
WAFCS E-NEWSLETTER

WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

Volume IV, Issue III

December 2015



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.

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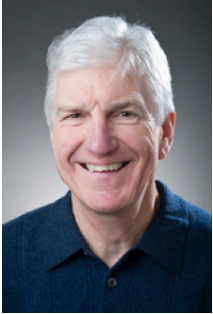
IMPROVING THE
Health and Well-Being
of a changing society

WAFCS Annual Conference
March 31, April 1, 2, 2016
Radisson Hotel, Madison, WI

Plan to attend the 2016 WAFCS Annual Conference “**Improving the Health and Well-Being of a Changing Society**”. This E-Newsletter provides information about the conference including conference registration. The information will also be available at www.wafcs.org. The conference committee, headed by Jeanne Schwass-Long and Janet Powell, has been working very hard to make this an outstanding educational opportunity along with many opportunities for networking, relaxation and fun. **The WAFCS Foundation is providing grant opportunities to attend for both professionals and students.** Now is the time to apply to your workplace to attend. Please review the preliminary program that follows. For a complete conference schedule, visit the WAFCS website home page, and click on “[Tentative Conference Schedule.](#)”

Conference registration will be available online with payment via PayPal. A registration form is also included for those who wish to print the form and pay by check. All forms are available at wafcs.org. Read on to learn about the quality keynote presenters the Committee has secured as well as the excellent opportunities of the conference.

Meet Your Keynote Presenters



Robert McGrath, PsyD, ABPP **Living with Vitality: Pathways to Health and Happiness**

The world around us is in flux and sometimes turmoil, be it our workplace, home situation or the greater society. What does it take to live a happy and healthy life in today's world? Bob will discuss effective strategies for living a happy and healthy life.

Robert is a psychologist with expertise in health psychology, authentic happiness, mind/body wellness, stress management. He is coordinator of mind/body wellness services, University Health Services



Sarah Halpern-Meekin **"It's not like I'm poor: How working families make ends meet in a post welfare world."** Each year, at tax season, millions of lower-income working families receive a windfall: thousands of dollars in the form of a tax refund check from the federal government, much of it from the Earned Income Tax Credit. We explore how families use this money and what it means to them.

Assistant Professor Sarah Halpern-Meekin of the Department of Human Development and Family Studies in the School of Human Ecology (<https://sohe.wisc.edu/staff/sarah-halpern-meekin/>) is a sociologist who studies romantic relationships and welfare policy using a mixed-methods approach. Current research includes examining how premarital experiences are associated with later relationship outcomes; how government-funded relationship education programs are experienced by their participants; and how changes to the welfare state, like the rise of the Earned Income Tax Credit, affect low-income families.



ELIZGREENE **Embrace Your Heart**

As seen on CNN, TNT, Lifetime and The Doctors
Real solutions from someone who's been there, done that, and has the stretch marks to prove it! How do you manage a busy life and stay sane?

Are you going through life, at 90 miles-per-hour, with seven balls in the air — just hoping you'll be able to juggle the eighth just as well? Eliz shares her experiences as a heart attack-survivor and a caregiver for her father and her father-in-law during their battles with

cancer and strategies for daily stress management and for dealing with unexpected challenges.

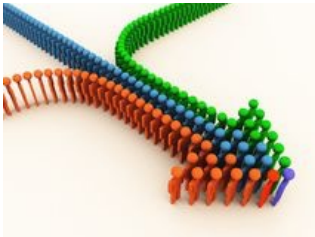
Eliz Greene was seven-months pregnant with twins when she suffered a massive heart attack. Her life changed — not only did she survive a ten-minute cardiac arrest, the cesarean delivery of her daughters and open-heart surgery, all on the same day — she gained new perspective and passion for life. Determined not to lose her new-found passion and to regain her health, Eliz developed strategies to fit activity and healthy habits into her life.



Gerri Gurman **Caring for the Caregiver: Mindful Movement for a Stressful World**

Today's world is busier and more stressful than ever. By cultivating body/mind practices that support balanced living, we can better face the challenges before us. In this session, you will experience the power of a calming breath, while moving slowly, using Qigong, Tai Chi and meditation techniques.

Gerri Gurman, choreographer, dance and integrated arts educator, Tai Chi and Qigong practitioner and meditation teacher, will offer body and mind practices that are accessible to anyone. Gerri Gurman has taught for over 45 years and worked with students from preschool age through senior citizens. She developed the Tai Chi Animal Frolics, a mindful movement program for children in 1993 and created an instructional DVD in 2010 that is appropriate for people of all ages.



