Mary Kaye Merwin, Delavan, Wisconsin
Extension Professional

Mary Kaye’s 39 year career was spent with the cooperative Extension Service System. Her career began in 1064 with the University of Wisconsin, serving as 4-H home economist in Waukesha and Rock Counties. In 1978, she joined the national 4-H Council in Washington, DC, ultimately serving as director of programs. In 1987, she became executive director of Cornell Cooperative Extension of Nassau County, Long Island, New York, retiring in 2003. She served as the state affiliate chair of New York and on several state committees. Mary Kaye moved back to Wisconsin in 2006 and is currently serving as secretary for our Wisconsin Affiliate.

Loraine L. Larson, CFCS
Beaver Dam, Wisconsin
Educator, Business Owner

After graduating from the University of Wisconsin-Madison and completing her M.S. at Kansas State University, Loraine taught family economics at the University of Iowa. She later organized the work-study program at the University of Wisconsin-Milwaukee. After teaching high school in Madison, Wisconsin, Loraine partnered with her husband in a small business for 38 years. Loraine is proud to be a breast cancer survivor. She and her husband spend summers crop farming in Wisconsin and winter in Arizona.

Gretchen Ann Speerstra, CFCS, Madison, Wisconsin, Teacher

Gretchen, a 1999 AAFCS Top Ten Teacher of the Year, received her home economics degree from the University of Wisconsin-Stevens Point and her Master’s degree from the University of Wisconsin-Madison. She was the recipient of a National Education Association/USAID summer grant that gave her valuable, culturally relevant insights while working with home economics teachers in Ethiopia. Her learning continued via her work with student teachers, university classes, travel and her involvement in a state collegial curriculum project focused on highlighting family communicative and reflexive actions. Gretchen’s 38 years of teaching in the public schools while learning with diverse middle-schoolers in multicultural environments were especially gratifying. In retirement, she enjoys learning, reading traveling, volunteering and exercising.

Priscilla Bondhus
Named AAFCS Leader

Wisconsin was honored to have our own Priscilla Bondhus selected as a “Leader” at the national AAFCS conference in Cleveland, Ohio during June, 2010. At the awards ceremony, she was described “as a LEADER in the truest sense of the word, sharing her time and talents with AAFCS and the Family and Consumer Sciences profession for over 30 years. She exemplifies the highest order of a dedicated leader, motivator, conscientious manager and model professional.”

She served as a cooperating teacher and role model for many Family/Consumer Sciences educators and completed a successful teaching career of 20 years in Madison, working with a high population of disadvantaged and English language learners. Most recently she has been a consultant for Madison Metro School District and an educator preparing high school students for careers in health services. She began the development of this curriculum which has been widely used throughout the region.

Priscilla has won many awards and honors over the years, including membership in Phi Kappa Phi and Kappa Omicron Nu. She has served as the Executive Director of the Wisconsin Affiliate of the AAFCS. See Priscilla, Page 5, column 1.
**Message from The President**

As I begin my year as WAFCS president, I look forward to a year of implementing the new direction and look of AAFCS and working with the new Board structure and by-laws for WAFCS. I want to thank Judith Knudsen, Donna Dinco and Kristine Kniep for their efforts in redesigning the Board structure and rewriting the by-laws to be aligned with that of AAFCS. As a result of their hard work, Wisconsin now is up-to-date! Thanks, ladies.

At the AAFCS conference in Cleveland, the new branding initiative was released. “Connecting Professionals. Touching Lives” If you have not already read the July FACS of AAFCS, please do.

It is full of information, not only about the new branding initiative, but much of what occurred in Cleveland and what is in the works for the upcoming year. (The FACS is sent to all members electronically via email.) It is also available at [http://www.aafcs.org/newsletters/facs/FACS_July_2010.pdf](http://www.aafcs.org/newsletters/facs/FACS_July_2010.pdf).

Once again, our WI members are in the national forefront. Congratulations to our executive director, Priscilla Bondhus, on receiving the national Leader’s Award in Cleveland. No one is more deserving than Priscilla who has dedicated so much of her life to family/consumer science and especially to WAFCS.

**Sue Buck** is running for 2011 president-elect of AAFCS. Congratulations, Sue. **Susan Turgeson** is one of the team leaders for “Take It to the Streets” initiative. Last year if you remember, H1N1 was the focus of “Take It to the Streets.” This year, Childhood Obesity is the focus. Please read about it in the July FACS. We would like our Wisconsin members to get involved. If everyone of us addresses childhood obesity from our professional and volunteer perspective, WE CAN MAKE A DIFFERENCE.

