Dr. Ann Garrison received the 2010 WAFCS Leader Award at the State Conference in Menomonie, WI on Friday, March 12, 2010. Carolyn Barnhart, Leader Award Chair, and Marilyn Swiontek, Dr. Garrison’s colleague, presented the Leader Award Plaque to Dr. Garrison.

Dr. Garrison earned her BS at Alverno College in Home Economics, her MS in Educational Psychology/Counseling with High School emphasis from UW-Milwaukee, and her Ph.D. in Vocational Education with a minor in Educational Leadership and Policy Analysis from UW-Madison. Her doctoral research identified service learning as a meaningful component of education specifically in the Family, Careers and Community Leaders of America (FCCLA) Organization and documented benefits of the organization as identified from the voices of its members across the state of Wisconsin. Marilyn Swiontek and Carolyn Barnhart continue to observe Dr. Garrison’s leadership in the profession as she serves as a Director on the Wisconsin FCCLA Foundation Board. In this role, she is active in securing donations to support FCCLA grants and scholarships.

Dr. Garrison is currently teaching full time at Oak Creek High School and assisting with the preparation of FCCLA students for FCCLA Star Events. Previously, she invested more than thirty years as a Family and Consumer Sciences teacher at South Division High School in Milwaukee. While at South Division, she served as school-to-work coordinator, grant writer and Carl Perkins funding administrator. She worked with AmeriCorp and Vista volunteers in establishing a formal service-learning program for the school. She worked with the American Red Cross and the Blood Center of Wisconsin to coordinate FCCLA sponsored school blood drives. Through her efforts, Family and Consumer Sciences students carried out a number of service learning projects which were subsequently entered in FCCLA STAR Events and/or received state and national FCCLA recognition.

She is an academic but also a practitioner in family and consumer education. She is well respected by her colleagues for her contributions to professional and student organizations related to Family and Consumer Sciences. Most recently she shared her research findings with a variety of professional groups, including delegates to the 2008 National AAFCS Meeting, the National Service and Learning Board, the 2008 FCCLA National Meeting, the Wisconsin FCCLA Foundation board, Wisconsin Family and Consumer Educators (WFCE) members, and Wisconsin service learning conference attendees. She has chaired, hosted, presented at, or assisted in planning and carrying out FCS meetings on the local and regional, state and national level for AAFCS and WAFCS (formerly AHEA and WHEA), WFCE, and FCCLA for many years. She pioneered Home Economics Related Occupations (HERO) and the HERO organization in Wisconsin. She had the first Assistant Child Care Teacher (ACCT) program in the state. She advised many state and regional FCCLA officers over the years. Today, in addition to teaching high school, she is an adjunct faculty member of Alverno College, and you can as easily find her on a college campus as an instructor or guest speaker as you can working behind the scenes for FCCLA competitive events on the regional and state levels. In all her endeavors she worked tirelessly to promote Family and Consumer Sciences programs.

We are fortunate in Wisconsin to benefit from Dr. Ann Garrison’s leadership in our profession. Her genuine commitment, enthusiasm, and dedication to the students, colleagues and our profession are admired and applauded by all of us in WAFCS. Congratulations Dr. Ann Garrison! You are “our” 2010 WAFCS Leader!

Priscilla Bondhus Named AAFCS Leader

In recognition of her many contributions and leadership—AAFCS is honoring Priscilla with the prestigious Leader’s Award at the national conference in Cleveland, June 24-26, 2010. She was nominated by WAFCS at our 2009 spring meeting, leadership documentation was submitted in early 2010, and she was recently notified of her upcoming national award.

Priscilla currently serves as our Executive Director, and taught F/CS in Madison Metro School District, (she developed a widely recognized health occupations program and is currently consulting with a program), has been involved in numerous public policies involving families, and is a strong local, state and national advocate for our profession. More information about Priscilla and her award will be shared in the fall newsletter. CONGRATULATIONS, PRISCILLA!
# Message from The President

The 2010 WAFCS Annual Conference was a success. This event held in mid-March on the UW-Stout campus was organized by Diane Klemme and Cindy Quilling. I truly appreciate the time and talents Diane and Cindy shared with the Association in organizing and implementing this conference. It was a wonderful experience to feel the energy generated by participants, to observe the constant networking, and participate in educational sessions that provided opportunities to learn.

During the business meeting held at the conference, a new organizational structure and revised by-laws for WAFCS were approved. These documents can be found on the WAFCS website [www.wafcs.org](http://www.wafcs.org). A special thank you goes to Chris Knipe and Donna Dinco who worked on these documents for the past two years. Our structure and by-laws now more closely mirror those used by AAFCS.