“Membership Has Its Benefits!” Foundation Offers New Membership Benefits

The WAFCS Foundation has created three new member benefits to professional members in addition to other benefits they already offer to students and professionals:

- **NEW** Graduate Scholarship (\$1000) in addition to the Undergraduate Scholarship (\$500)—**February 15 deadline!**
- **NEW** Stipend (three at up to \$125 each) to promote professional attendance at our State WAFCS Annual Conference—**February 15 deadline!**
- Travelships (eight at up to \$100 each) to promote student attendance at our State WAFCS Annual Conference—**February 15 deadline!**
- Professional Project/Research Grant (up to \$1000) for a special project or research proposal related to the field of Family and Consumer Sciences—**February 15 deadline!**
- **NEW** Travelship (three at up to \$300 each) to promote professional attendance at the National AAFCS Annual Conference—**April 1 deadline!**
- Travelships (three at up to \$300 each) to promote student 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 www.wafcs.org under *Forms & Applications* and then under *WAFCS Foundation Forms &/or Student Scholarship and Travelship* (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.

2016 WAFCS Annual Conference - Preliminary Program at a Glance

Thursday, March 31, 2016

9:00 a.m. – 4:00 p.m.

A Day at the Capital: Advocacy in FCS

Registration Open

7:00 p.m. – 9:00 p.m.

7:00 - 9:00 p.m.

WAFCS Council Meeting

Friday, April 1, 2016

6:30 am - 8:00 am

Breakfast for hotel guests

7:00 a.m.

Set-up Registration, Exhibits, Displays, Silent Auction

7:30 a.m. – 8:30 a.m.

Registration Open

7:30 a.m.

Exhibits Open 7:30 a.m.

Dedicated Times for Viewing Exhibits, Silent Auction :

7:30 - 8:30

9:45 - 10:00

11:00 – 11:15

12:15- 12:30

1:45 – 2:00

3:00 - 3:30

**Exhibits End
3:30 p.m.**

8:00 -8:30 a.m.

Orientation for First-Time Attendees, New Members, and Non-Members: Making the Most of Your Conference Experience, Coffee & Conversation with Janet Powell, WAFCS Executive Director

8:30 – 9:45 a.m.

First General Session

Welcome □ Pledge of Allegiance □ Lighting of Betty Lamp □ Greetings from AAFCS, Carolyn Barnhart, President

Keynote – *Living with Vitality: Pathways to Health and Happiness*, Robert McGrath, PsyD, ABPP, Coordinator of mind/body wellness services, University Health Services, UW- Madison

9:45 – 10:00 a.m.

Break/Viewing Exhibits, Silent Auction

10:00-11:00 a.m.

Breakout Sessions

- “We Passionately Believe” The Power of Sewing and the Community, Margaret Jankowski, The Sewing Machine Project
- Savvy Savers...Get Your Grant Writing On, Catherine Lader, WAFCS Protege Plus and Julie Martin, FACS Educator, New Glarus Schools
- Planning for Recovery: Supporting Action – Wellness: Presentation concepts, Part 1, Karen Riggers, NAMI Fox Valley
- Square-foot and Raised Bed Gardening, Lisa Johnson, Dane County UW-Extension. Horticulture Educator

11:00 -11:15 a.m.

Break/Viewing Exhibits

11:15 a.m. -12:15 p.m.

Breakout Sessions

- What Are You Doing in Your Classroom?, Tasha Uecker, Valerie Hodgson, FCS Educators, Ashwaubnon School District
- Beef: A Nutrient Powerhouse for School Age Children, Sarah Agena, MS RDN, WI Beef Council
- Planning for Recovery: Supporting Action – Wellness, Hands On Activities, Part 2, Karen Riggers, NAMI Fox Valley
- Impacting Families and Communities Through Women’s Financial Empowerment, Rebecca Gerathanas, Summit Credit Union