Thank you to all who have accepted the call to run for the revised elected positions on the WAFCS board and to those who have accepted the call to step into the non-elected positions. This year we will work through the changes in the Board structure and figure out how it is different and how it is the same.

We still are divided into regions of the state and I do hope each region will find a way to bring their members together sometime during the fall. Face to face contact at a fun event not only helps to keep us connected but also provides us an opportunity to invite non-WAFCS members who might someday become members. Speaking of new members, please welcome these new WI members: Courtney Piotrowski, Diane Ryberg, Lorie Schara, Katelyn Spooner, Jessica Tomaszewski.

I welcome your thoughts and suggestions. Feel free to email me at janetmpowell@sbcglobal.net. Together we can make this a great year!

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**SAVE THE DATE!**

The 2011 WAFCS Annual Conference “Time for Transition and Transformation” will be held at the Olympia Resort in Oconomowoc, WI From Thursday, March 31st through Saturday, April 2nd.

More details to follow. Hope to see you there!
Living the Dream: Support the Centennial Challenge Campaign

Ellen Swallow Richards, a founder of AAFCS (as the American Home Economics Association in 1909), lived her professional dream including becoming the first woman to graduate from MIT, being a champion for women’s education, and devoting herself to improving air and water quality which she knew to be the keys to healthy living. Now it’s your turn to live your professional dream and to help others pursuing Family and Consumer Sciences (FCS) goals to live their dreams.

The AAFCS Centennial Challenge Campaign provides an opportunity for you to invest in leadership, civic engagement through public policy, and scholarly research that will continue the progress championed by FCS professionals for the past century. You are a vital player in the AAFCS mission to assist individuals, families, and communities in making informed decisions about their well-being, relationships, and resources to achieve optimal quality of life.

What started as one woman’s dream a century ago is now a driving force in bringing people together to improve the lives of individuals, families, and communities. The hard work and generosity of those who came before us changed our profession, our fields of work, and people’s lives.

Now it’s your turn to pay it forward, creating opportunity for fellow dreamers to become change agents making an impact on our society through FCS. The Centennial Challenge Campaign invites you to invest in this movement that is part of who you are, what you believe in, and what you do for a living. Be an Ellen Swallow Richards for your generation!

We look forward to adding your name to the honor roll of donors leading the way in the second century of our profession. Any donation is appreciated and demonstrates your commitment to the profession. Donate now—the campaign ends December 31, 2010!

Goebel-Young LEADERSHIP TRAINING Endowment Fund—$200,000 Campaign Goal

This “local favorite” is named for two Wisconsin leaders & benefactors, Karen Goebel and Louise Young. The endowed fund provides a substantive annual grant that trains new generations of leaders through the annual AAFCS Leadership Conference and other leadership development programs for practicing professionals.

Chalkley-Fenn PUBLIC POLICY Endowment Fund—$225,000 Campaign Goal

A $10,000 award allows an AAFCS member to have a 10-week experience at AAFCS headquarters with access as a visiting fellow to opinion leaders and decision- and policy-makers. She/he is able to focus on affecting public policy change at the national level and fostering civic engagement on public policy issues among the AAFCS membership nationwide.

SCHOLARS RESEARCH Endowment Fund—$275,000 Campaign Goal

Research advances the application of FCS concepts and the study of the profession itself. For members to carry out the AAFCS mission, a scientific basis for practice is critical. Initially, each practicing professional recipient will receive a minimum of a $5,000 award. Research funded will be shared with members and used to promote the AAFCS mission.

Centennial Society Contributor Recognition Levels

Honorary Campaign Chairpersons ($100,000+), Visionary ($50,000-$99,999), Innovator ($25,000-$49,999), Trailblazer ($10,000-$24,999), Guardian ($5,000-$9,999), Champions ($1,000-$4,999), Patrons (up to $999)

Name ________________________________________________________________
Address ___________________________________________________________________________
City/State/Zip _______________________________________________________________________
In Memory/Honor of (Circle which) _______________________________________________________

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

The following registered to attend the AAFCS Conference in Cleveland.

