Mary Kennedy Receives AAFCS Leaders Award

The American Association of Family and Consumer Sciences (AAFCS) presented the prestigious Leader’s Award to Mary Kennedy in Charlotte, NC this past June. Criteria for the award included being published along with having made significant contributions at the local, state and national levels. Mary served several offices at large for the Wisconsin affiliate including the presidency. She co-authored the Goals for Living textbook through Goodheart-Willcox publishers, has done curriculum consulting for Realityworks Company and served as a board member and consultant for Microlife Company.

Mary is a ’73 graduate of Fall River High School and a ’77 graduate of U W – Stout. Mary resides in Delavan with her husband Steven. They have two adult sons. As a Family and Consumer Sciences teacher for over 25 years with the Elkhorn Area School District, she coordinates the Health Youth Apprenticeship Program, advises Family Career and Community Leaders of America (FCCLA) and Health Occupations Students of America (HOSA) and teaches Child Development I and II, Study of Aging, Health Occupations and Fashion classes at the Elkhorn High School. Congratulations Mary!

WAFCS well represented at AAFCS Conference in Charlotte

Hello WAFCS membership and friends. As I begin my year as president, I come to you with an open heart. We are facing a year of great change, strategic planning, and a bright future. With your commitment to the association and profession, I know that we will accomplish our goals and see that the association maintains its superior quality.

We are all very passionate about things we truly believe in. We believe in WAFCS work for the opportunity it will give us to become useful citizens. We believe in the training of our individual minds for the power it will give us to think, to plan, and to reason. We believe in the development of our hearts for the nobleness it will give us to become kind, sympathetic, and true. We believe in the molding of our hands for the dignity it will give us to be helpful, useful, and skillful. We believe in the education of our health for the strength it will give us to enjoy life, resist diseases, and to work efficiently. We believe in our country, our state, and our community, and in our responsibility for their development. In all these we believe, and we are willing to dedicate our efforts to their fulfillment.

The future is bright. Please take a few moments and visit the AAFCS website and review the new items the senate approved. Please forward your comments to myself so we can take your thoughts into account when making decisions. Your thoughts are valuable to us. I look forward to a very rewarding year.

Have you ever considered a leadership position with WAFCS?

Yes, you can do it!

A great way to give back to your profession and association is to consider running for an office with WAFCS.

Don’t wait!

Contact Synthia Chase Whitely, Vice President of Internal Relations
(W) 920-735-5642 • whitely@fvtc.edu
The Stevens Point Chapter Wins National Award

The Stevens Point chapter received the national student “Progressive Award” for consistently increasing their student membership over the past four years. This is a great testament to all the hard work of the students at Stevens Point as well as Sterling Wall and Kelley Ritter. Congratulations to both the Stevens Point Students and Staff.

Cooling off after National Conference

Heidi, Tiffani, and Kim being recognized at the WI meeting.

Stevens Point students being honored at Wisconsin meeting for their “Progress.”

The Wisconsin students at the collection table for the “Show you Care . . . Bring a Bear” service
**Regional Meetings**

**Region 5 & 6 Meeting**

When: Saturday, October 21st

Where: Ten Chimneys National Historic Landmark
Genee Dept, WI

Time: 12:30 Lunch followed by brief meeting before the 1:30 tour

Cost: $40.00 (group rate if 24 participate; otherwise it’s $45.00)

Meal: $10.00 Box lunch provided by Ten Chimneys (a variety of choices is available)

This tour is well worth it! Check it out at [www.tenchimneys.org](http://www.tenchimneys.org). Maps, directions etc.

