Judith A. Knudsen received the 2011 WAFCS Leader Award at the State meeting in Oconomowoc, Wisconsin. She was nominated by her colleagues, Karen Dickrell and Christine Kniep. During the award presentation they highlighted her professional leadership and her contributions to improving the well-being of individuals, families and communities.

Judy is currently the Family Living Educator, Professor and Department Head for a staff of twenty-six, at the University of Wisconsin-Extension Brown County at the office in Green Bay, Wisconsin. Her leadership has influenced Brown County since 1990. Prior to that, she was the Extension Home Economist in Montana for eight years and in South Dakota for one year. She earned her bachelor’s degree in Family Environment from Iowa State University in 1981 and her master’s degree in Studies and Aging from the University of North Texas in 1990.

Her resume is overflowing with accomplishments related to the leadership she provides in Brown County, Wisconsin and at the national level. She is a visionary providing leadership to thousands of people of multiple ages and stages in their own leadership development. She is a living, stellar example of what the WAFCS Leader Award recognizes and celebrates.

Judy has been a member of AAFCS for over thirty years and has served our state association as Professional Section Chair-Extension from 2001 - 2005, Vice President of Professional Development form 2005 – 2006, President from 2009 – 2010 and next year she is our WAFCS Conference Chair.

She has co-authored publications on money: Tracking Your Spending and Taking Control of Your Spending. She was also co-researcher on two projects, Connectedness of Residents to Neighborhoods in Green Bay and Tapping into Teen Concerns, Perceptions and Behaviors in Brown County.

She has developed educational materials in Creating Aging Friendly Communities, Food Preservation, Diversity Circles and most recently she has created a Healthy Eating and Safety Blog.

If we had an award for Collaborator of the Year she would be a front runner for that award as well. She chairs, leads or has served as an active member in thirteen collaborative community groups from the Brown County 25 x 25 Energy Oversight Committee to the Brown County Dairy Promotion Committee.

Judy shares her knowledge as an active presenter on the state, regional and national levels. Family and Consumer Sciences professionals in extension, education and business benefit from the leadership in Creating Aging Friendly Communities, Conversations between generations, Diversity Circles and sessions on Financial Management topics.

In her application she shared the 2010 UW-Extension Brown County Annual Report that she authored. It is a ten page report highlighting and explaining the accomplishments of Brown County UW-Extension in engaging people in lifelong learning. She also explained her leadership in Diversity Circles while offering Living Library Events. These events offered safe environments to share stories in a café format. Judy documented her commitment to food preservation classes with a news article printed in the Green Bay Press Gazette. Judy has organized and led eight poverty simulations, in 2010, in Brown County. A poverty simulation forces people to experience and appreciate the realities of life with a shortage of money and an abundance of stress. Knudsen has been involved in writing the Basic Needs Chapter for the State of Barron County Children’s Report. She highlighted research on child poverty, income, transportation, housing, food security and health insurance in Brown County.

Judy Knudsen is a leader! She exemplifies a person contributing on multiple platforms to improve living conditions for children and aging adults. Her unselfish approach to high quality programming encourages collaboration and invites community engagement and growth.

In January of 2012, Judy’s application will be placed in national competition for the National AAFCS Leader Award.

Congratulations, Judy!
The WAFCS 2011 Annual Conference held in Oconomowoc on March 31, April 1 and 2 was a wonderful event. From the opening keynote on Friday, (Dr. Patrick Remington, who spoke on public health and how we as professionals can help in the improvement of community health), to our closing speaker, (Dr. Humor (Dr. Stuart Robertshaw) who helped us finish with robust laughter and a light spirit), the conference provided us with great information and a time to refresh. I want to thank the conference organizers, Arlene Welcher, Kim Hart-Shatswell and Mary Kennedy for their many hours spent in attending to each and every detail, with the result of a highly stimulating and smoothly executed conference.

Under business conducted at the general meeting, it was announced that with this newsletter, you will receive a ballot to vote for the positions of president elect, secretary, vice-president of membership, and vice-president of professional development. We greatly appreciate each candidate’s willingness to take on these responsibilities. Please return your ballots either by email or US mail.

Additionally, a motion was made and passed for the president to contact other like-minded groups and organizations to begin discussions about unified professional development opportunities. This has the potential of having larger conferences with strong programs.

News from AAFCS includes a lapsed member campaign. Each lapsed member who rejoins by April 29th will be given one free archived webinar (worth $50 and 1.5 PDUs). Personal member-to-member communication is the most effective tool in regaining lapsed members. If you know anyone who has dropped membership in AAFCS, please encourage her/him to rejoin.

A new Associate member category has been proposed and approved by the Board of Directors who forwarded it to the Senate for voting at the June conference. The criteria and benefits for the proposed category follow:

• Individual must have an associate degree, pre-professional or pre-baccalaureate level certification, or licensure in a family and consumer sciences or related field supporting the vision and mission of AAFCS.

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Foundation Raises Funds; Awards Scholarship, Travelships, and Professional Project/Research Grant

The WAFCS Annual Conference is a 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” and made monetary donations to raise $1,565 for the Foundation! A special thank-you to Carol Subera for her help throughout the auction and to those who helped staff the auction room: Carol Anderson, Beverly Braun, Karen Dickrell, Donna Dinco, Mary Kennedy, Diane Klemme, Chris Kniep, Judy Knudson, and Gretchen Speerstra.

Student Scholarship/Travelships

Student Unit members were supported by the Foundation via a $500 scholarship and three travelships to promote WAFCS Annual Conference attendance. Congratulations to 2011 WAFCS Foundation Scholarship winner, Danielle Dreher of UW–Stevens Point. Many thanks to the scholarship selection committee, also. Travelships of up to $125 each were awarded to Danielle Dreher of UW–Stevens Point and Jennifer Jacobson and Kayla Slausted 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 in the following year when they are in consideration for national recognition. Eligible for a travelship this year is Dr. Ann Garrison (2010 WAFCS Leader Award).

