**Roltgen and Powell, Winners & Trendsetters**

**Tiffani Roltgen’s Newest Achievement**
If you haven’t had the pleasure of listening to Tiffani Roltgen present at a conference or run a business meeting, stay tuned because you’re missing out on the many talents of an outstanding young professional. She’s WAFCS’s New Achiever for 2012, and she’s continuing to dazzle us with her creativity, innovation, and unending energy. Since earning the national AAFCS Student of the Year Award in 2004, Tiffani has made her mark on three Family and Consumer Science Education programs. She has revitalized programs, integrated technology into the classroom, introduced new courses, instituted an after-school FCS club, and gained public recognition for FCS through school-wide initiatives at Wisconsin Heights High School and Middle School, Ellsworth Middle School, and Park High School. Her principal at Wisconsin Heights called her a “dream teacher” and an “outstanding educator and dedicated professional.” She has coordinated service projects at the national level, brought health and wellness activities to her neighborhood association, and contributed articles to a variety of professional publications. In addition to funding her undergraduate degree at UW-Stout and graduate studies at University of Minnesota—Twin Cities with scholarship assistance, Tiffani’s grant writing has resulted in $18,000 of curriculum funding for her schools. She has built an outstanding support network with both FCS professionals and the larger community. She currently serves on the WAFCS Council, where she continues to bring young and seasoned professionals together in innovative and productive ways such as Facebook communications and website updates. Tiffani’s most recent next new achievement is the birth of her second daughter. Keep your eyes on this talented and energetic young professional. Tiffani will be involved in WAFCS for many years to come!

Do you know an outstanding “new achiever” with three to eight years of experience in the field? Consider nominating him/her for the 2013 WAFCS New Achiever Award. Contact Dottie Winger at dwinger67@yahoo.com or see the WAFCS website “Forms & Applications” page at [http://www.wafcs.org/forms.html](http://www.wafcs.org/forms.html) for a nomination form.

**Janet Powell**

**AAFCS Leader**
Janet M. Powell received the 2012 Wisconsin Association of Family and Consumer Sciences Leader Award at the State Conference in Neenah, Wisconsin on March 30, 2012. Carolyn Barnhart, Vice President of Awards and Recognition and Priscilla Bondhus and Tiffani Roltgen, colleagues of Janet Powell, presented the Leader Award plaque to Janet Powell at the Friday luncheon.

Janet Powell earned her BS at Mount Mary College in Home Economics Education and her MS at the University of Wisconsin-Madison in Continuing and Vocational Education. Priscilla Bondhus explained Janet Powell has been active in the profession for over 50 years. Most recently she has served as President of the Wisconsin Association of Family and Consumer Sciences and on the national level she has chaired the Annual Conference Planning Committee and has also chaired the Research and Practice Rounds. Tiffani Roltgen also explained how Janet Powell had led the process of redesigning the web site and had encouraged her to reach new levels of involvement in WAFCS.

Janet Powell is retired from the Madison School District but continues to provide services as a substitute teacher and a proctor for Advanced Placement Exams. We are fortunate in Wisconsin to benefit from Janet Powell’s leadership in the profession. Her genuine, enthusiastic dedication to students, colleagues, and the profession of family and consumer sciences is admired. She is a leader in WAFCS!
Message from The President

The WAFCS 2012 Annual Conference, People, Passion, and Purpose: Pathways to Leadership, held in Neenah Wisconsin opened with a pre-Conference session on March 29th provided participants innovative ways to think about leadership. I want to thank the presenters for challenging us to become better leaders. The presentations and speakers included:

“Be the Leader” presented by Martha Nall, Kentucky Cooperative Extension Service

“Emotional Intelligence” presented by Sue Buck, President-Elect AAFCs

“Gracious Spaces” presented by Karen Joos, University of Wisconsin-Extension

“Creating an Innovative Culture” presented by Carolyn Barnhart, Professor Emeritus, UW-Stout