As a result of needing to approve these documents, election of officers was not held prior to the annual conference. We will conduct an election in the near future. Positions to be filled include:

- President-Elect
- Vice-President Membership
- Vice-President Awards and Recognition
- Vice-President Internal Relations
- Vice-President External Relations
- Vice-President Public Policy
- Vice-President Professional Development

### WAFCS Council 2009-2010

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<thead>
<tr>
<th>Position</th>
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<tr>
<td>President</td>
<td>Judith Knudsen, CFCS</td>
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<td>President Elect</td>
<td>Janet Powell</td>
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<td>Secretary</td>
<td>Mary Kaye Merwin</td>
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<td>Treasurer</td>
<td>Susan Turgeon, CFCS</td>
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<td>VP Professional Development</td>
<td>Diane Klemme, CFCS</td>
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<td>Mary Kennedy, CFCS</td>
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<td>Counselor</td>
<td>Donna Dinco, CFCS</td>
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<td>PGS Chair</td>
<td>Ashley Hall</td>
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<td>Student Development Chair</td>
<td>Crystal Bradwell</td>
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<td>Membership Chair</td>
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<td>Executive Director</td>
<td>Priscilla Bondhus</td>
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### Regional Presidents

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<td>1</td>
<td>Stephanie Love</td>
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<td>Carol Subera</td>
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<td>Karen Dickrell, CFCS</td>
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<td>Kim Hart-Shatwell</td>
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<td>Jenny Wehmeier</td>
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### Professional Section Chairs

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<tr>
<td>College and University</td>
<td>Diane Klemme, CFCS</td>
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<td>El/Sec/Adult Ed</td>
<td>Jeanne Schwartz-Long, CFCS</td>
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<td>Extension</td>
<td>Karen Dickrell, CFCS</td>
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<td>Human Services</td>
<td>Ruth Gibrowski, CFCS</td>
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<td>Business</td>
<td>Open</td>
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<td>Home &amp; Community</td>
<td>June Luett, CFCS</td>
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<tr>
<td>Research</td>
<td>Donna Dinco</td>
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### Division Chairs

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<tr>
<td>International</td>
<td>Mary Crave CFCS</td>
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<td>Art &amp; Design</td>
<td>Bev Braun</td>
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<td>Family Econ &amp; Res Mgmt</td>
<td>Mary Kennedy CFCS</td>
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<td>Family Rel &amp; Human Development</td>
<td>Vera Riley, CFCS</td>
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<td>Nut/Health/Food Management</td>
<td>Barbara George</td>
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<td>Housing and Environment</td>
<td>Open</td>
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<td>Education &amp; Technology</td>
<td>Open</td>
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<td>Communication</td>
<td>Judith Knudsen, CFCS</td>
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<tr>
<td>Representative to IFHE</td>
<td>Mary Crave CFCS</td>
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### WAFCS Foundation Board

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<tr>
<td>Foundation Chair</td>
<td>Karen Goebel, CFCS</td>
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<tr>
<td>Members at Large</td>
<td>Vera Riley CFCS</td>
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<td>Jean Zeithamel CFCS</td>
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### Award Chairs

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<tr>
<td>Leaders Award</td>
<td>Carolyn Barnhart CFCS</td>
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<td>Teacher of the Year Award</td>
<td>Donna Dinco CFCS</td>
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<tr>
<td>New Achievers Award</td>
<td>Dottie Winger CFCS</td>
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### The WAFCS Web Site

www.wafcs.org is worth a look. See past newsletters, Foundation info, photos of friends and colleagues and much, much more.

Judith Knudsen, CFCS

If you would like more information on any of these positions, please email me at judith.knudsen@ces.uwex.edu

During the annual conference at a break-out session facilitated by Carol Anderson, a lively conversation led to the identification of a need for better communication and sharing among students and professionals. A number of individuals volunteered to be involved in a short-term planning committee to further refine this need as look at strategies to move this effort forward. It was discussed that our association could better use technology to foster this interaction.

On another related topic, AAFCS has worked with the Quixote Group to develop key messages, a tagline and brand identity for AAFCS. Please check out the article written by Carolyn Barnhardt regarding these changes. The tagline adopted by the AAFCS Board of Directors is “Connecting Professionals. Touching Lives™”. As WAFCS moves forward, we will strive to do a better job of connecting professionals. We know that our members touch lives of the individuals and families we work with on a daily basis.
Foundation Raises Funds; Awards Scholarship, Travelships, and Professional Project/Research Grant

The WAFCS Annual Conference is an outstanding combination of fundraising on behalf of the Foundation and awarding Foundation funds. Once again, the Silent Auction—the Foundation’s primary fundraising activity—was a success. Thanks to all of those who donated items and to those who “bid high and bid often” to raise $1700 for the Foundation! A special thank-you to Beverly Braun and the 18 WAFCS members who made and donated the Pink Breast Cancer Quilt to benefit the Foundation. Many thanks to Carol Subera for her help throughout the auction and also to Gretchen Speerstra and Carolyn Barnhart for helping to group items and tally up totals after the auction ended. Thanks also to others who helped staff the auction room: Karen Dickrell, Donna Dinco, Ginny Hall, Kim Hart-Shatswell, Mary Kaye Merwin, Janet Powell, and Arlene Welcher.

Student Scholarship/Travelships
Student Unit members were supported by the Foundation via a $500 scholarship and two travelships to promote WAFCS Annual Conference attendance. Congratulations to 2010 WAFCS Foundation Scholarship winner, Kayla Slaasted of UW–Madison. Many thanks to the scholarship selection committee, also. Travelships of up to $100 each were awarded to Emily Shanks and Kayla Slaasted, both of UW–Madison.

Travelships for Professional Award Winners
The Foundation honors WAFCS Award winners by offering $300 travelships to support their attendance at the AAFCS Annual Conference. Eligible for travelships this year are Kim Hart-Shatswell (2009 WAFCS New Achiever Award) and Priscilla Bondhus (2009 WAFCS Leader Award).