Professional Project/Research Grant

The Foundation was delighted to receive three applications for the third $1000 Professional Project/Research Grant and thanks those who reviewed the applications. It was awarded to Carolyn Barnhart and Cathy Lader for their proposal to develop a tool to use with Family, Career and Community Leaders of America (FCCLA) advisers to examine FCCLA STAR (Students Taking Action with Recognition) events in relationship to 21st century skills. Jeanne Schwass-Long presented results of her WAFCS Foundation-funded grant to develop and teach a series of wellness/food preparation classes for developmentally-delayed clientele in the Stoughton community. It was so successful that it generated outside funding to be continued!

Recent Donations

Thanks to Mary Koch, Gretchen Speerstra, and Marilyn Swiontek for recent donations. Carol Anderson and Mary Kaye Merwin made donations in celebration and honor of Sue Buck’s election as AAFCS President-Elect. Sue Buck made a donation to thank WAFCS members for their support of her AAFCS candidacy/election. Jean Zeithaml made a donation in honor of Carol Subera to thank her for her help with the WAFCS Silent Auction. The Foundation also thanks Beverly Braun and the WAFCS Community of Apparel, Textile, and Design for the donation from the sale of “Fruit and Vegetable Pillowcase Kits.”

WAFCS Foundation Donation Form

$________ Other________ $100________ $50________ $25

Name _______________________________________________________________________________

Address ______________________________________________________________________________

City/State/Zip _________________________________________________________________________

In Memory/Honor of (Circle which) _______________________________________________________

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

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

Please send a card acknowledging this gift to:
Name _______________________________________________________________________________

Address ______________________________________________________________________________

City/State/Zip _________________________________________________________________________
Obituaries

Agatha A. Norton
Agatha A. Norton, age 92 of De Pere, formerly of Madison, passed away on Monday January 24, 2011.
On September 4, 1918, Agatha was born to the late Timothy and Alice (Kane) in the Town of Rockland. She was a graduate of East De Pere high School, and then continued her education at the University of Wisconsin-Stout earning her B.S. in home economics education in 1939.

Her teaching career began in Richland Center, Washington Jr. High School in Green Bay, and in Brookfield teaching home economics for 17 years. Agatha then was a professor in the Related Art Department and Environment, Textiles and Design program at University of Wisconsin-Madison for 30 years. She wanted to study foods and nutrition when she was a teenager because she loved high school chemistry and had a friend who was a diettitian, but while at UW-Stout she discovered she loved teaching. In 1956 she accepted an offer from the Related Art Department at UW, where she taught courses relating to apparel design, interior design and textile arts. She served as chair of the department from 1965 to 1972. Agatha shared many good times with friends and colleagues while being a faithful Badgers season ticket holder.

Out of interest in ethnic arts and crafts, she had traveled to numerous regions around the world. Her artistic textile works have been displayed at local, state and national levels. As Agatha traveled she enjoyed painting, sketching and photographing the sites she discovered. Her most cherished time was spent with her nieces and nephews. Agatha was a longtime member of ST Thomas Aquinas parish in Madison. She moved back to the De Pere area in 2003 to be closer to her family.

Nellie Rose McCannon
Nellie Rose McCannon, Age 93, of Wheaton, Ill, passed away on Friday, March 11, 2001 at Wyndemere Retirement Center where she moved to in 1997 after a long time residence in Madison.

She was born on Dec.19, 1917 in Sugar Grove, ILL, the only daughter of the late Benjamin and Bena (Willis) McCannon. Miss McCannon was on the University of Wisconsin-Madison faculty for 37 years, to years of that at the Milwaukee County Extension Office. She earned a Bachelor of Science degree from Iowa State University and her master’s from the University of Wisconsin-Madison. She joined the Agricultural Journalism Department to head their home economics journalism major. She handled the home economics news service and taught news writing and feature writing classes. She as also president of the Wisconsin Home Economics Association and served on the board of the American Home Economics Association. Here she started a communications section and served as its first chair.

Our Newest Achiever — Crystal Bell

The review committee was pleased and proud to select Crystal Bell as the WAFCS New Achiever for 2011. A Magna Cum Laude graduate of UW-Stout, Crystal holds licensure in FCS Education, Food Service, HERO, and is currently attaining her Child Care Certification. She has a strong history of volunteer involvement and currently demonstrates leadership in WAFCS as a student liaison, is an advisor for Future Leaders of America, and is the prom advisor for her high school. She has been teaching Family and Consumer Sciences at Saint Croix Central School District since 2008 with a wide variety of course offerings and has several new classes with a career focus. Crystal received a grant in 2008 which allowed her to purchase four sewing machines which she uses in the sewing classes to create hats and mittens donated to the local fire department or blankets donated to local shelters or the Ronald McDonald House. Her level of involvement and pictures showing her connection with students are further demonstration of her success as a teacher. She is passionate about career skills and helps to identify and build life skills of her students with cognitive disabilities. Crystal’s first four years have been an amazing demonstration of her potential and we expect great things for her future care in Family and Consumer Sciences. Please congratulate Crystal Bell as our New Achiever and consider the next name you will submit for this award – don’t wait, nominate someone today!

By Dottie Winger

She initiated a yearly workshop for women editors and reporters in the state and she was president of the Madison Chapter of Women in Communications. Working with international graduate students led her to a project with Mexican home agents, and assignment in Indonesia and several trips around the world including visiting all seven continents.