The WAFCS 2012 Annual Conference on March 30th and March 31st was a delightful event. Dr. Christine Quinn's opening keynote address provided participants an opportunity to reflect on our personal path and how to make a difference in the lives of those we touch each day. I took away that the “heart” of leadership is the “heart” of the leaders. The capstone presentation by Mary Harp-Jirschele helped us identify those pivotal “life lessons” and how these lessons have shaped us into unique individuals and leaders. The various breakout session provided information on numerous areas. I’m still pondering the news from David Graff, America’s pork presentation; I did not know that the number of ribs vary from pig to pig! Saturday morning, the student’s shared new and amusing insights about their work with young children during their service project.

From beginning to end, the conference provided us with great information, a time to reflect on our pathway to leadership, and a time to refresh. I want to thank the conference organizers, Judy Knudson, chair, and Bev Braun, Karen Dickrell and Christine Kniep for their many hours attending to each and every detail.

Business conducted at the general meeting included acceptance of a new by-law; All elected officers, except the treasurer will assume responsibility for their office on July 1 following their elections. The treasurer will assume office August 1 to aid in the transition.

A slate of officers for president elect, treasurer, vice president of public policy and vice president of awards was presented and you will receive a ballot to vote. Please return your ballots by either email or us mail. We greatly appreciate each candidate’s willingness to take on these responsibilities.

Janet Powell reported that a multi-organizational conference has minimal support for such effort at this time. It was suggested that the branding initiative and the crisis in WI education might be issues of mutual interest that could bring all groups together. At the council meeting a motion passed to have President-Elect, Arlene Welcher, appoint a group to propose a plan of action for WAFCS. I strongly support this initiative because we need to work collaboratively to accomplish goals and create positive environments for professionals to touch the lives of individuals and families.

One major challenge this year was to find a new executive director; Priscilla is “retiring” this July. The interview team conducted interviews and pleased to announce that Tiffani Roltgen has accepted the position. Tiffani is serving as WAFCS communication chair and very recently (April 6th) delivered her second daughter, Stella. Mother and daughter are doing fine and we look forward to Tiffani stepping into this new role within the organization.

To close, I want to express my gratitude for the opportunity to be your president for the 2012-2013 year. Personally, this year has challenging as my mother passed away in January. The support and kind words from my WAFCS family has been very comforting – thank you. I look forward to the National Conference in Indianapolis June 24-27, 2012. And don’t forget to reserve March 7-9, 2013 for the WAFCS conference to be held at the Radisson in Madison, WI. I am available at klemmed@uwstout.edu so please contact if needed. Thanks for your commitment to WAFCS.

Sincerely,

Diane Klemme, President WAFCS
Be the Leader

Leadership is the activity of influencing people to strive willingly for group objectives.

~George Terry

You may say, ‘I can’t be a leader’ Martha Nall, CFCS, pointed out that sharing in a group is part of the process and that group goals set higher limits than a single persons goal.

Leadership, a process shared by a group
Leadership requires both physical and emotional stamina and it is important to halt when, hungry, lonely, angry or tired.
Leadership skills require practice
Major functions of leadership, accomplishing tasks, building relationships
Community leadership = Volunteers

Noll introduced the GEMS Model, a spiral profile of Volunteer Administration, developed by Ken Culp, III, Ph.D. University of Kentucky

G - Generate - involves a needs assessment, position description, identification, recruitment screening and selection.
E - Educate - orient, protect, obtain resources and teach
M - Mobilize - engage, motivate, and supervise
S - Sustain - evaluate, recognize, redirect, retain, and disengage

Why do People volunteer? They gain:

- Satisfaction from helping others
- Increased self-esteem
- Friendships formed
- New interests
- Confidence
- Jobs
- Skills in working with people
- Ability to organize, make decisions & solve problems
- Contacts
- More effective in their work.