Professional Project/Research Grant
The Foundation was delighted to receive three applications for the second $1000 Professional Project/Research Grant and thanks those who reviewed the applications. It was awarded to Jeanne Schwass-Long for her project proposal to develop and teach a series of wellness/food preparation classes for developmentally-delayed clientele in the Stoughton community. Jeanne plans to share the results of her project and it could be replicated elsewhere. Mary Kaye Merwin and Virginia Hall presented preliminary results of their WAFCS Foundation-funded grant to develop and implement child-centered learning kits to be used with Hispanic elementary school-age children and their families in the Delevan-Darien School District.

Recent Donations
The Foundation thanks Rita Houser and Gretchen Speerstra for their recent donations. Mary Kaye Merwin and Virginia Hall made donations in honor of the 90th birthday of Priscilla Hargraves. Carol Anderson donated to honor Priscilla Bondhus as a WAFCS Leader Award recipient. Jean Brew made a donation in memory of Dr. Marybelle Hickner. THANK YOU to all donors!

WAFCS FOUNDATION DONATION FORM

$_____ 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.

Make checks payable to:
WAFCS Foundation & send to:
Karen Goebel, Chair
WAFCS Foundation
1821 Camelot Drive
Madison, WI 53705
Ph: 608-238-8766
kpgoebel@wisc.edu

Please send a card acknowledging this gift to:
Name ________________________________________________________________
Address ______________________________________________________________
City/State/Zip _________________________________________________________
Movie Review
by Susan Turgeson, CFCS

The Washington Post says, “Everyone should see Food, Inc.” and I couldn’t agree more. Recently, I used this video in my Controversies in Food and Nutrition class at Menomonie High School. The 91 minute movie had the students’ attention and prompted some interesting discussion. Michael Pollan and Eric Scholsser are included in the interviews with individuals interested in explaining how our nation’s food supply is impacting farmers, corporations, consumers, and the environment.

The video is divided into nine sections ranging from approximately five minutes to about fourteen minutes in length. A very extensive discussion guide is available for download from the website http://www.foodincmovie.com I condensed the guide into about three questions for each section to assist students in meeting the following objectives:

- Think through your own perceptions, ideas, and solutions so you are better prepared to make thoughtful choices about food.
- Make connections between ways of thinking about the food-related issues presented in the film and the big questions we face in life.
- Develop the knowledge and skills needed to participate in a meaningful public dialogue about food and food systems.
- Take action to address food-related issues in your own life.
- Watch this movie and “you’ll never look at dinner the same way”. “It might change your life”, noted O, The Oprah Magazine.

Thank you Susan Turgeson for outstanding professionalism and congratulations!
~ Melanie Nelson LZE Owner and CEO

Publisher of lesson plans developed and classroom tested by Susan Turgeson!
**Pre-conference Tour: Living Green in Western Wisconsin**

Starting with a great cup of coffee and a (preservative-free) truffle at Legacy Chocolates, we were ready to get on the road to see the latest in “green” building features at three western Wisconsin locations.

**UW River Falls University Center** - The previous Ames building was **deconstructed** (instead of Demolition)-90% of materials were sorted, separated, reused, or recycled instead of taken to landfills. Local and regional construction materials were used to reduce the use of fossil fuels in transportation. Low VOC paint enhances the interior colors influenced by the river and outdoor environment. The building is placed the exact latitude and longitude to maximize sunlight in all seasons. Lighting is zoned by floor level and area to allow for control matching daily use. Each meeting room has a green switch which indicates the “most sustainable lighting option”. Occupancy sensors turn off the lights, 95% are fluorescent, when there is no one present in the room. A computerized lock and scheduling system optimizes room utilization.

Sustainable flooring includes: natural bamboo wood, natural slate tile and carpet squares made from recyclable materials. The furniture and equipment also use recyclable materials with low environmental impact. Popular areas are the water bottle filling stations provided to encourage students/staff to refill rather than dispose of plastic bottles. Underground storm collection tanks capable of holding about 48,000 gallons of water, collected from 1” of rainfall, are used to flush toilets. Double flush toilets (up for liquid and down for solids) and LEED certified hand dryers are used to eliminate waste of paper towels.

This building was a great example of **GREEN long before it’s time**. We learned that going green doesn’t necessarily save money, it saves resources! Many of the recycled materials cost more than regular, but last longer and save resources! If you are ever in the area this building is a must see!

**Emerald Dairy**

This family owned business milks about 1,125 cows averaging approximately 80 pounds of milk daily using many “green” techniques. The milk is chilled to 37 degrees Fahrenheit within one minute of milking and loaded directly into large tankers parked at the facility. The tankers hold 50,000 pounds of milk, are filled every 14 hours, go directly to the processor for freshness.

The cows are milked in a parlor, 40 at a time, three times a day. Approximately 180 cows are milked per hour each 8 hours. Each cow wears a computer transponder for identification. This monitors the cow’s production and helps coordinate herd health activities.

Free stall barns are designed for cow comfort and ease of handling. Mattresses filled with recycled shredded tires and covered with dehydrated manure solids provide comfort for the cattle. The open side wall system promotes air exchange which adds to the respiratory health of the animals. One employee can feed all cows in about four and one half hours by drive through feeding.