Miss McCannon is survived by her brother, Ben (Jayne) McCannon, Sister-in-law- Vivian McCannon and eight nieces and nephews, and numerous great and great-great nieces and nephews.
Pre-Conference Tours
Aurora Health Center and Cedarburg

First stop of the day was the Aurora Medical Center with included the Aurora Wilkinson Medical Clinic and Hospital. Bryan Breese, director of clinical services provided the eight tour participants with an engaging tour of this new medical facility. Participants toured many areas of the center including the urgent care area, dining area, and reception areas. The tour also included the unique opportunity to tour several floors of the hospital that had not yet opened. The Aurora Medical Center has a philosophy that is inclusive of family in the care of patients as noted by multiple family rooms and services.

Next, the group traveled to Historic Downtown Cedarburg for a delicious lunch at the Crème and Crepe Café located in the Cedar Creek Settlement. The settlement is the former site of a Woolen Mill built on the banks of Cedar Creek in 1864 and is on the National Register of Historic Places. Participants had the opportunity to tour the shops prior to their next stop, the Wisconsin Museum of Quilt and Fiber Arts.

The Wisconsin Museum of Quilt and Fiber Arts are currently housed in a turn of the century farm house but will be moving to a large renovated barn facility. Betty Schmidt, director of the Fiber Arts Boutique, spoke to the group regarding the history and the goals of the organization. Participants had the opportunity to view the current exhibit “Holiday Hooked Rug” presented by the Cream City Rug Hookers. The display included an impressive array of rugs and runs through April 3, 2011.

Crave Brothers Homestead Farms

We opened the conference tour at Crave Brothers Homestead Farms in Waterloo. Family at the farm gave an opening greeting in the cheese factory. They shared years of family history on the farm and different types of cheese made there. Four brothers who had an interest in farming came together to create a farm and cheese making business. Charles, Thomas, Mark and George all have different jobs on the farm. Charles is in charge of bookkeeping and feeding. Thomas takes care of crop production and maintenance. Mark is the herd and personnel manager and George manages the cheese factory.

Members on the tour were able to see many parts of how the farm operates. We were able to stand outside the anaerobic manure digesters and talk with maintenance men. The digesters power the entire farm, the cheese factory and 300 area homes. The farm milks approximately 1000 cows three times a day. The cows were very friendly and happy to see us. Our group was very impressed with the shape that their animals were in. They were very clean and definitely VERY happy! The farm has about 1000 new baby calves each year. They sell the bull (boy) calves and raise the heifer (girl) calves. The calves that are raised for milk production stay on the farm for their entire lives. You could tell that the family cared about the animals on their farm. We would like to thank Crave Brothers Homestead Farms for opening their doors for us. Visit http://www.cravecheese.com/ for more information on Crave Brothers Cheese.

Kraft Foods

Employees at Kraft who once worked with Oscar Meyer provided tour members with information about their jobs. The employees never thought that they would end up working where they are now. They want to stress to adolescents that there are many types of jobs out there beyond the basics. Students should take every opportunity to get out into the workforce and learn about jobs.

Tour members got dressed up in clothing coverings that met USDA precautions and began their plant tour. We got to see many of the different machines that are used when new products are developed. We learned that Lunchables were created here! Different test areas used there were refrigerators, freezers, smokers, lighting and sensory rooms. We would like to thank Kraft for giving us the opportunity to explore the world of research and development of their products.

Cream City Rug Hookers

The Cream City Rug Hookers are lending the museum some of their most inspired creations: those made for holidays throughout the year. Lyle Drier’s designs shown here are but two examples of the fifty works which comprise this stunning exhibit which is rich in color, innovation, and creativity.

The Cream City Rug Hookers hail from the Milwaukee metro area, meet monthly and are 60 strong. They are dedicated to raising the awareness of rug hooking by example and by teaching others at public events. With the help of museum staff they have established a Rug Hooking Documentation and Research organization and are national leaders in this field.
Dr. Remington, Conference Keynoter

To kick off the WAFCS state conference in Oconomowoc, Dr. Patrick Remington spoke about the current health status of communities, and the important transitions we must implement in society. Dr. Remington began by informing us about some background information, so that we could better understand community health. In this intro, Dr. Remington listed the top three leading causes of disease and death in the country, which were astounding. These causes being: use of tobacco & alcohol, a poor diet, and lack of physical exercise. He made note, to let us know that all three of these causes are preventable!

Dr. Remington made an effort to help us educators realize that we can help make this transformation. Our students need both internal and external assets to help them make changes that can prevent disease and death, and not all students have these assets. In fact, Dr. Remington noted that risk behavior in students increases without these assets in all of the top forty leading causes for disease and death. As teachers, this is critical to understand. We need to teach students not only about these causes, but ways to prevent them, because disease happens over time.

Dr. Remington read a quote that enforces this idea; “Root cause lies in your life course continuum.” Our students need to realize that they will experience much influence, but whatever behaviors and choices that they make as children will influence them for a lifetime.

Dr. Remington then proceeded to tell us what his life work involves. Dr. Remington began his study in Wisconsin, where he and fellow researchers studied the health of each county in Wisconsin. The most recent study showed that Ozaukee County ranked number one, while other top counties included Waukesha, Portage, Eau Claire, and Washington. Some of the worst ranked counties included Milwaukee, Menomonee, and Juneau. While some of the unhealthy counties were angered about this data, eventually the state realized that regardless of which counties were healthy or not, people became concerned about the issue of health. The results of the study became so influential, that Dr. Remington’s team received media coverage, and that is when people really began to take notice and get involved. At this point Dr. Remington’s team was asked to rank the county health in all fifty states, and they agreed. This study was called the “Match Project,” (which you can Google and research) and the team ranked the five healthiest, and five unhealthiest counties in each state!

Through Dr. Remington and his team’s research, every state in the U.S. could see their status and results, as well as how other states compare. Regions of the U.S. that were in poor health took notice, and could begin the transformation toward a healthier lifestyle. Ultimately, this was the goal of Dr. Remington’s study. As educators we are very influential, and we can use this same data to make transformation in our own classrooms.