12:15-12:30 p.m.
Break/Viewing Exhibits, Silent Auction

12:30-1:45 p.m.
WAFCS Awards & Networking Buffet Luncheon

1:45 – 2:00 p.m.
Break/Viewing Exhibits, Silent Auction

2:00 – 3:00 p.m.
Breakout Sessions

- Organ Donation Awareness, Brenda Cortez, Donate Life: Author, [Living Kidney Donor](#)
- Community Food Challenge for Teens, Judy Knudsen, Family Living Educator - Brown County UW-Extension
- Facebook Networking, Sarah Jill Puddy, FCS Educator, Fond du Lac School District
- Utilizing iCEV in Today's FCS Classroom, Dave Rizzardi, CT Curriculum Consultant - CEV Multimedia

3:00 – 3:30 p.m.
Break/Viewing Exhibits, Silent Auction – Exhibits End

3:30 – 4:30 p.m.
College Career and Life Ready Panel, Sharon Wendt, Director, DPI; Diane Ryberg, Family and Consumer Sciences Education/FCCLA,DPI; Janice Atkinson, Health Sciences/WI HOSA, DPI; Brigitta Altmann, CTE coordinator, Stevens Point School District; Kari Mueller, CTE coordinator, Manitowoc School District; Jen Wegner, Personalized Pathways coordinator, Madison Metropolitan School District

4:30 – 5:15 p.m.
Round Table Discussions with Panel Participants

5:15 – 6:00 p.m.
Mentoring Session, Marsha Larson, Ph.D, and Susan Turgeson, Ed.D. UWSP, Stevens Point, WI

6:15 – 7:00 p.m.
Buffet Dinner

7:00 – 8:00 p.m.
Evening Session
"It's not like I'm poor: How working families make ends meet in a post welfare world." Sarah Halpern-Meekin, Ph.D
Department of Human Development and Family Studies in the School of Human Ecology

8:30 p.m.
Silent Auction Ends (pick up items at 9:30 p.m.)

Saturday, April 2, 2016

7:00 a.m. – 8:00 a.m.
Breakfast for Hotel Guests

7:00 a.m.- 8:30 a.m.
Registration Open

7:30 a.m. – 8:30 a.m.
WAFCS Annual Business Meeting WAFCS Student Business Meeting

8:30 a.m.- 9:30 a.m.
Second General Session
Embrace Your Heart, Eliz Greene, Speaker, Author, [EmbraceYourHeart.com](#)

9:30 – 10:00 a.m.
Hotel Checkout Time

10:00 -11:00 a.m.

Breakout Sessions

- What's New in Food Preservation Research? Karen Dickrell, Family Living Educator, UW Extension Outagamie County
- Gatekeeper Training, QPR (Question, Persuade, Refer) for Suicide Prevention, Jean Papalia, QPR Coordinator, Suicide Prevention Training, Safe Communities of Madison-Dane County
- Is There an App for FCS?, Ashley Nelson, FCS Educator, Milaca High School - MN
- Essential Oils 101, Kim Hart-Schatswell, FCS Educator, Jefferson High School

11:00-11:15 a.m.

Break

11:15a.m.-12:15 p.m.

Breakout Sessions

- Healthy Heart – Happy Life, Catherine Lader, Retired FCS Professional, Janesville, WI
- Local Foods, Alyssa Anderson, FCS Educator, Pittsville School District
- Grandparents Raising Grandchildren, Christine Kniep, Family Living Educator, UW Extension, Winnebago County
- Meeting the Needs of LGBTQ+ Children, Parents, and Families, Melanie Duncan, Assistant Professor of Sociology, UW Stevens Point

12:15-12:30 p.m.

Break

12:30-1:00 p.m.

Mentoring and Networking Buffet Luncheon

1:00 – 2:00 p.m.

Third General Session

Caring for the Caregiver: Mindful Movement for a Stressful World, Gerri Gurman, choreographer, dance and integrated arts educator with degrees in Physical Education, Dance Education, and Elementary Education as well as certification in Tricia Yu's Tai Chi Fundamentals program and many courses in Mindfulness Based Stress Reduction at U.W Health Sports Medicine will present an active, participation-based session highlighting the mind-body approach.

2:30 p.m.

2016 Conference Announcement and Door Prizes

3:00 p.m.

Adjourn

Room Reservation Information

Room Information:

Radisson Hotel
517 Grand Canyon Drive
Madison, WI 53719
Phone: 1-608-833-0100 (Call in to make reservation)

Room Type	Room Rate
Double/2 (2 Double beds, additional charge for more than 2)	\$99 + tax

King 1 **\$82 + tax**
 If you qualify for state rate, please show your tax-exempt form.
 Room includes complimentary breakfast. Begins 6:30 a.m. Friday;
 7:00 a.m. Saturday
Special rate expires March 1, 2016.