Nutrients in the form of manure and water used in cleanup are stored in a 12 ½ million-gallon lagoon. An airtight 40-mil polyurethane cover traps all odors caused by the decomposition of the manure. Gases created are flared off with future plans to capture and use. The nutrients from the lagoon are used to raise crops on 1,900 acres of local land. Emerald Dairy has been classified as a “zero discharge facility” meaning nutrients don’t leave the facility until applied to the fields. A “green” answer to waste.

The maternity barn holds cows waiting to give birth up to 6 weeks before delivery. Within an hour of birth the calves are cleaned up before being transported to the calf hutch area. Milk that can’t be sold because of quality is pasteurized on the farm and fed to the calves. The University of Minnesota has a classroom and dorm space above the barn where vet students gain experience in large animal care. They raise 95% of their own cows to increase herd wellbeing.

Our third stop was the Menomonie North Fire Station, a LEED certified building with features using local and recycled materials from a 100 mile radius. The lighting system is activated by movement. They are continuing to work on certified items and lowering their utility costs. We had an enjoyable visit at another “green” building that was pleasing to the eye.

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**Touring Historic Menomonie**

Cindy Quilling led a tour within the city boundaries of Menomonie with a focus on both the history of the area as well as some new ventures.

After a wonderful cup of coffee and a sinfully delicious chocolate truffle at “Legacy Chocolates”, we were off to a new enterprise, “Big Dot of Happiness.” This growing e-business is now located in the Stout Industrial Park. Originally founded on a card table in the family basement, this industry now has its own state-of-the-art building and currently employs over 40 staff. “Big Dot of Happiness” is an e-business specializing in a complete line of party goods and favors for birthdays, baptisms, bridal showers and births. Look them up on the Internet; you’ll be amazed at their creativity.

The “Wilson House Museum” was the original home of the Stout, Wilson, and LaPointe families. The home is filled with many of the original furnishings from the three generations of these Menomonie founders.

A delicious lunch at the “Golden Leaf Café” was followed by a visit to the “Mabel Tainter Theatre and Community Center”. This 1890’s facility has been beautifully restored to its original décor and today serves as the center for the arts in the Menomonie area. It is on the state and national registers of Historic sites.

We capped off a delightful day with dessert at “Zanzibar”, an upscale gathering spot in downtown Menomonie. Thanks for a fun and historic day of learning.

*Jeanne Schwass-Long*  
*Submitted by Mary Kaye Merwin*
Fabrics and Froth Tour

The Fabrics and Froth tour began at Legacy Chocolates in Menomonie, WI and then participants were “on-the-road” to Chippewa Falls and a tour of the John Leinekugel Brewing Company, founded in 1867. The 45 minute tour included the history of this long established business and provided information about the brewing process, ingredients, and products. Downtown Chippewa Falls was the site of a delightful lunch at Lucy’s Delicatessen, wine tasting at Foreign 5 (the chocolate wine was wonderful!), and a little shopping excursion to the Mason Shoe Outlet store. The afternoon included trips to two local quilt stores, The Cotton Club, Chippewa Falls and The Calico Shop, downtown Eau Claire. Participants ended the day with lots of new ideas for quilting projects and some fabric to compete those endeavors. Maybe we will see some of these projects in the next Art and Design display.

Submitted by Diane Klemme

SPARKS – Lighting the Fire

This breakout session by Marilyn Peplau provided a real “spark” to those in attendance. Newly released work from Search Institute’s Thriving research project shows that finding a young person’s passion gives him/her a purpose. “Sparks are the qualities, skills, or interests that light us up and ignite our passions.”

All of us, parents, mentors, neighbors and teachers, through meaningful conversations with young people, can help them find their sparks. Search Institute research indicates only 35% of young people are connected with caring adults at school who know them and their interests well. In addition they report few people know them well at their congregations and youth organizations. Young people need caring relationships, support, guidance and encouragement to get through.

When young people know and develop their spark, with the support of adults, research shows that they:
• Have higher grades in school
• Have better school attendance
• Are more likely to be socially competent
• Are more likely to be physically healthy
• Are more likely to volunteer to help other people
• Are more likely to care about the environment
• Are more likely to have a sense of purpose
• Are less likely to experience depression
• Are less likely to engage in acts of violence

100% of teenagers understand “spark.” 62% can clearly name their spark but 31% cannot do so. Young people who don’t find their spark:
• Are more likely to hang with the wrong crowd and potentially get into drugs or alcohol
• Can drift through life aimlessly with accomplishing anything

What does all this mean to us? It means we adults need to change our relationships with young people. We need to convey the message to them, that they are unique, valuable just the way they are, and that we are interested in knowing the “real” person. We do this by listening, asking questions, giving them opportunities to help their “spark” become a flame. This can be in the classroom or in other contacts we have with young people. Through good relationships with adults, young people:
• Get support and encouragement
• Learn values and know their identity is affirmed
• Become courageous about trying new things
• Learn to persevere through difficulties
• Come to have all the resources that not only help them survive, but lead them toward thriving.

Once again, the importance of quality interaction between adults and youth is substantiated with research. It is time to help each young person we come in contact with find and develop his/her SPARK!