Dr. Remington left us with a list of things we can do to help promote community health: Be an advocate, and acknowledge the problem.

Contact your local Public Health Department.
Share your Resources.
Communicate your Message.
Start a conversation.

Submitted by Danielle Dreher

An Insider’s Guide of the Fashion Industry –

Marsha Welcher

Marsha is Owner/Designer of THAYER, her own clothing line and a graduate of FIT in New York. This session primarily was on how to encourage students who are interested in careers in the fashion and design industry. Her passion and enthusiasm for what she does is truly evident. Ms. Welcher shared with the participants her vast range of on the job experience and how hard she worked to gain the necessary experience to launch her own company. Internships both paid and unpaid were valuable to get first hand experience in this business. Having a relentless drive for success is also essential. Working long days for little to no pay and being open to doing whatever is asked of you are 2 job skills essential for success in this industry. She shared movies and television shows that would be helpful for anyone interested in various fashion/clothing careers: The Rachel Zoe Project, Unzipped, The September Issue, Grace, and The Devil Wears Prada and encouraged students to enroll in business programs in the fashion industry verses the design aspect as you gain the necessary information to do both. Her presentation was truly inspiring. UW Madison offers a program for student’s interested in fashion that involves 3 years on the UW campus and 1 year at FIT in New York.

Submitted by Michelle Bassett- Shea
Break Out Session:

Family Resiliency in Times of Transition and Transformation

Chris Kniep & Karen Dickrell-UW Extension

The breakout session that Chris and Karen ran was extremely engaging and insightful! To start off, many of the attendees shared personal information and stories about why they chose this particular session. We then did a few little simulations, one about the daily encounters we face and another about the difference in a rubber band and a toothpick. From these simulations we were able to understand and recognize the importance of strength in families, and how that must be cultivated. This strengthening is ultimately the resiliency that families must ideally achieve to face the challenges in their lives. The rest of the session was led by a power point full of information about resiliency, what it means, it's domains, and ways to achieve it in society; families in particular. The presentation remained very engaging, and the attendees were able to discuss and share ideas about many aspects of the power point. The entire presentation was extremely interesting, and it was evident that strengthening and promoting family resiliency in our society is critical.

Submitted by Danielle Dreher

Child Enrichment Program

Written by Kayla Slaasted

During one of the first sessions during the annual WAFCS conference, Laura Vargas presented her work with the Child Enrichment Program at a Community Health Center in Milwaukee, WI. The program all started with a need for childcare while parents came to the clinic for appointments and classes. With a grant from the state, the center was able to put together a few people to start the Child Enrichment Program, which offers free childcare for the parents while they are at the clinic. The program became very popular and even when the grant ended Ms. Vargas was able to keep the program running with a lot of donations from the community. Her goal was to provide education for the children, rather than just babysitting them. The program has been so successful that they have now been able to hire a full-time staff member and expand it to their other community center sites. Her main message was that you don’t need to have money to do wonderful things in your community. When they believe in what you are doing, the community will help you out!

Event Industry Trends

A panel of three members of the Southern Wisconsin Chapter of NACE gave an informative overview of the trends in the event and catering businesses. The panel consisted of a representative of a major Milwaukee area catering business, the events manager of an area hotel, and a wedding/events planner.

All were optimistic on the upturn of the economy and its impact on their businesses. Caterers are seeing some return of the corporate world to hosting events for clients and staff. Couples continue to demand unique requests of the industry to individualize their wedding event. Fuchsia is the color of the moment and elaborately sculpted cakes are gaining popularity. The event industry has had to look at “out of the box” ways to keep their businesses viable.

Panelists were most supportive of the need for education and training to be successful in their fields. While two of the panelists were “self-taught”, they all recommended formal training programs as the way for students to go. They also talked about painting a realistic picture to students about the time commitments that go with jobs in the event industry.

Personality Puzzle:

Understanding Others by Understanding Yourself – Cheryl Kirking

Getting along with people is about understanding oneself as well as knowing about others. This break-out session focused on Kirking’s “Personality Puzzle.” This puzzle consists of four quadrants that identify qualities designed to help one understand people and most important one’s self. Most people have a stronger tendency toward the personality identified in one of the quadrants. Realistically, most people exhibit some of the qualities found in each quadrant depending on the situation. The four quadrants include: a) Powerful Sanguine and the basic desire is to have fun; b) Peaceful Phlegmatic with a basic desire to be peaceful; c) Perfect Melancholy and the basic desire for perfection; and d) Powerful Choleric with a basic desire to have control of a situation.

Needs, strengths, and weaknesses of each personality type were discussed and participants had opportunity to discover what their puzzle looked like.

Carol L. Anderson

Celebrating Volunteerism

Recently at the WAFCS conference held in Oconomowoc, teachers, professionals and students were given the opportunity to attend various break-out sessions covering an array of topics. New, upcoming information concerning the many areas of Family and Consumer Science were shared in a variety of presentations. One such session was the “Exploring and Celebrating Volunteerism” presented by Ginny Hall and Mary Kaye Merwin.

Both presenters, although now retired, have worked most of their professional career in some area of the Cooperative Extension System. They discussed the various volunteering opportunities they have participated in and how rewarding and beneficial their experiences have been. Incorporating volunteerism into the classroom is a great way to not only help the surrounding community but to allow students to gain the experience and insight from volunteering. It is also a great resume builder to show others you are willing to help where help is needed. Looking into the community for these opportunities is the first place to start. Volunteering is a lifelong activity that can also be an enlightening and joyful experience.