In the United States – 2001, 71% of adults volunteered when asked and 29% of adults volunteered even though they were not asked. According to www.national service.gov (2010 data) 62.8 million volunteers contributed 8.1 Billion annual volunteered hours.

We do we need volunteers? In the state of Wisconsin volunteerism occurs in:

10.2% - Hospitals
24.4% - Educational settings
5.7% - Civic
4.9% - Sports / arts
15.0% - Social Service
31.3% - Religious
8.4% - Other


Dr. Nall is Professor in Program & Staff Development, Kentucky Cooperative Extension Service. Submitted by Priscilla Bondhus

Leadership is influencing the activities of an individual or group in efforts toward goal achievement in a given situation.

~Hersey & Blanchard
Emotional Intelligence Sets Apart Good Leaders

Daniel Goleman, psychologist and noted expert on Emotional Intelligence (EI) has stated, “The rules for work are changing. We’re being judged by a new yardstick: not just by how smart we are, but by how we handle ourselves and each other.”

What is emotional intelligence? It is the ability to:
- understand the needs and feelings of oneself and other people
- manage one's own feelings
- respond to others in appropriate ways.

There are four major components (in bold) of emotional intelligence and this model provides a brief description of each.

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<td><strong>Self-Awareness</strong></td>
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Goleman shared his studies regarding the Amygdala which is the most elemental part of the brain. The Amygdala is linked with a person's mental and emotional state. When “flooding” occurs the Amygdala attempts to process both incoming mental and emotional stimuli – at these times individuals need to rely on strategies they have developed for emotional intelligence. These strategies may include:
- Taking the time for mindfulness
- Recognizing and naming emotions
- Understanding the causes of feelings
- Differentiating between emotion and the need to take action
- Preventing depression through “learned optimism”
- Managing anger through learned behavior or distraction techniques
- Listening for the lessons of feelings
- Using “gut feelings” in decision making
- Developing listening skills.

The research shows that IQ (intelligence quotient) can help you be **successful** to the extent of 20% only in life. The rest of 80% success depends on your EQ (emotional quotient).

To further investigate your EI there is a survey online consisting of ten situational questions that is designed to provide a quick introduction into the importance of EI - it is not intended to be a comprehensive picture. Google Daniel Goleman Emotional Intelligence and you will locate the quiz.

The EI session may cause us to ponder:
- To what degree do we gravitate towards leaders with high EI? And how would we determine this?
- How does the influx of technology in our lives impact our degree of EI?
- How might public policy be impacted by policymaker’s EI?

Submitted by Cathy Lader
Friendship
Oh, the comfort – the inexpressible comfort of feeling safe with a person – having neither to weigh thoughts nor measure words, but pouring them all right out, just as they are, chaff and grain together; certain that a faithful hand will take and sift them, keep what is worth keeping, and then with the breath of kindness blow the rest away.

Dinah M. Craik from her short story, “A life for a life”

Fuel Up to Play 60

Rita Houser, Regional Program Manager of the Wisconsin Dairy Council, the nutrition arm of the Wisconsin Milk Marketing Board, presented the Fuel Up to Play 60 program promoting both nutrition and physical activity through a partnership with the National Football League. With Green Bay Packer wide receiver Jordy Nelson serving as the current spokesperson, schools are encouraged to complete these six steps to get started:

1) Join the league and suit up by visiting www.fueluptoplay60.com
2) Build student ambassador teams, and draft key players such as administrators, food service directors, physical education and health teachers, and school nurses.
3) Survey the field by completing a school wellness investigation.
4) Host a school-wide kickoff celebration.
5) Plan your activities such as school breakfast promotion, physical activity breaks during the school day, and taste testing new foods.
6) Light up the scoreboard by sharing positive results of the program.