For more information: www.IgniteSparks.org; or Search Institute: 1-800-888-7828

Written by Janet Powell

Living Life to the Fullest

Tom Kidd, a health educator from Eau Claire, was a keynote speaker at the WAFCS conference. He emphasized the many benefits of humor, laughter, and a positive attitude every day. Tom charged us to begin taking a close look at our individual approach to living life at the fullest each and every day.

He shared his list of Fundamentals of Wellness which included the following:
1. Be excited about life!
2. Count your blessings daily
3. Laugh often!
4. Don’t make excuses!
5. Expect the best from yourself!
6. Care about others!
7. Respect yourself!
8. Set goals!
9. Use positive self-talk!
10. Hang with positive people!
11. Tell those you love you do!
12. Keep a positive attitude!

Submitted by Vera Riley

Great resources

The Wisconsin Beef Council has great resources. A member ordered FREE materials from the order form we received at the WAFCS conference. Additionally, teachers should check out the website www.teachfree.com for additional downloadable materials and resources. FREE is the key!
Interesting Exhibits

Registration with a smile!

Looking a “treasures” at silent auction

Enjoying the Alumni Reception.

Carol Anderson with the quilt she fashioned

Student Service Project ‘Soles for Souls’

Your WAFCS officers hard at work
Looking for new resources

Touring the Emerald Dairy

Yes, we can help you

Kim Hart sharing her costumes

Buttoned Up and Hats on for the evening program

March 11th Council meeting
AAFCS Membership Benefits include…

- Affiliate Membership – As a member, you are automatically enrolled and receive all the benefits of your affiliate
- Journal of Family & consumer Sciences – published four times a year, this peer-reviewed journal features scholarly articles, trends, issues, and practical information to help you inn your career
- Online Networking – Collaborate with colleagues in your particular area of interest in the AAFCS Communities of your choice
- Conference Discount – Members receive a significant discount for the AAFCS Annual Conference & Expo
- Discounts on Travel Services
- Family & Consumer Sciences Research Journal – AAFCS members may subscribe at the Members-Only rate of $30.00 (Regular Price $113) to the Family & Consumer Sciences Research Journal (FCSRJ)
- FCS Career Connection
- Access to online membership directory

Keynote Speaker at AAFCS

Wisconsinite Bob Mohelnitzky will be a keynote speaker at the national expo/conference in Cleveland, Ohio, June 24-26, 2010. He is best known for his outstanding work with Second Harvest Foodbank of Southern WI. Bob was honored two years ago at our National Conference in Milwaukee with the Friend of AAFCS Award.

A keynote speaker at our state conference three years ago, WAFCS recommended him for the Friend Award and encouraged our national organization to seriously consider his strong message about helping feed America’s hungry children and families. A Madison area resident, he has been passionate about the work of Foodbanks and their important role in helping needy families.

LifeSmarts for Middle and High School Students

LifeSmarts is an educational program sponsored by the National Consumer’s League (NCL) to assist teens in developing consumer and marketplace skills. The program is designed to complement curriculums in middle and high school. Yet it is flexible enough to use not only in the classroom but also as an activity with groups, clubs and community organizations.

LifeSmarts competitions are run in a game-show style somewhat similar to Jeopardy. Teams of students in grades 6 – 12 compete first in online, and then in state level matches, with high school winners from each state continuing on to a national competition.

The National LifeSmarts competition is held in a different city each year for participants to learn about various areas of the country.

LifeSmarts focuses on five areas of consumer knowledge:
- Personal Finance
- Consumer Rights and Responsibilities
- Health and Safety
- Technology
- The Environment

Teens who participate gain meaningful consumer knowledge, access to information, and awareness of resources. Participants also develop leadership abilities, become better decision-makers, and have fun in the process.

The schedule for the 2011 competition is:
August 1: Coaches begin to register on-line
September 15: Teens begin to complete on-line
February 21: Varsity LifeSmarts competition (high school)
February 28: Junior Varsity LifeSmarts competition (middle school)
April 30 – May 3: National Competition – Destination TBA

For further information:
Check www.LifeSmarts.org
Or Contact: Cecilia Lewandowski
Celia@uw.edu 414-227-3251
Joan Kinney joan.kinney@sbcglobal.org
608-233-6407

by K.Goebel & Joan Kinney

Do you Remember?

Way back in 1647, when we were not yet the United States of America, a woman named Margaret Brent was the first to claim the right to vote.

Manage your own AAFCS account

To check all of your AAFCS payments log into AAFCS.org. Your log-in is your email address and your password is your membership number. It should automatically go to the page entitled Explore Your On-line Options. Click on View/Print Transaction History and all of your transactions will come up.

Please note that payments made on-line by credit card will process more quickly than those made by mail go through a lock box before they are entered into the system.

by Joan T. Knaak, PhD

Mending Communities: one sewing machine at a time

The Sewing Machine Project was begun by Margaret Jankowski in 2005 following the tsunami in southeast Asia. The purpose of this non-profit project is to provide sewing machines and supplies to people who are trying to mend their lives following a disaster or due to poverty conditions to rebuild their livelihoods. After Hurricane Katrina hit, the project shifted its focus to New Orleans. This year, Margaret has directed her efforts to her own Madison area, working with young and old with their sewing adventures.