- Leona M. Johnson
- Carol Anderson
- Vera Riley
- Mary K. Merwin
- Mary Kennedy
- Virginia Hall
- Timm Boetcher
- Deb Severson
- Mike Baum
- Judith Knudsen
- Donna Dinco
- Karen Goebel
- Janet Powell
- Mary Crave
- Gretchen Speerstra
- Carolyn Barnhart
- Judith Kreutzer
- Diane Klemme
- Susan Turgeson
- Priscilla Bondhus
- Kelly Lee
- Sarah Puddy
- Jessica Tomaszewski
- Cortney Piotrowski
- Marilyn Sue Buck
- Jeanne Schwass-Long
- Mary Koch
- Canielle Chartier

A Special Thank You

Thank you to all who made Saturday evening at the Pacesetter’s Dinner a special occasion. The corsage was a total surprise, but made me feel very good and proud to be a part of Wisconsin’s delegation. It doesn’t seem possible that it was 50 years ago this fall that I wondered into what was then Stout State College as a freshman from the farm and made my first steps to become a Home Economics professional, now an FCS professional. In some ways so much has changed and in other ways so much is still the same and still needs to be accomplished.

Mary Kaye Merwin

On Recognizing talented professionals

In our association we have many talented professionals who have made major contributions to both our association and profession organizations who are worthy of recognition for the work they have done, sharing their time and talents touching the lives of others. Who around you would qualify for such recognition? Step back, reflect and nominate a worthy Leader, New Achiever and/or Teacher of the Year for 2011

Submitted by P. Bondhus

Free AAFCS Membership for:

Five students, junior or above majoring in family and consumer science education.

Five first time members who are current instructor of family and consumer sciences 1st or 2nd year teachers.

For more information visit the AAFCS Website or contact Janet Ward, ESAE Chair, landjward@skybest.com, or Roxanne Trees, ESAE Membership Chair, rtrees@seattleschools.org

The WAFCS Web Site

www.wafcs.org is worth a look.

See past newsletters
Foundation info, photos of friends and colleagues, and much more.
Priscilla

Cont’d from Page 1

tive Secretary for the WAFCS organization for the past 7 years, is an elected commissioner on the Lake Redstone Protection District, and is concerned about water and lake quality through her involvement in numerous projects, conferences, newsletters, and websites.

She serves as the advisor to the WAFCS Board, is relied on for assistance in recruiting members and officers, and mentors students and individuals who are committed to the mission of Family and Consumer Sciences. Congratulations, Priscilla, for a well-deserved award!

Dear WAFCS Members,

Professionally, there is no greater ‘honor’ than to receive recognition from one’s peers. I want to thank the Wisconsin Affiliate for nominating me for the AAFCS Leader Award. Many of you have contributed and generously supported me on my professional journey and Celebration of this honor.

Thank you.  
Priscilla Bondhus

Do we Need Home Ec?

Cooking classes may seem passe’, but some experts hope they’ll make a comeback, in a recent issue of the Journal of the American Medical Association, Drs. Alice Lichtenstein and David Ludwig note that 35% of adolescents are overweight or obese and that frequent consumption of the take-out and prepared foods may be partly to blame. “If children are raised to feel uncomfortable in the kitchen,” the authors write, “they’ll be at a disadvantage for life.” Carolyn Jackson of the American Association of Family & Consumer Sciences points out that practical lesson needn’t interfere with academics. The proper thawing of frozen meat is a science issue,” she says. “And what better way to learn math than to understand the finance charges on a credit card?”

From Back to School Trends, Parade, August 22, 2010

Talent Abounds

In our association we have many talented professionals who have made major contributions to both our association and professional organizations and who are worthy of recognition for the work they have done, sharing their time and talents and touching the lives of others. Who around you would qualify for such recognition? Step back, reflect and nominate a worthy Leader, New Achiever and/or Teacher of the Year for 2011.

Submitted by P. Bondhus

Healthful Quotes

Moderate walking—40 minutes a day, 3 times a week—increases brain function in older adults.

Jeanne Schwass-Long

USDA Center for Nutrition Policy and Promotion is a free resource for all FCS professionals.

If the only thing you have used the USDA site for is My Pyramid, think again. The Center for Nutrition Policy and Promotion is the focal agency that sets national nutrition policy by developing and promoting dietary guidance that links the latest evidence-based scientific research to the nutrition needs of consumers. Instrumental in planning and implementing this work are the Center’s Evidence Analysis Library Division, the Nutrition Guidance and Analysis Division, and the Nutrition Marketing and Communication Division. www.cnpp.usda.gov This website can provide the scientific data for use in your work as a family consumer scientist. The research base provides a wealth of information to consumers. The Center’s E-tools include: My Pyramid Food Guidance System, Partnering with My Pyramid Alliance (Public-Private Partnerships), Trends and Consumer Economics and the Food Supply: Cost of Raising a Child Calculator and Interactive Food Supply Series.

2011 will be the launch of the Consumer Communications of the 2010 Dietary Guidelines! Let the USDA help to keep you up to date. Try this great website today!