Jessica Monfils and Marissa Treptau
(Stout students)
Cheryl Kirking’s CIRCLE

Cheryl Kirking’s inspirational and entertaining presentation following the Friday evening meal. Cheryl shared her C.I.R.C.L.E. philosophy as a way to help participants keep life events in perspective. The philosophy included an acronym based on the letters of the word circle:

- Contentment, an attitude of gratitude
- Interdependent, as well as independence
- Rebound from adversity
- Commitment to a greater good
- Laughter — it’s oxygen to the soul
- Exercise — like kids do.

In addition to sharing her philosophy, Cheryl performed a variety of delightful songs that highlighted her experiences and philosophy.

Submitted by Diane Klemme

Creating Aging Friendly Communities

For most of human history, until about a century ago, persons aged 65 and over have constituted no more than two to three percent of the total world population. As a result of increased life expectancy and decreased birth rates, the elderly in many “developed” countries i.e. Japan, Germany, Sweden and Denmark currently comprise 15 percent of the population. By the year 2030, this figure will increase to approximately 25 percent... one in four people.

This trend applies not only to populations globally, also to populations in the United States, in the state of Wisconsin, and in most Wisconsin counties and communities. Importantly, this trend has begun to accelerate as persons born between 1946 and 1964 (The “Baby Boomers”) began crossing the age-65 threshold on January 1, 2011; a phenomenon often referred to as the “age wave”.

For most people, it is not surprising to learn that almost 18 percent of persons currently residing in Florida are age 65 and older. What is not commonly known is that by 2030, the elderly population in most states in the U.S. will match or exceed this figure, including Wisconsin.

With these statistics in mind, participants were asked to think about “How prepared is your community for the coming age wave?” The session also provided an opportunity to explore community impacts of aging.

This session was co-presented by Karen Dickrell, Outagamie County UW-Extension Family Living Educator/Department Head and Judy Knudsen, Brown County UW-Extension Family Living Educator/Department Head.

Submitted by Judy Knudsen

Be Careful What You Ask For

Jeanne Schwass-Long, a recipient of the 2011-2011 WAFCS Grant, shared her experiences while working with a foods/wellness class for special needs adults. Working closely with the Stoughton Recreation Department, she conducted two sections of five two-hour classes. Jeanne conducted a needs assessment, developed adaptive nutrition/food preparation lessons that increased their skills in nutrition, sanitation, food selection and handling, along with preparation and serving.

Using her past years of classroom teaching skills, her creativity, enthusiasm and a ‘can-do’ attitude, the clients gained pride in their food preparation skills which enhanced their daily lives and possible career paths. A post assessment was conducted and occasional adjustments were made.

They continued to share their successes and the Stoughton community has asked her to continue this program for these enthusiastic adult students. She stated that, “This program became much more than I had ever expected.”

Submitted by Vera Riley

2010 Dietary Guidelines

Are you curious about the new Dietary Guidelines 2010? I was, so I attended the session Dietary Guidelines for Healthy Eating. Dr. Ester Fahm, University of Wisconsin-Stout informed participants of changes to expect as the Dietary Guidelines 2010 are published and recommendations reviewed for implementation. Dr. Fahm stressed that this is the first time dietary recommendations included a systematic review of literature. The recommendations are entirely evidence-based. Also, this is the first time that the dietary guidelines address an unhealthy population. The Dietary Guidelines 2010 promote healthy eating behaviors and physical activity to reduce risk of cancer, heart disease, high blood pressure and the prevalence of overweight and obesity.

Dr. Fahm presented a vast amount of content knowledge ranging from new changes, key recommendations, principles and strategies to follow. Note that there is a new chapter, “Building Healthy Eating Patterns” that provides suggested strategies for change. Some key points from the presentation:

- Prevent and/or reduce overweight and obesity through improved eating and physical activity behaviors, consuming fewer calories from foods and beverages
- Reduce daily sodium intake to less than 2,300 milligrams and 1,500 mg among persons 51 or older
- Keep trans fat consumption as low as possible
- Reduce solid fats and added sugars (SOFAS)
- Increase intake of fat-free or low fat milk/milk products or fortified soy beverages
- Increase the amount of seafood eaten by choosing seafood in place of some meat or poultry for the omega 3 fatty acids
- Increase foods that provide more potassium, dietary fiber, calcium and vitamin D; these nutrients are of concern in American diets.
- Vegetarian food patterns and adaptations for lacto-ovo vegetarian and vegan diets are provided. Also, the ‘meat’ group has been renamed to ‘protein’ foods, the ‘milk’ group to ‘dairy’ with the addition of fortified soymilk, and the vegetable subgroups realigned (orange vegetables to red and orange vegetables to include tomatoes and red peppers) and
amounts are increased to 51/2-6 cups/week.

Printed copies of the Dietary Guidelines 2010 will be available after April 27, 2011 or can be downloaded from USDA government publications. No date has been set for release of new educational tools. What form will the new or revised food pyramid take? Stay tuned!

Resources of interest:
www.myfoodapedia.gov (identifies nutrients in ‘mixed’ dishes)
www.dietaryguidelines.gov

Thriving in the Classroom with Foldables to Enhance Presentations and Learning

Dottie Winger presented an excellent session with “hands on” and “mind on” learning. Participants were able to fold, crease, cut and experiment with foldables. Using paper, tape, staples and scissors, Dottie presented a teaching tool that could be adapted for most any classroom. Foldables can be used for note-taking, organizing or displaying information for greater student learning. The hamburger and hot dog (folds) have greater meaning for more than foods classes. We all left with directions, potential uses and physical examples of this wonderful technique thanks to Dottie.

Food Security Issues

Judy Knudsen
Brown County UW-Extension

Ready access to nutritionally adequate and safe foods that are culturally appropriate is a worldwide goal. Judy Knudsen, Brown County UW-Extension and 2011 WAFCS Leader Award Winner, explained the results of a USDA survey on Food Security developed by the United States Department of Agriculture. It is a longitudinal survey of 16-20 questions with an option for more community initiated questions. The survey had been administered in 1999, 2004, and 2009 in Brown County. Results by regional, state and county are all available at www.ers.usda.gov/Briefing/FoodSecurity/stats_graphs.htm.