The Sewing Machine Project accepts sewing machines and sergers in good working order, as well as patterns, fabric, notions and financial contributions to help pay for shipping and travel expenses. For more information and to find drop-off sites, go to margaret@thesewingmachineproject.org or call 1-608-225-2315.

by Beverly Braun

Save The Date

Time for Transition and Transformation

WAFCS Annual Conference
March 31 – April 2, 2011

Olympia Resort and Spa
Oconomowoc, WI
The course of action is aimed at family to policy vs. family policy. There is a difference! discussed the difference between household behalf of their members. We do need to think some instances organization can speak on approaches to dealing with family policy. In

The three choices we have are:
1. Democratically select action to promote family well being
2. FCE Educators can look at constructive solutions to family programs to include who, where, what and how.
3. Family Public Policy could be a means of analysis of everything that government does that affects families.

The three choices are disconnected approaches to dealing with family policy. In some instances organization can speak on behalf of their members. We do need to think of an ecological forum. In our workshop we discussed the difference between household policy vs. family policy. There is a difference! The course of action is aimed at family to influence, guide and determine structures, functions, processes and behavior of family members. We need to peel back the issues to look at a variety of issues. The benefit of becoming involved in family policy work needs to be further explored and we need to consider how as professionals we can become more involved in social change. Part of this can be achieved by exploring the stakeholders in the policy development and where the power and interest lie.

Submitted by Karen Dickrell

What is Your Real Age?

Dr. Michael F. Roizen will be a keynote speaker on Saturday, June 26, 2010 at the AAFCS conference in Cleveland. Dr. Roizen is Chief Wellness Officer and Chairman of the Wellness Institute, Cleveland Clinic. He is well-known as the cofounder of RealAge.com and cofounder and chair of the RealAge, Inc. Scientific Advisory Board. While his calendar years may be 64, his RealAge is only 44.6!

People Are Raving About the RealAge Test

Anyone can add life to their years by following the steps in this test” – Dr. Michael F. Roizen

“Do the numbers—you may be younger than you think.” – Reader's Digest

If you want to know what your “real age” is, take the test. The website is listed below. It is a secure website where you enter information about your health and lifestyle. After you submit the information, you will receive an email notification showing your “real age” and the reasons why. It is a fun and interesting exercise. In addition you can sign up for email notices regarding various health and nutrition information. Try it! I think you will like it! http://www.realage.com

Submitted by Janet Powell

Memorable Quotes:

“The Average Man doesn’t want to be free. He simply wants to be safe.”

H.L. Mencken
Notes on Democracy
Join a Community

While the entire conference was a success, and all of the speakers did a great job, an interesting discussion occurred during the “Join A Community-BE ENGAGED” session. Carol Anderson led the discussion regarding AAFCS and its involvement in communities rather than sections and divisions. Each person received an AAFCS Communities Policies Information Handbook (recently updated) and we focused on what we thought were the most important communities in the organization, and which communities we would be willing to participate in. While other ideas were talked about, the discussion became very focused on mentoring/networking. Half of the group was students, while the other half was professionals, and a very interesting proposition came out of it. Most students agreed that they would like some sort of networking/mentoring tool, and the professionals agreed that this would be something that could be arranged, and that they too would enjoy, and learn from as well. Basically, it was decided that we would try this networking system through an online discussion at the state-level (WAFCS) and see how it works. A sign-up sheet was passed around and both professionals and students willing to start establishing some sort of discussion portal for the website signed their names. Everyone was very excited with the new possibility, and is looking forward to trying the discussion for questions, tips, comments and/or referrals. We will let you know when a permanent mentoring/networking link is established!

Submitted by Danielle Dreher

Your membership in WAFCS/AAFCS!

At the State Conference, Marilyn Peplau shared her publication with us related to the Simple Ways to Create a Positive Learning Environment (Peplau, 2005). One of the quotes in the booklet was, “Education is not the filling of a pail, but the lighting of a fire” by William Butler Yeats (1865-1939). This quote was introducing the asset of “empowerment” in the classroom.

Our membership within WAFCS has empowered us to create a positive learning environment as we fulfill our vision to be recognized as the driving force in bringing people together to improve the lives of individuals, families, and communities. Our new logo, as well as our old logo, have active flames. We are ignited and united to make a positive difference.

Our membership gives a “voice” to our Association. This “voice” has persuasively defended public policy related to the family, FCCLA and Family and Consumer Sciences Education. We are linked on the regional, state, national and international level. The united voice secures our profession, keeps us on the radar screen for funding and educational priorities.

The flame of WAFSC continues to be lit by students, actives and emeritus members as they help keep the flame burning!

Check out the Membership Newsletter – The Mint – on the AAFCS website: www.AAFCS.org

Submitted by Carolyn Barnhart

Foundation Project Grant Awarded

March 2010

AAFCS Foundation,

I am pleased to receive the 2010 WAFCS grant of $1,000. Thank you for the opportunity to put my project: “A Wellness, Food Preparation Program for Developmentally Delayed Adults,” into action. It is my hope that once completed, the project will be able to be replicated.

I am honored to receive this grant.

