <b>June 25-28</b>  | AAFCS Annual Conference (St. Louis, MO)   |

Submit newsletter content to [askwafcs@gmail.com](mailto:askwafcs@gmail.com).

The theme for WAFCS 2013-2014 communications is:  
*Family and Consumer Sciences: Bold, Brave, and Visionary.*

[Click here to register now](#)  
for the WAFCS Conference!

## Your Three Bears Resort Professional Getaway Awaits: Book Now!

Rooms have been blocked for the WAFCS-WICFR Joint Conference, Thursday and Friday, March 27 & 28, at Three Bears Resort. The block will be released February 28.

### Lodging Rates and Accommodations:

**Standard Queen**—Sleeps 4 Thursday - \$69.95, Friday - \$89.95

\*2 queen beds, available w/ or w/o balcony

**Queen Suite**—Sleeps 5 Thursday - \$69.95, Friday - \$89.95

\*2 queen beds in separate bedroom, living area with sleeper sofa (single)

**Family Suite**—Sleeps 8 Thursday - \$69.95, Friday - \$109.95

\*1 king bed in separate bedroom, living area with sleeper sofa (double), ]  
plus 2 sets of bunk beds off living area

**Special Amenities:** Rooms equipped with microwave and refrigerator, complimentary Internet connection, and free waterpark admission for registered guests.

**Three Bears Resort Hotel  
Water Park & Convention Center**  
701 Yogi Circle, Warrens, Wisconsin  
608-378-2500, [www.go3b.com](http://www.go3b.com)



### Driving Directions to Three Bears Resort:

#### From I-90 East -

Take I-94 West Exit (#135) towards Eau Claire. Make a left onto Cty Hwy. Travel approximately ¼ mile and turn left on to Jellystone Park Drive. Go approximately ¼ mile and turn right onto Yogi Circle. The Three Bears Lodge will be on the left at 701 Yogi Circle.

#### From I-94 East -

Take Exit 135 and make a left onto Cty Hwy. Travel approximately ½ mile and turn left onto Jellystone Park Drive. Go approximately ¼ mile and turn right onto Yogi Circle. The Three Bears Lodge will be on the left at 701 Yogi Circle.

#### From I-90 West -

Merge onto I-94 West (Exit 143). Take I-94 West Exit (#135) towards Eau Claire. Make a left onto Cty Hwy. Travel approximately ¼ mile and turn left onto Jellystone Park Drive. Go approximately ¼ mile and turn right onto Yogi Circle. The Three Bears Lodge will be on the left at 701 Yogi Circle.