“Food insecurity in Wisconsin from 2006-2008, 10.1% of Wisconsin households were food insecure with 3.7% experiencing very low food insecurity. For comparison, food Insecurity for 2003-2005 was 9.5% and very low food security was 2.7%” (Knudsen, 2011, slide 24).

Judy Knudsen encouraged the participants to share ideas on what we could do to improve food security in our neighborhoods. Strategies and techniques were shared including the Hunger Tree activity found at: WFP.org – Hunger 101 (http://www.wfp.org/edu). Near the end of the discussion it was decided the Universities in Wisconsin should collaborate to offer a summer immersion program for students interested in working with hunger projects in Wisconsin.

Judy Knudsen met and in fact exceeded her objectives of defining food security and food insecurity, reviewing research data about hunger in the USA and challenging each person to take action in their neighborhoods and in the state by offering us examples of successful strategies and projects.

Submitted by Carolyn Barnhart

Harnessing the Power of New Digital Resources for Financial Literacy Education

WAFCS welcomed Dr. Wendy Way to the second breakout session on Saturday to talk about her research in the field. The professor and associate dean at UW-Madison told about the background of her project and why there was a need. Her project addressed types of online financial education resources and tools. Some suggestions that Dr. Way made included financial football made by VISA, Celebrity Calamity by D2D, Bad Credit Hotel by US Treasury, The Great Piggy Bank Adventure by Disney and T. Rowe Price, Planet Orange by INGDirect, and Reality Check by JumpStart Coalition.

Dr. Way stressed that tools should be used for “learning with” NOT “learning from.” Also technological tools should be used to build supportive social networks, spread innovations, and to market powerful ideas. When checking the reliability at a specific online tool to use, ask yourself these questions. Does the resource:

- Support a behavior-focused intervention? Which kind(s)?
- Enhance access to learning via flexibility-place, pace, mode of instruction
- Enhance motivation via competence, autonomy, belongingness, immersion/fun?
- Reflect ‘learning with’ perspective-learner control, involvement with others, practice, reflection?
- Foster financial expertise-valuable knowledge, skills, patterns of reasoning, values, personal identities?
- Address needs of learners (e.g. gender, age, cultural bg)?
- Support self-directed learning?
Welcher receives Kohl Fellowship for her work at McFarland High School.

Arlene Welcher was the recipient of a Kohl Fellowship. The Kohl Teacher Fellowship program recognizes and supports teaching excellence and innovation in the State of Wisconsin, USA. Our goal is to support teachers in the pursuit of their unrealized goals for their classrooms or professional development. Annually, the Foundation awards selected Wisconsin teachers with $1,000 Kohl Fellowship grants, and each Kohl Fellowship recipient’s school receives a matching $1,000 grant. Recipients’ professional accomplishments are celebrated at a recognition luncheon in the spring. Congratulations Arlene we are proud of your accomplishments.

Get Involved

Since January, the State of Wisconsin has been in turmoil. It continues to feel as though we are rafting in white water and as we round each bend in the river, the water does not become calmer.

With the numerous State Senate recall possibilities, many of us are in districts where we will be engaged in an aspect of political process not often put into play. Therefore, it becomes important for each of us to study the issues and determine what might be the better course of action. As we do our analysis, we need to challenge ourselves to determine what each office holder or candidate believes in terms of individuals over the life course, their philosophy on today’s families, and what value is placed on building and enhancing community for individuals and families. A budget is a statement of priorities and this is especially so in tough economic times.

Finding calmer waters will not occur over night and each person in Wisconsin can contribute to this quest.

Carol L. Anderson
VP – Public Policy

Art and Design Exhibit

Entries for 2011

In alphabetical order the following members displayed their artistic projects in the 2011 Art and Design Exhibit:

--Carol Anderson:  5 mini quilt projects showing a variety of quilting techniques and 1 patchwork quilt with a lovely border design
--Beverly Braun:  1 waterfall tablecloth and 1 felting project
--Diane Klemme:  3 mini applique quilt projects
--Judy Knudsen:  1 pink crochet cape and 1 multiplication table stitchery project

Each entrant received 4 Wizard of Oz fat quarters. Oconomowoc has always been proud of its connection with the movie “The Wizard of Oz.” The movie premiered at the Strand Theater in downtown Oconomowoc, Wisconsin, on August 12, 1939, before opening in Hollywood and New York City.

Submitted by Beverly Braun, Art and Design chair.

Energy Education Grant

The Wisconsin K-12 Energy Education Program (KEEP) announces the Energy Education: Life Skills and Career Training Grant Program. These grants are created for K-12 Technology Education and Engineering (Tech. Ed.) and Family Consumer Science (FCS) teachers. The grant program is contingent upon funding available through Focus on Energy and is designated for the purchase of energy-related resources and services, and to support training experiences related to energy efficiency.

The $1,000 grants should be used to assist Technology Education and Engineering teachers and Family Consumer Science teachers in their efforts to promote energy efficiency and sound consumer decision-making among students. This will be accomplished by increasing availability of products, awareness of careers, and demonstration of life skills, as they relate to energy efficiency.

Applications are due to the KEEP office on April 22 so apply today!

Find out more at www.uwsp.edu/keep and click on Funding Opportunities.

Ideas for Earth Day

Carbon Footprint: Have your students calculate their carbon footprint! The Wisconsin Company Eco Hatchery has a good online calculator that your students can use -- www.ecohatchery.com/calculator. Encourage students to ask their parents for copies of their home energy bills so they can enter accurate information. The calculator will ask the student questions about their home, vehicles, diet, and travel to calculate their carbon footprint. When the students have their totals they can research how they can reduce their carbon footprint by taking action all year long.