2016 WAFCS Conference Registration

April 1, 2 – Radisson Hotel, Madison, WI

***Required information**

Please Print



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*First Name _____

*Last Name _____

*Email _____

*Mailing Address 1 _____

Mailing Address 2 _____

*City _____ *State _____ *Zip _____

*Preferred Phone _____

*Are you currently a member of American Association of Family & Consumer Science? Yes No
Please provide your AAFCS membership number if applicable. _____

[Member Registration = AAFCS/WAFCS member](#)

*Registration Type: (Meals are included) Please note, registration is non-refundable.
Registration after March 1 – add \$25.00 late fee

10% Discount offered to multiple attendees from same organization/agency

- | | | |
|---|--|--|
| <input type="checkbox"/> Fri/Sat Member - \$150 | <input type="checkbox"/> Fri Only Member \$90 | <input type="checkbox"/> Sat Only Member \$90 |
| <input type="checkbox"/> Fri/Sat Non-Member \$185 | <input type="checkbox"/> Fri Only Non-Member \$110 | <input type="checkbox"/> Sat Only Non-Member \$110 |
| <input type="checkbox"/> Fri/Sat Student \$90 | <input type="checkbox"/> Fri Only Student \$50 | <input type="checkbox"/> Sat Only Student \$50 |

Company/Organization Name _____

Title _____

*Badge Name _____

Please specify meals you will be eating so we can have an accurate meal count *

- Friday Luncheon Buffet
- Friday Dinner Buffet
- Saturday Luncheon Buffet

*List any special dietary needs _____

Yes No I plan to attend the session Gatekeeper Training, QPR (Question, Persuade, Refer) for Suicide Prevention – Saturday 10:00 – 11:00

For Students ONLY:

What university do you attend?

- UW-Stevens Point
- UW-Stout
- UW-Madison
- WI Technical College System
- Other

Donations:

WAFCS HUGS \$_____

WAFCS Foundation Scholarships & Travelships \$_____

(If using PayPal, use Foundation “Donate” button at wafcs.org)

Book and Media Purchase Opportunities:

◆ It's Not Like I'm Poor by Sarah Halpern-Meekin - **Pick up at registration**
 Yes No 40% off list price of \$29.99: \$17.99 + \$.99 tax = **\$18.98**

(If using PayPal, use separate button at wafcs.org for book purchase)

◆ **Heart of Wellness Follow Up Package**
Busy women across the country have used this program to make small changes and improve their health.
Create simple daily habits to improve heart health, manage stress, and FEEL BETTER!

Package includes:

- a copy of Eliz’s book: Busy Woman’s Guide to a Healthy Heart (\$14.95)
- Heart of Wellness video follow up program featuring 3-minute daily messages (\$99.00)

Pre-event special value: \$49.99:
 Yes No Book and Video @ \$49.99 + 5.5% tax (\$2.75)= **\$52.74**
or **Book Alone:** Yes No Book at \$14.95 + 5.5%tax (\$.52) = **\$15.47**

(If using PayPal, use separate button at wafcs.org for purchase)
(Pick up after Eliz’s presentation on Saturday morning.)

***Payment Method:**

*Pay by Check - [Register online](http://wafcs.org) (wafcs.org) preferred; Mail check to: **Gail Sommerfeld 5115 W. Willow Road, Mequon, WI 53092-8516** (If using printed registration form send with check)*

or: pay with PayPal/Credit Card at wafcs.org. If using PayPal, please [register online](http://wafcs.org).

***Payment Amount: Total: (Registration, Donations, Books) \$_____**

You may print a copy of this completed form for your records before submitting

Separate registration information will follow regarding the Pre-conference activity on Thursday, March 31.

Room Reservation Information	
Room Information:	
Radisson Hotel 517 Grand Canyon Drive Madison, WI 53719 Phone: 1-608-833-0100 (Call in to make reservation)	
Room Type	Room Rate
Double/2 (2 Double beds, additional charge for more than 2)	\$99 + tax
King 1	\$82 + tax
If you qualify for state rate, please show your tax-exempt form. Room includes complimentary breakfast. Begins 6:30 a.m. Friday; 7:00 a.m. Saturday Special rate expires March 1, 2016.	

**Wisconsin Association of
Family and Consumer Sciences**



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