Sincerely, Jeanne Schwass-Long

Congratulations from WAFCS Foundation. We believe that Jeanne’s project in working with the Stoughton community and recreation department meets our criteria for funding. Jeanne is planning to conduct a needs assessment, develop adaptive nutrition/wellness/food preparation lessons that will increase skills in nutrition, sanitation, food selections, food handling, preparation and serving. These skills are designed to enhance daily lives, develop career paths and instill pride in participants. We are excited that the project is coordinated with the Stoughton Recreation Department, MARC Center and other community resources.

The foundation received several outstanding applications and we encourage others to apply next year. Among the criteria considered in selection are the following:

- Relevance/significance to our field
- Promotes our image – will receive recognition for our FCS profession
- Reproducibility by other groups
- Relevance in today’s world … meets pressing need.
- Practical focus
- Innovative/creative
- Will knowledge be advanced
- Presentation of the proposals with budget and timeline

Karen P. Goebel, Foundation Chair

New logo….. New Tagline….. New Services…..

AAFCS listened to your comments and suggestions! The membership survey has resulted in new additions to the website, faster return responses related to membership renewals, new student webinars and a new session at AAFCS National Conference for New Attendees.

We need to “live” our new tagline:

“Connecting Professionals · Touching Lives”

And, we need to be the “active, living flames” in our logo.

Submitted by Carolyn Barnhart

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PREPARING TEACHERS: WISCONSIN’S LICENSING REFORM

What do you remember that was important to you as a new teacher? What do you wish you would have known? These are important questions to ask as we take on new roles and responsibilities as mentors to the new teachers (initial educators) in our districts. Did you know that approximately 30% of beginning teachers in the United States leave the professional during the first two years of teaching and within 7 years, approximately 50% of all beginning teachers leave the profession? For those of us who have made teaching our career for 30+ years and have a passion for teaching family and consumer science, the statistics seem daunting.

During a recent conversation about AAFCS communities of learning, WAFCS student members asked about licensing requirements, professional development plans, and mentoring. I took a personal interest in the conversation because I have had the opportunity to be part of the development of practice leading to the new licensure requirements under PI 34. I am trained as a mentor and continue to train teachers as mentors, I am trained as a PDP Team Reviewer, and I facilitate the mentor program in the district I contract with. I find it interesting that six years into the program there are still so many unknowns’ about the licensure.

The following are examples of frequent questions pertaining to the license rules of PI34:

When did PI 34 take affect?

New licensing requirements were effective July 1, 2004. The new rules of PI34 created three career stages of licensing: the initial educator, the professional educator and the master educator. The stages of career licensing supports a career-long focus of self-directed, planned professional development that is guided by the 10 Wisconsin Teacher Standards. To be certified for licensure, teachers need to demonstrate or exhibit the knowledge, skill and dispositions identified in the Teacher Standards.

Why are standards and professional development plans required for license renewal?

The standards define the characteristics of quality educators. The Wisconsin standards are designed to guide professional development and the professional development plans are designed to focus, provide direction and reflection that leads to continued competence in two or more standards during each five-year renewal cycle.

Who is an initial educator?

An initial educator is anyone who completes a program for the first time in a particular licensure category (teacher, pupil services, administrator). An initial educator must complete a Professional Development Plan (PDP) to advance to the professional educator license stage. The initial educator license is issued for 5 years.

Who is a professional educator?

An educator who completed an approved program in a licensure category prior to August 31, 2004 is considered a professional educator (grand fathered). Professional educators in this category have the option to renew their professional educator license by continuing to take 6 graduate credits or to renew through the PDP process.

What are school districts required to provide?

School districts are required to provide:

- A qualified mentor for each initial educator in their district
- Ongoing orientation that is collaboratively developed by administrators, teachers, support staff and parents.
- Support seminars which focus on teacher standards, mission, goals, procedures and policies of the school district
- An administrator trained as a PDP Team Reviewer to serve on the initial educators PDP team.

What is a PDP?

The PDP is the process of renewing an educator’s license. For the initial educator, the process of reflection begins at the end of the first year of teaching. The completed process includes reflection, writing the plan, an annual review of the plan and documentation of the completed plan. The plan is reviewed by the PDP Review Team, which includes a professional educator, administrator and representative from an Institute of Higher Education. The team approves the initial educator’s goals/plan. When the goals are verified, the initial educator is responsible for filing the Goal Approval Form with the Department of Public Instruction. The initial educator then has three years to complete the plan. The completed plan, with at least 5-8 pieces of evidence that supports reaching the goal, is submitted to the PDP Review Team by April of the 5th year. Once verified by the team, the initial educator then applies for the professional educator license.

Then, the process starts over. Under the license reform, every 5 years the teacher will begin a new PDP plan, acquire a PDP Review Team, complete the plan, verify the plan and submit for license renewal.

The first group of initial educators will be applying for professional educator licensure in June 2010. I look forward to reviewing the results, sharing in the personal and professional growth of these new educators, and the evidence that supports higher student achievement. I treasure the opportunities I have had to support new educators as a cooperating teacher, mentor, and PDP Review Team member.

The research suggests WAFCS has a role in mentoring new professionals. It could be an exciting community of learning for WAFCS. Additional questions about PI34 can be submitted to ddinco@execpc.com, I will attempt to provide an answer in future newsletters.