Home Energy Audit: Many people think using renewable energy is the answer to meeting our energy needs. The truth is we need to reduce our energy use in order to decrease our need for energy. A great way to do this is to conduct a simple home energy audit. The US Department of Energy has instructions for completing a home energy audit online -- www.energysavers.gov/your_home/energy_audits/index.cfm/mytopic=11170. Check it out to make a difference!

Obituary

Atlanta, GA/Janesville — Priscilla D. Hargraves, 90, beloved mother, Grandmother, Great-grandmother and friend, died peacefully at Emory Hospital, with son, John, and his wife, Kay at her bedside, on February 28, 2011.

Priscilla was born in Janesville, WI, graduated from Janesville High School, attended Milton College and graduated from the University of Wisconsin in 1944. She later also attained her Masters of Science from UW-Madison. She served in the Women's Air Corps in WWII, where trained pilots. Priscilla began her career as a Home Agent in Walworth County, WI from 1948-1962. She later served as an Extension Professor at UW-Madison from 1962-1980, where the UW regents conferred her with the Professor Emeritus in 1980. Priscilla continued to be an active member and officer of numerous organizations, including her lifetime stint with the American Legion Auxiliary of Milton. She then relocated to Atlanta and resided at Arbor Terrace to be close to family when her health began to deteriorate. She was an avid reader, enjoyed travel, loved music and playing cribbage.

She is survived by two sons, John (Kay) of Atlanta, GA, and Robert (Dora) of Choctawhatchee, NC, grandsons: David of Madison, WI, Joshua (Natalie) and Jonathon of Atlanta, GA; granddaughters: Jennifer of Chicago, IL; great-grandchild Tariq of Madison, WI; sisters Janet Markham of Sioux City, IA and Joan Acosta of Woodbridge, VA.
The Top 5 Life Skills Your Kid Needs for College

by Rebecca VanderMeulen

After years of pushing your child to get good grades, take part in meaningful extracurricular activities, and choose a college that's the best fit, he's finally getting ready for college life.

But is he ready to live away from home? Is your teen confident in his ability to handle responsibilities from cooking his own dinner to deciding how to spend his time? Are you confident in his ability to handle those responsibilities?

Experts observe that many young adults are ill-equipped for life away from their parents. “Today’s child seems less self-sufficient than in the past,” says Dr. Richard Horowitz, author of Family Centered Parenting: Your Guide for Growing Great Families. And M. Stuart Hunter, an associate vice president at the University of South Carolina, notes that most students who have trouble adjusting to college run into difficulties with newfound independence, not harder classes.

The process of raising a teen who can easily handle challenges in the real world starts long before graduation from high school.

Horowitz says even children in elementary school should have chores, with responsibilities gradually growing as they get older. From a young age kids should help with laundry, cooking and grocery shopping. The idea isn’t to put children to work, he says, but for every family member to contribute to running the household.

“They feel good about it,” Horowitz says. “They feel competent.” Plus, living in a dorm is less of a transition for students who grew up planning dinner and cleaning the cat’s litter box.

There are plenty of non-academic skills that college students need, but here are five of the most important:

• Setting priorities. Prompt your kids to think about why they're going to college in the first place, Hunter advises — and going just because everyone else is doesn't count. Students need specific educational goals or at least know they need to seek help figuring out these goals. Students faced with myriad social and academic opportunities in college should ask themselves, “Does what I’m choosing to do advance me toward the goals I’m setting for myself?” Hunter says you can encourage priority-setting earlier by asking your kids why they want to join certain clubs at high school or what they like about colleges they're considering.

• Handling stress. Shari Fish, a Houston wellness coach who runs workshops for girls heading to college, says managing stress is a key skill for college freshmen living with new people in a new place. The summer before college, Fish says, encourage your child to include adequate sleep and exercise as part of her schedule so it becomes routine. Balancing exercise and sleep in college goes a long way toward managing stress. Fish also advises talking to your child about how she'll handle inevitable challenges, like homesickness or different weather in another part of the country.

• Food preparation. Marilyn Swierk, former president of the American Association of Family & Consumer Sciences, advises teaching your teen how to make at least three simple meals and shop for good food rather than junk. Fish adds that college freshmen should know how to find healthful options in a dining hall and prepare snacks with just a microwave and a dorm-sized refrigerator.

• Caring for clothes. Show your teens how to do laundry long before they pack for college. Swierk says. Tell them about separating lights and darks and folding clothes right out of the dryer so they don't get wrinkled. Don't assume that they know to keep bleach away from colored clothes. Also teach them how to complete basic clothing repairs like fixing a hem and sewing on a button.

• Managing money. Swierk says high school graduates need to know how to balance a checkbook and how to avoid paying bills late. Fortunately, life is full of chances to teach kids about money. You can give younger children an allowance and encourage your teen to find a part-time job. She also advises taking your children when you buy groceries or a car and talking to them about how much everything costs.

Swierk, who used to teach family and consumer science in Warwick, R.I., believes every high school student should take at least a semester-long life-skills class. If one isn’t available at your child’s school, she says, encourage the school to offer it. These classes should include lessons on shopping, renting an apartment, health care and more, she says.

Horowitz says it can be hard for students to feel ready to live on their own of they’ve always lived in a controlled environment. You can help by encouraging your kids to get a job or volunteer as teens. This responsibility will teach them how to work as a team and take direction from a supervisor.

And before you drive your child to campus, Hunter says, agree with him on how often you’ll communicate and how. If he knows you two will chat online every Sunday afternoon, he’ll be less likely to come to you with every crisis.
Friends sharing about Judy

Conference Co-Chairs with President Powell

Smile!