Mailings will be sent to WAFCS members in Regions 5 and 6, however, this opportunity is open to all WAFCS Members. You are welcome to attend. Questions: contact: Ruth Gibowski at 262.742.2674 or Mary Kennedy at 262.728.6725

RSVP with check payable to WAFCS and Mail Reservations to: Mary Kennedy • 403 Coburn Street Delavan, WI 53113

Absolute registration deadline is Wed. September 20th

**Region 3 Meeting**

Date: Tuesday, October 17, 2006
Place: Fox Valley Technical College
1825 N. Bluemound Drive ~ Appleton, WI (use entrance 10)

Program: 4:15 - 4:30 p.m.
Registration and Networking ~ Room E130 C&D

4:45 p.m.: Tour ~ Human Patient Simulator Lab
5:30 p.m.: German Haus Dinner ~ Ione’s Dining Room. Meal prepared and served by FVTC Culinary Arts students. Meeting to follow

Please respond to:
Kendra Naef, Kimberly High School • 920-687-3024 x 6155
Email: knaef@kimberly.k12.wi.us by October 10th in order to ensure an accurate count for dinner seating. Attendees will select own German Haus theme menu items. Anticipated costs of meals range from $12 - $20.

For additional details or questions:
Cynthia Chase Whitely • WAFCS VP Internal Relations
• Fox Valley Technical College • Phone: 920-735-5642 • whitely@fvtc.edu

Ample parking is available in the student parking areas. Open to all FCS Professionals and those in related fields.

Please bring along another FCS Professional.
Get to know your Foundation

What does the Foundation do?
The WAFCS Foundation Board receives and administers gifts and funds generated by fundraising activities. AAFCS/WAFCS is a 501 (c)(3) not-for-profit organization. All contributions are tax-deductible.
The Foundation awards an undergraduate scholarship, “travelships” to foster student attendance at state WAFCS meetings, and “travelships” to support WAFCS award winners’ attendance at the AAFCS Annual Conference.
Currently, the Foundation is selling beautiful notecards featuring a segment of the International Year of the Family Anniversary Quilt that was raffled off to also benefit the Foundation. Contact Vera Riley for cards at 8260 Stagecoach Road, Cross Plains, WI 53528 or verariley@aol.com or 608-798-2182. Price: $10 per package of 10 notecards.

Why give?
“Do your givin’ while you’re livin’, so you’ll be knowin’ where it’s goin’!” is a favorite line of WAFCS Foundation Chair, Karen Goebel. Experts advise to find your passion and concentrate your giving to what you are about and what you believe is important. Support those things that have meant the most to you. Make a decision to support the profession of Family and Consumer Sciences that affected your career choice, personal life, and introduced you to some of your dearest life-long friends.
Think big by giving each time you are reminded about the Foundation and think BIGGER by remembering the WAFCS Foundation in your estate planning. Leave a legacy that represents the things you believe in by including a bequest to the WAFCS Foundation.

Honor/Remember Someone Special
Commemorative/celebration gifts to the WAFCS Foundation are a popular way to honor someone special—a mentor, colleague, friend, or relative—and support the profession via the Foundation. Donations to the Foundation can celebrate any special occasion—leadership, promotion, award, retirement, birthday, etc. Ruth Rohlfling recently honored Lois Alfsen for her 50 years of membership in AHEA/AAFCS.
A memorial gift to the Foundation is a meaningful way to honor and remember the life of a departed loved one, friend, or colleague. We are happy to inform those honored or their families of your gift.

How to Give
Complete the form below, include with your check, and send to Karen Goebel at the address below. If you have any questions or need additional information about making a gift to WAFCS, please contact Karen at karengoebel@ces.uwex.edu or 608-262-0080.

AAFCS/WAFCS is a 501 (c) (3) not-for-profit organization. All contributions are tax deductible.

Make checks payable to: WAFCS Foundation & send to: Karen Goebel, Chair • WAFCS Foundation • 1821 Camelot Drive • Madison, WI 53705 • Ph: 608-262-0080

Please send a card acknowledging this gift to:

Name _____________________________________________________________
Address ___________________________________________________________
City/State/Zip _____________________________________________________

$______Other ______$100 ______$50 ______$25

Name _____________________________________________________________________________
Address ___________________________________________________________________________
City/State/Zip _______________________________________________________________________
In Memory of _______________________________________________________________________
In Honor of _________________________________________________________________________

AAFCS/WAFCS is a 501 (c)(3) not-for-profit organization. All contributions are tax deductible.