Jeanne Schwass-Long
Get Your Buzzers Ready For LifeSmarts

If you are looking for consumer education challenges for your middle and high school students this school year, consider becoming involved in LifeSmarts. Your students will laugh and learn during this fun, game-show-style competition that focuses on personal finance, consumer rights & safety, health & safety, technology, and the environment.

The web site, LifeSmarts.org, provides teachers with a variety of teaching tools. You'll find online such tools as practice quizzes, competition quizzes, daily quizzes, question of the day calendars, downloadable practice rounds, lessons, resources and links to other sites and scavenger hunts. For those days you are unable to be in the classroom when your students are, it is a great way for the substitute to be able to continue expanding students’ knowledge.

Important dates to remember are:

Monday, September 13, 2010: Online Competition Begins

Monday, February 21, 2011: In-Person Competition for Qualifying High School Teams (Varsity)

Monday, February 28, 2011: In-Person Competition for Qualifying Middle School Teams (Junior Varsity)

April 30 – May 3, 2011: High School Champion Team at National Competition in Los Angeles, CA

Take advantage of utilizing up-to-date information that is classroom ready. Student participants gain meaningful consumer knowledge, access to information, awareness of resources, and the ability and confidence to participate in today's dynamic global marketplace.

For assistance with your questions and concerns, feel free to contact Celia Lewandowski at celia@uwm.edu or Joan Kinney at joan.kinney@sbcglobal.net

Not your mom’s home ec

Its curriculum has changed over the years, but the class is as popular as ever with U.S. students.

BACK TO SCHOOL
August 26, 2010/Amy Scattergood

Go back, through a universe of chalk dust and repeating bells, to a classroom outfitted with a line of squat stoves, a long table stacked with dry goods, a row of teenage girls mixing dough in dented bowls, writing down the equation of a good pie in notebooks tracked by ink and flour. It was 1980, and my freshman high school class was taking home economics, learning how to make a pot of stew, set a proper dinner table, bake and frost a cake, as the last months of the Carter administration clicked down.

But not long after that, my school and so many others discontinued the classes. And when I talked to my former home ec teacher recently, her raspy 75-year-old voice conflating the three decades since she taught me how to make soup, she wonder aloud where home economics had gone. It's a common question.

But home ec has not disappeared, it's changed, evolving into classes focusing on child development, nutrition, family health, food service and hospitality. It hasn't been lost as much as translated. In 1994, the name of the course in most of the country was officially changed from Home Economics to Family and Consumer Sciences, or FCS, in an effort to dispel the impression that home ec was about teaching girls how to be housewives.

The number of secondary school students who take FSC classes has not substantially changed since the late 1950s, according to a 2004 national survey conducted by the National Coalition for Family and Consumer Sciences Education.

More than 5 million students were enrolled in secondary FCS education programs in the 2002-03 academic year, the study found, or about 25% of all students, almost the same percentage cited in a 1959 Department of Health, Education and Welfare study.

In fact, in California, home ec is still called home ec; it's the only state in the nation that has kept the name. But whereas in the '60s and '70s, classes were composed entirely of girls and the curriculum focused on traditional homemaking, today they've evolved, says Patricia Scott, home economics teacher expert for the Los Angeles Unified School District, herself a longtime home ec teacher. “The name is still home economics; it's still around. But they're not the traditional programs; they're more specialized.”

SAVE THE DATE!

The 2011 WAFCS Annual Conference “Time for Transition and Transformation” will be held at the Olympia Resort in Oconomowoc, WI From Thursday, March 31st through Saturday, April 2nd.

More details to follow. Hope to see you there!
WAFCS 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, K-12. Wisconsin has a tradition of leadership and excellence in family and consumer education programs, K-12. To continue our tradition we need to identify those individuals who have provided leadership in family and consumer education and nominate them for the WAFCS Teacher of Year award.

Why nominate an FCS teacher for this award?
• to bring visibility to family and consumer science,
• to showcase family and consumer sciences programs, and
• to recognize and affirm an individual teacher’s efforts.

Requirements for nomination:
• Be employed as a full-time Family and Consumer Education teacher, grades K-12
• Be a current member of AAFCS and have 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
• Able to identify a focus area with a sustainable program (Career Awareness/Job training, Consumer Education/Personal Finance, Creative Dimensions/Alternative Program Design, Family Life/Personal and Social Development, Nutrition Education/Diet and Health)

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 (ddinco@execpc.com) on or before November 5, 2010 to:

Donna Sanderson Dinco
3171 Hwy K
Hartford, WI  53027
Leaders Award

This award was developed to honor recipients for the impact their work has had on the quality of life of others and for their contributions to the development of the profession.