Resources are available through the Wisconsin Dairy Council, including up to $1000 in funding per school building. Funding applications are due June 1, October 1, and January 15. The council also provides pencils, posters, membership cards, pledge banners, and other support materials. The program offers leadership opportunities for student ambassadors at the local, state, and national levels as well as state- and national-level contests that have awarded outstanding prizes including a trip to the Super Bowl and an NFL player visit. Questions? Contact the Wisconsin Dairy Council Regional Program Manager for your area. Visit http://www.wmmb.com/wdc/wmmb_contacts.aspx to find contact information for your representative.

Submitted by Tiffani Roltgen

“Teaching with Heart: Strategies for Connecting with Your Audience”

Karen Dickrell, CFCS and Chris Knipe, CFCS

“LEARNERS MAY NOT REMEMBER WHAT YOU SAID, AND THEY MAY NOT REMEMBER WHAT YOU DID. BUT THEY WILL REMEMBER HOW YOU MADE THEM FEEL.”

Maya Angelou

What do a ball of yarn and broken glass have to do with “Teaching with Heart”? It was part of an activity to weave together the important ideas gleaned by participants. Chris and Karen lead us through many fun activities that helped us understand the importance of “Teaching with Heart”. Check out these ideas.

FOUR SQUARES:
1) Care about yourself - get enough sleep, food and do your preparation.
2) Care about the topic - find a passion for it or figure out why and adjust.
3) Care about the learner - know your audience, set the stage and welcome them. Make sure they can hear you!
4) Care about learning - be there for audience, fit style with time frame, follow up on missed items, and celebrate accomplishments!

SLUG THEORY: “It Begins with You!”

S= SLOW DOWN   L= LISTEN INTENTLY    U= USE INFORMATION ABOUT AUDIENCE, RELATE

G= GO OVER THINGS

SIX FACILITATION SKILLS:
1) ASK, “What questions do you have? Use open ended questions.
2) WAIT, provide time after asking questions.
3) LISTEN, silence interprets in different ways. What is NOT being said?
4) AFFIRM, “Thank you for sharing.” “That’s a great idea.”

5) EXPAND, “Tell us a bit more.” Draw out more information.
6) WEAVE, tie the parts together. Here is where the ball of yarn is passed around (NOT THROWN) randomly by participants to share their insight.

By: Jeanne A. Schwass-Long, CFCS

Becoming Family Literate


In the face of such pervasive and relentless change, people need special training and preparation to learn how to be in a family; it does not come naturally.

People are not born with a special family gene.
The FCS profession has a key role to play in helping people become family literate - to learn how to be in a family.

Submitted by Susan Turgeson

Mere Cookery… or Haute Cuisine?

This public lecture series discusses concepts from the physical sciences that underpin both everyday cooking and haute cuisine. Each lecture features a world-class chef who visited and presented their remarkable culinary designs: Ferran Adria presented spherification; Jose Andres discussed both the basic components of food and gelation; Joan Roca demonstrated sous vide; Enric Rovira showed his chocolate delicacies; Wylie Dufresne presented inventions with transglutaminase. The lectures then use these culinary creations as inspiration to delve into understanding how and why cooking techniques and recipes work, focusing on the physical transformations of foods and material properties. WebLink: http://www.youtube.com/course?list=PL546CD09EA2399DAB

Submitted by Susan Turgeson
Shape Up Your Memory!

Family Living Educator, Chris Kniep, led an outstanding breakout session on memory during the WAFCS State Conference in March. As a professor of Family Development and a Family Living Educator for Winnebago County, Chris teaches families and individuals on how to better deal with today's stresses and concerns of daily life. She also works with other community agencies on evaluating and planning programs used throughout the county. Through extensive research, Chris has been able to learn and understand how the brain truly affects one's life. “It's normal. It comes with aging.” A quote many believe to be true, but in all reality one can do various things to keep their memory sharp! The three types of memory, sensory, short- and long-term, can all be sharpened through concentration, association, repetition and relaxation. The handouts given during the session provided us with great information on memory, tips and strategies to remember, and simple assessments to grade our brain function as well as a plethora of games and activities we could partake in. She even had the whole group participate in an activity where everyone held hands in a circle and we had to see how quickly we could “electrocute” each other to make it back around. We performed this in the beginning of the session and at the end to see if we could still uphold our time of 7 seconds, which we did! Overall, Chris stressed the importance of keeping your memory sharp no matter what your age. Just because you may be getting older is not an excuse to start forgetting. Get outdoors, eat foods with antioxidants, do something relaxing for yourself, the list could go on and on. The important thing to remember is to keep your memory sharp!