WAFCS Foundation Board
Chair: Karen Goebel, CFCS
Member-at-Large: Vera Riley, CFCS
Member-at-Large: Jean Crownhart Zeithaml, CFCS
Mary Koch wins 1000 dollars in student text books in a lottery sponsored by EASE
I am returning Vice President for Public Policy for WAFCS. I welcome any information members wish to share with me or in the newsletter. Occasionally we run into issues that affect us personally in the area of public policy. It might be in an area that touches our family, our community or our professional life. I personally worked to get safety caps on pesticides at the federal level and a local Superfund site cleaned up locally. My neighbors have addressed the school funding for quality education for their students. There are many topics that concern us: childcare, healthcare and expenses, elderly issues, obesity and other wellness issues, public safety, public spending, etc.

Whatever the case, not everyone knows what to do with that concern to positively change public policy. In 2002, I attended a seminar in Dallas, Texas called “Making Public Policy Work for Families and Communities.” It included a comprehensive guide book. Since then there have been several local forums across the nation, including Wisconsin, sharing this information. At the 2005 AAFCS Annual Meeting, over 900 participants were asked to carefully consider the policy choices presented. That information was used to revise the forthcoming public policy guide. Now everyone has access to this valuable information through the AAFCS web site under public policy. It is called “Sizing up America: Public Policy Deliberation Guide”. It was developed to guide citizens in deliberating public policy approaches to address the issue. I highly encourage checking out this wealth of information!

At this year’s national conference in Charlotte, North Carolina, I attended a session called “Leaders Engaged in Public Policy tell Their Stories.” The panelists included: Michael Benjamin, M.H.P., National Council on Family Relations; Dr. Don Bower, AAFCS President and Professor, Dept of Child and Family development; Sara Riley, Teacher, Family and Consumer Sciences; Dr. Terra Smith, Assoc. Professor, Dept. of Health and Sport Sciences; and Lynn White, CFO and Marketing Manager, former Extension specialist. What I gained from that session is that anyone can affect public policy. It is VERY important to research and communicate the facts related to your issue. The AAFCS Public Policy Guide will help you work through a successful process.

The national office of AAFCS web site also has resolutions related to several public policy issues. These include Financial literacy, Health and Wellness (including obesity), and Child Care for the 21st Century. These resolutions include a rational statement, references, impact statements and suggested implementation strategies.

It is important to not only look at the facts (research findings) but to also listen to citizens and public decision makers. Public forums are a way of opening dialogue between all the stakeholders. Your voice counts!

Jan Felthous, VP Public Policy

The WAFCS 2007 Conference will be held at the Radisson on Grand Canyon Drive in Madison on March 1-2 2007. The committee is working to provide you with opportunities, for professional development, new ideas and techniques and fun experiences. Unique tours will be provided, time for sharing, awards, travelships and silent auction. Save the date for this event.
Wisconsin Nutrition Education Standards have been developed by a team from Wisconsin Action For Healthy Kids, WAFHK, and DPI.

Though school-based nutrition education has the potential to increase health and dietary behaviors, no amount of teaching will make children learn concepts which are beyond the capacity of their cognitive structures to understand. Since many nutrition concepts are abstract, Jean Piaget’s Cognitive Development Theory was used as a beginning point. Dr. Ellen Satir’s work was also considered in forming the new standards.

Piaget’s Theory consists of 3 stages:

A- The Preoperational stage, ages 2 to 6 or 7 years, characterized by language development, but cognitive ability is egocentric and deductive reasoning is not well developed.

B- Concrete Operational stage, ages 7 to 11 years, the ability to classify experiences and to think causally begins to develop. However, thought is limited to concrete objects and specific experiences.

C- Operational stage, ages 11 years to adulthood, children begin to think more abstractly.

Nutrition concepts are introduced in elementary school. By providing information that is concrete and relates to their life experiences children have a base for understanding abstract nutrition concepts later in life.

Included were thoughts regarding the variation in cognitive development, the need for nutrition education at all grade levels and the need to establish healthy habits early.

Developmentally-appropriate nutrition messages emphasize optimism, self-trust and adventure. Lessons focus on “food acceptance”, “regulation of food intake”, and “respect for diversity of body size and shape”. Other messages include “feeding process” and “nutrition standards and recommendations with lessons about nutrition and health, “My Food Pyramid”, and gradually allow students to learn the adult role in the feeding process.