Requirements:
1) active WAFCS membership
2) over 35 years of age

Name of Nominee:

Address______________________________________________________________

Phone _____________________________________________

In 75 words or less, tell how the nominee has demonstrated significant contributions to the field and the results of the nominee’s impact on the quality of life of others.
(attach statement)

Nominator:

Address ______________________________________________________________

Phone  __________________________________________________

Copy or cut and mail before Nov. 5, 2010 to:
Carolyn Barnhart, CFCS
E5895 571st Ave.
Menomonie, WI 54751

New Achiever

This award was developed to recognize emerging professionals who have exhibited the potential for making significant contributions in the field of family and consumer sciences.

Requirements:
1) active WAFCS membership
2) active in profession for 8 years or less

Name of Nominee:

Address______________________________________________________________

Phone _____________________________________________

In 75 words or less, tell how the nominee has demonstrated the potential for making significant contributions to the field of family and consumer sciences.
(attach statement)

Nominator:

Address ______________________________________________________________

Phone  __________________________________________________

Copy or cut and mail before Nov. 5, 2010 to:
Dottie Winger
8405 Oakmont Dr.
Madison, WI 53717
Credentialing – A Blueprint for Success

Industry-recognized certifications have become an important and critical component in the delivery of career and technical education (CTE) in secondary and postsecondary programs. These certifications offer outstanding opportunities to students who receive instruction in related Family and Consumer Sciences (FCS) coursework and programs and who are able to validate the knowledge gained from that instruction. In addition, credentialing also offers positive benefits for schools and employers.

Student benefit from
- Evidence that they have completed a rigorous educational program and verified the valuable supplement to their high school diploma;
- A carefully designed educational program that aligns with current industry standards and the key competencies sought by employers;
- Increased qualifications and opportunities predicting greater employment success;
- High quality instruction delivered through a rigorous and relevant curriculum;
- An advantage to gain admission in to and petition postsecondary programs for articulated credit (advanced placement or credit-by-exam); and
- An enhanced self-esteem and self-confidence from achieving national competency standards recognized by business and industry.

Business/industry employers benefit from
- Having qualified students who will make productive employees;
- Making more informed and effective hiring decisions; and
- Bridging the gap between industry and education in the development of a highly-skilled, future workforce.

The AAFCS Pre-Professional Assessment and Certification (PrePAC) Program has partnered with business and industry professionals, content specialists, and educators across the United States to offer the premier national pre-professional assessment and certification system for family and consumer sciences students and programs. For more information on how to benefit from the use of Pre-PAC products, visit the website at www.aafcs.org/prepac.

Schools benefit from
- Having exceptional programs with curricula that are aligned with industry-recognized standards;
- Providing programs that can offer better career opportunities for students;
- Documenting the number of certifications earned to meet Perkins IV requirements and measure technical skill attainment; and
- Improving student preparation and ensuring a workforce that meets the demands of the 21st century.

The number of persons throughout the world who are food insecure has been cut dramatically over the past twenty years, yet challenges remain. The speaker will present some facts, myths, trends, and success stories in addressing food insecurity in developing countries, with examples from several African countries. She will also introduce games, simulations and ideas for teaching children and adults about resource distribution and food consumption around the world.

Mary Crave, Ph.D., CFCS, has worked with the University of Wisconsin-Extension at the county, state, and international levels for more than 30 years. She currently leads education and food security programs as a consultant to USDA’s Foreign Agricultural Service and to National 4-H Council. She has worked in almost 20 countries in a professional capacity, primarily in Central America and Africa.

For more information, contact Janet Powell at janetpowell@sbcglobal.net, or Sue Simon at Suesmn@gmail.com.

Region 5 Fall Meeting

The WAFCS Foundation thanks the following recent donors:
- Kathleen (Kay) Lyndahl
- WAFCS Community of Apparel, Textiles & Design from the sale of fruit and vegetable pillow case kits
- Anonymous donor in honor of past and present FCS colleagues of Northeast Wisconsin in Shawano, Gillett, Clintonville, Marion, and Bonduel

THANK YOU to all donors!
DATES TO REMEMBER

October 13, 2010
Region 5 meets at Imperial Gardens
Madison, WI

October 16, 2010
WAFCS Council Meeting
9:00 Teleconference

March 31-April 2
WAFCS Annual Conference
Oconomowoc, WI

June 23-25
AAFCS Annual Conference
Phoenix, AZ

Linking Cultures
Enriching Lives

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