Submitted by Donna Dinco

Memorable Quotes:

“We ought to desire whatever is really good for us and nothing else.”

Mortimer J. Adler
Ten Philosophical Mistakes
Time for Transition and Transformation

Call for Proposals

Annual Conference of the Wisconsin Association of Family & Consumer Sciences to be held in Oconomowoc, Wisconsin on March 31st – April 2, 2011, with a goal of sharing model programs, best practices, and resources addressing current issues in the broad field of Family and Consumer Sciences. We invite you to submit proposals in order to share creative responses to the opportunities and challenges emerging in the field of Family & Consumer Sciences. Presentations are typically informal descriptions of best practices and resources over a wide range of topics, with academic papers also encouraged for submission for review prior to acceptance as well.

We are seeking presentations that will present information, resources, best practices, or other relevant knowledge in keeping with the conference theme and following objectives:

• Celebrate the transition and transformation that is occurring in the field of family and consumer sciences
• Recognize and promote the variety and diversity of family and consumer sciences careers, opportunities, and fields of study
• Provide training and ideas for implementation of the 16 Career Clusters in assessing career interests, providing career development information to students and parents, developing standards, organizing career pathways from secondary to postsecondary, and engaging business and industry
• Celebrate volunteerism
• Honor the accomplishments of FCS Professionals

Conference proposals are not limited to the above topics. Presenters are invited to propose a wide range of issues related to the scope and focus of the field of Family & Consumer Sciences. While presentation format may vary, typical presentation possibilities include the following:

• Poster displays – Free standing, 4’ wide table space (indicate electrical power needs)
• Approximately 50 minute breakout sessions
• Workshop format spanning several breakout sessions (i.e. 2-3 hours)
• Symposium where several related papers or topics are presented within a single breakout time period
• Multiple round tables where participants rotate from one table/topic to another at given time intervals

To submit proposals, please send the following information, in order:

• Title of presentation or session proposed
• Name(s), contact information, and background information for each author
• Fifty word executive summary to appear in the conference program
• Summary of information to be presented or activity to be facilitated – one page
• Scholarly paper/poster submissions may submit a three page abstract for review
• Preferred format for delivering information, indicate length of presentation as applicable

Proposal deadline is July 1, 2010. Send proposals electronically by email attachment to welchera6412@charter.net, confirmation of receipt of proposal will be returned within 5 days. If you do not receive confirmation, call 608-333-6412 to verify your proposal has been received. Confirmation of acceptance or rejection will be sent by October 1, 2010. Suggestions for invited presentations and speakers (your colleagues) are also welcome.
Everyday kids go home hungry. We want to put a stop to that. Please, partner with us.

The AAFCS Student Unit, in partnership with Feeding America and the Cleveland Food Bank, is collecting quality can openers to send home with Cleveland’s kids. It’s not just a can opener...

It’s hope.

For more information on this effort visit www.aafcs.org/students or email krkingsley@liberty.edu.
Opportunity for leadership

Since our Wisconsin members have so much to give I am offering you an opportunity to expand and share your talents by accepting a leadership position on the WAFCS Council.

Sometimes capable people are shy about stepping up and saying "I will do it." Should you know such a person, a good referral always works.

This leadership experience will provide an opportunity for networking, professional development and building great friendships. Interested? Want more information? Contact one of the WAFCS Board members or myself at pbondhus@charter.net

“What if a few mistakes are made? How else shall the truth be learned? Try all things and hold fast that which is good.”

Ellen H. Richards
AAFCS Founder &
1st woman graduate of MIT

“Family and consumer sciences professionals are powerful individuals because of what we do; and collectively, we are even more powerful.”

2000 Ann Collins Chadwick

“For most family and consumer sciences professionals, their work or how they practice is not just a career: it is a "Calling." The essence of the "soul" of the profession is our attitude and perspective, our feeling that we're making a meaningful contribution, and that we have a vision for the future we're trying to create.”

2001 Carol L. Anderson, Sharon Y. Nickols

Today
I will translate
the reality of my dreams
into my ordinary day
for extraordinary results

Mary Anne Heresy ’95

Register for the AAFCS 101st Annual Conference!

New Century for FCS: New Challenges, New Solutions

June 24-26, 2010
Renaissance Cleveland Hotel
Marriott Cleveland Downtown at Key Center

- Student Member Registration - $99
- Nonmember Registration - $449

Visit www.aafcs.org/meetings/10/reg.html for details.

Reserve your hotel room early at the conference rate (subject to availability).

Renaissance Cleveland Hotel (host hotel) - $139, plus taxes (single or double)
Marriott Cleveland Downtown - $139, plus taxes (single or double)

Visit www.aafcs.org/meetings/10/hotels.html for details.

- Professional/Emeritus Member Registration - $365
- Student Member Registration - $99
- Nonmember Registration - $449

Visit www.aafcs.org/meetings/10/reg.html for details.

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Visit www.aafcs.org/meetings/10/hotels.html for details.
New Century for FCS
New Challenges
New Solutions

DATE TO REMEMBER

June 24-27, 2010
AAFCS Conference
New Challenges,
New Solutions
Cleveland, Ohio

July 14, 2010
Summer WAFCS Council Meeting
at Bondhus cabin

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