The “Content Standards” refer to WHAT students should know. “Performance Standards” refer to HOW students will show that they are meeting a standard.

Wisconsin standards are:

A) Appreciation and Classification of Foods

Content Standard: Students in WI will understand the sensory characteristics, origins, and classification of foods.

B) Nutrition for Growth, Health, and Energy Needs; And Food Safety.

Content Standard: Students in WI will understand nutrition concepts related to growth, health, energy needs, and food safety with the themes of Variety, balance, moderation and food safety.

C) Critical Thinking Skills

Content Standard: Students in WI will demonstrate critical thinking skills related to healthy eating and activity behaviors.

D) Diversity

Content Standard: Students in WI will demonstrate sensitivity and respect for diverse cultures, food preferences and appearance.

Performance standards for each of the Content are broken down into the grade categories of: Grades Pre-K-Kindergarten – 1

- Grades 2-3
- Grade 4
- Grade 5
- Grades 6-7-8
- Grades 9-12.

Lesson Plans with key concepts for each performance standards are available. As teachers work with the standards the number of lesson plans available will increase.

This is exciting, up-to-date work! If you are interested in more information contact: Karen Kedrowski, RD. 1-608-266-2741 Department of Public Instruction. karen.kedrowski@dpi.state.wi.us.

Jeanne Schwass-Long WAFCS rep to WAFHK

Money Habitudes

The deck of cards that helps people

discover their habits and attitudes about money

...A unique way to help people open up and gain insights to take control of their money...interactive, quick, fun and educational...

Sue McGregor, International Journal of Consumer Studies, July, 2005

It’s interesting to see couples realize the strengths each other has and how that plays out.

Angela Northern, Cornell Cooperative Extension

Looking for a non-threatening, engaging activity that will help even resistant individuals, couples and groups relax and enjoy productive conversations about money? The non-judgmental language and familiarity of a card game gets your training off to a great start and is the perfect complement to your money-management curriculum.

Order cards, guides and a workshop-in-a-box online at www.moneyhabitudes.com.

SPECIAL RATE: When you order a minimum of 20 decks and enter code WAFCS 25% discount on your total order!

For more information and to schedule a presentation or training contact: Syble Solomon, LifeWise 888-833-4331 syble@lifewise.us

www.moneyhabitudes.com
Money Smart Week  
October 2-7, 2006

Money Smart Week Wisconsin will be the week of October 2-7, 2006. It is a creation of the Governor’s Council on Financial literacy last year. Money Smart is set up to provide workshops, seminars, programs, events and other activities aimed at improving financial literacy. Promoting of products, services or sales pitches is prohibited.

Money Smart Week has the goal of helping families, students, homeowners, businesspersons, employees and other community members expand their opportunities through financial literacy. You may access this information by going to http://www.moneysmartwi.org

Another date to save

WAFCS Annual Conference

The WAFCS 2007 Conference will be held at the Radisson on Grand Canyon Drive in Madison on March 1-2 2007. The committee is working to provide you with opportunities, for professional development, new ideas and techniques and fun experiences. Unique tours will be provided, time for sharing, awards, travelships and silent auction. Save the date for this event.

Wanted:

Nominations for Friend of WAFCS

Last year’s recipient for Friends of WAFCS, Rick and Mary Jursmain, 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 Charmaine Rimple At: 920-754-4734 or e-mail: prhahn@msn.com. 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.

Auction Items

As the seasons change, think of picking up sale items that would be appropriate for our Silent Auction next March. Homemade and handmade items, especially consumables, are also popular, so consider spending some long wintry eves on these projects.

The proceeds support our WAFCS Foundation, which awards travel ships and scholarships to our students. Consider soliciting a big ticket item from a local corporation, or Charmaine would be glad to contact likely corporate candidates in the Madison area, if you would give her contact names. Suggestions might be certificates for weekends at resorts or hotels; golfing packages, tickets to sporting events, theatres, and concerts; pamper packages, dinner parties, etc. Let’s all work to boost our profits for the Foundation!

Watch for an update.