WAFCS Council Gathers

A Good Time Was Had by All!
Stout Update

Members of the Stout Association of Family and Consumer Sciences have kept busy during this past school year. Students in the organization and major have had the opportunity to take part in several professional development and fundraising opportunities. Members held a chalk walk last fall to honor past, present and future teachers. Students from campus were encouraged to walk a designated route and send a little ”Thank You” to a past teacher of their choice. The “Thank you’s” were sent out as E-cards from Hallmark. As a fundraiser for Thanksgiving, members of the club again sold pies for those interested. We sold over 100 pies, which included apple, cherry and, of course, pumpkin. Many students helped out and made this fundraiser a success!

During the Christmas season the club took part in an Adopt-A-Family community service program. For the last three years we have been given a certain number of families to shop for. Each family lists their family member’s name, age and wish list. With money donated by others, we take the lists and go shopping for the gifts, wrap them, and finally deliver them to the Government Center in Minneapolis, where the project is run through.

Other opportunities for students have included attending the fall conference at Stout held for teachers in the profession, over 10 members judged STAR events for FCCLA at both regional and state levels, attending the state conference that was recently held in Oconomowoc, as well as a hot dog sale off Broadway Street in Menomonie. All of these activities have been excellent opportunities for students to get involved, and board members plan on continuing to offer them in the coming semesters!

Michelle Lindberg and Marissa Treptau
Stout Students
Friends Enjoying Conference

Danielle Dreher Receives Scholarship

More Friends Enjoying Conference

Savoring Friends and the Food

Looks Like a Stout Reunion
Evidence-Based Budgeting

Carol L. Anderson – V.P. Policy

The Wisconsin Family Impact Seminars offers objective, nonpartisan research on family issues to state legislators and their aides, Governor’s office staff, legislative service agency staff, and state agency officials. With the current focus on fiscal restraint, the winter 2011 seminar was dedicated to Evidence-Based Budgeting – Making Decisions to Move Wisconsin Forward.

Professor William F. Fox, University of Tennessee said that the characteristics of a good tax system include 1) fairness; 2) low administrative and compliance costs; 3) limited economic effects; and 4) provide for sufficient revenue. Fairness should be addressed in terms of who actually bears the tax burden. With economic effects, it should be the people making decisions, not the tax structure.

Fox shared that in terms of sales taxes, Wisconsin has a low rate (5%). The median for the U.S. is 6%. In 2007, every state in the U.S. had a below 10% tax rate. Evidence does not exist that people move because of the income tax rate. As of 2010, Wisconsin had the 11th highest income rate in the U.S.

Professor David Merriman, University of Illinois at Chicago looked back while looking forward using budget lessons from Midwest states. He shared that during periods of recession, states spend more on education. During a recession, state revenue falls when unemployment rises and the demand for state spending arises. Wisconsin revenues, taxes, and expenditures have risen slower than the national average. Wisconsin has lagged behind other states in obtaining federal revenues. Wisconsin had less increase in Medicaid costs than other states.

Merriman identified five things to avoid in a long range strategy for effective fiscal management – 1) one time fixes such as asset sales and tax amnesties; 2) stagnant/antiquated revenue sources; 3) uncontrollable spending commitments such as health care spending for retirees; 4) concealed cost or burden shifting to local government; and 5) borrowing to pay recurring expenses. Budgeting for function was stressed as an effective strategy. Additionally, the idea of using evidence-based studies to prioritize competing categories was highlighted. Merriman also said that it is essential to protect vulnerable children and families in an era of fiscal stress. Special considerations for Midwest states include: continuing to lose population relative to the rest of the nation, aging rapidly, and recognizing they are highly interdependent.

Steve Aos, Director of the Washington State Institute for Public Policy focused his remarks on improving outcomes and saving money. He said zero-based budgeting was tried in the late 70’s and hasn’t been terribly successful. To improve key public outcomes and save money, the “Smart” state or local government will recognize that it is increasingly possible to:
- Use rigorous evidence to identify what works
- Calculate return on investment information routinely, and consistently
- Establish an institutional framework to produce the return on investment information
- Have the information actually used in policy making.

Aos said that it is important to have a baseball hitter’s mentality and recognize that not all ideas will work.

Washington State uses evidence-based information for budgeting on criminal justice, juvenile justice, child welfare, education, mental health, substance abuse, and prevention. There are more studies being prepared in other areas. Washington State prepares a “Consumer Reports” list of what works, what doesn’t work, and what can give Washington taxpayers a good return on their money.

UW System – Be Informed & Involved

In one way or another, every person in Wisconsin connects with the UW System. The system became reality in the late 1960’s and has been consistently recognized throughout the world over the years. In the current state budget proposal, UW-Madison would be split out of the larger University of Wisconsin System. We each have a responsibility to learn more about the involved issues and then make our voice heard by expressing our thoughts with our elected State Senators or members of the Assembly.

- What are some of the issues we need to learn more about? Here is a beginning list –
- What does freedom and flexibility mean for UW-Madison and all other institutions? Some of the flexibility initially identified relates to greater local control over revenue, personnel, purchasing, and construction. (Is this needed flexibility unique to the Madison campus?)
- What strategies will exist so that credits can be easily transferred?
- What strategies will exist so that current collaboration continues and potentially expands over the years?
- What will be the cost of a bachelor’s degree?
- In what ways will extension/outreach be affected?
- What will two different governance structures mean for collaboration related to research and extension/outreach?
- What state financial assistance should public higher education expect?

Be informed! Be involved!
DATES TO REMEMBER

June 23-25, 2011
AAFCS Annual Conference
Phoenix, AZ

July 7, 2011
WAFCS Council Meets
Bondhus Lake House
La Valle, WI

Linking Culture
Enriching Lives

IN THIS ISSUE

Leader Award Recipient ........ 1

President’s Page ............... 2

Foundation Page .............. 3

WAFCS Conference Events . 5-10

Conference Pictures ........ 13-15