Potential web-masters are being interviewed. It is hoped that the website will updated on a regular basis. So check us out at www.wafcs.org to check the progress.

Tao of leadership

When I let go of what I am, I become what I might be.  
When I let go of what I have, I receive what I need.  
By yielding, I endure. Then empty space is filled.  
When I give of myself, I become more.  
When I feel most destroyed, I am about to grow.  
When I desire nothing, a great deal comes to me.

Idelle Fauske, Kendra Naef, Elaine Staaland & Gretchen Speerstra represented WAFCS at the Critical Science Conference in Iowa
Lois J. Schroeder Alfsen  
Racine, Wisconsin  
Educator & consumer information Coordinator

Lois Alfsen completed her bachelor’s degree at the University of Wisconsin-Stevens Point and taught in Hortonville, Green Bay and Waupaca, Wisconsin schools. She worked as a consumer education instructor at Gateway Technical College in Racine and Kenosha. Later Lois worked as a consumer information coordinator for S.C. Johnson Wax in Racine. One of her duties included coordinating Johnson Wax exhibits at AAFCS Annual Conferences.

During her career, Lois served as vice president of program for the Wisconsin Association of Family & Consumer Sciences and as a member of the national communication committee of Home Economists in Business. Her many honors include being named WAFCS Leader of the, Wisconsin Business Home Economist of the Year, University of Wisconsin-Stevens Point Outstanding Alumna, and an International Federation of Home Economics Congress delegate. Lois enjoys traveling with her grandchildren and has participated in twenty Elderhostels. Currently she is a host parent for international students studying at the University of Wisconsin-Parkside. Lois is married to George Alfsen and has two sons, Geoffrey and Gregg.

Cecile Hoffman  
Platteville, Wisconsin  
Teacher Educator

After graduating from the University of Missouri, Cecile began her teaching career in Illinois and Missouri. Then she became a teacher educator at the University of Missouri in Columbia and served as secretary of the Missouri Home Economics Association. Later, she became and instructor at the University of Wisconsin-Platteville and Director of Vocational Education at Cooperative Educational Service Agency #3. She served as Vice President of External Relations and President of the Wisconsin Home Economics Association.

Cecile is a 50 year member of Phi Upsilon Omicron. Her other professional honors include being named one of 75 Leaders of the American Home Economics Association in 1984, being named Wisconsin Vocational Education Association Outstanding Educator, and being presented with the Wisconsin Career Information System Award for Excellence in Career Development. After retirement, Cecile was appointed AARP Women’s Specialist for Wisconsin. She has one Daughter and one granddaughter. Cecile’s current retirement activities include being a grandmother, playing golf, and participating in PEO.

Faith Pomerening Wilde  
Woodruff, Wisconsin  
Educator

When Faith graduated from a rural grade school in 1948, she received a diploma recognizing Wisconsin’s Centennial year as a state. She attended high school in new London, Wisconsin. In 1956, Faith received a B.S. degree in home economics from the University of Wisconsin—Stevens Point. In college, she joined the Home Economics Club, Phi Upsilon Omicron, and Sigma Phi. Faith married Ray Wilde and they settled in Woodruff, Wisconsin for 50 years. She taught home economics for three years at Woodruff-Minocqua Schools, and adult education sewing classes for Nicolet College of northern Wisconsin for 30 years. At the Denver American home Economics Association Annual Conference, Faith won the Singer classroom of equipment for her school. For 25 years, she owned Country Sewing Center and provided her community with sewing machines and repair, fabrics, notions, and classes. Presently Faith coordinates volunteers for comfort headware and pillows for oncology, surgical, dialysis and hospice center projects.
Dates to Remember:

October 14, 2006
Council Meeting
Mauston, WI

January 27, 2007
Council Meetings
Sites to be determined

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

IN THIS ISSUE

Mary Kennedy Award . . . . . 1
President’s Page . . . . . . . 2
P/GS Section . . . . . . . . . . . 3
Region Meetings . . . . . . 4
Foundation Page . . . . . . . 5
Conference Haps in Pics . . . 6-7
Miscellany . . . . . . . . . . . 10
50-Year Members . . . . . . 11