21st Century Learning

Family, Career and Community Leaders of America is the ever-enhancing organization for students who are intrigued by the ever-enhancing organization for students who are working towards 21st Century skills through STAR Events and in-class FACS instruction. FCCLA is the only organization that focuses solely on the family, a topic that the country is starting to emphasize. Presenters Carolyn Barnhardt and Catherine Lader spoke on their extensive research of the organization and the developmental tool they produced for advisers of any FCCLA chapter. Carolyn Barnhardt has recently retired from the Interim Department Chair of Food and Nutrition at UW – Stout and serves as a member of several boards at the state and national levels. Catherine Lader is a former state advisor for Wisconsin FCCLA and an Education Consultant for Wisconsin DPI. She too is a member of several boards at the state and national levels and an inductee into the FCCLA Leadership Hall of Fame. Through grant writing, research, survey’s and interviews, they were able to compile a packet chalk-full of valuable information concerning the FCCLA organization, STAR Events and resources that can be helpful to use. They both showed passion for their research and stressed the importance it really does have on our student participants. As an upcoming teacher, the session and packet given are valuable resources that I intend to use in my future career. It also reinstated the need for this organization in our local communities, another valid reason why FACS is an important department to be kept in the schools.

Cultural Competency in the Classroom

Cultural competency is somewhat of a new term used in today's school systems and work world. With the changing dynamics of our country, this term is what could make or break any relationship that two or more people could have. Whether it is in the schools, work, doctor's office or even the local grocery store, being culturally competent is about being respectful of differences yet having the ability to work cooperatively with one another. Susan Turgeson, a Menomonie High School FACS teacher and the 2009 AAFCS National Teacher of the Year, presented this topic to a large group of students and professionals at the state conference in March. Her session began with the explanation of what exactly cultural competency is and how it does not necessarily deal with race and ethnicity. It can include different rural populations, socioeconomic status’, religious or political groups. Being competent takes time and practice. The integration of competency is actually a 21st Century Skill being emphasized in our classrooms. Turgeson shared some of her own activities and projects she uses in her classroom including written narratives, websites, videos, books and surveys to further hone in on being culturally competent. As an example, several attendees worked together to perform a skit set in a local grocery store with several workers and customers, one of which was using WIC food stamps. It demonstrated several stereotypes some people may view and was followed by a discussion of how things may have gone differently had everyone been culturally competent. Acknowledging another’s culture is one thing, practicing the respect and working effectively is what makes one culturally competent in today’s society.

Finding Comfort and Giving Joy in a Cranky World

By: Jessica Monfils

For Marilyn Herman, finding joy in her life is something she that she strives to achieve on a daily bases. This is not easy to do in a world filled with so much negativity in the news, tv, and internet. Marilyn said that crankiness is contagious and is easy to catch just like it were the flu. One minute you might be having a great day and then after talking with your crabby co- worker, which in turn causes your mood to go downhill too. It's interesting how just one little thing can shift a person's mood from good to bad. The real question at hand is ‘How can we avoid having this negativity and manage find the joy and happiness in life?” There are many things that can bring about happiness in one’s life which can drastically differ from person to person. In general we can look to the following as ways to help discover that joy in our lives. First we need to take time and reflect on our lives and find the down time or “recess” and take care of ourselves. Second we need to surround ourselves with support that can be from family members, friends, co-workers, and even pets. Third we need to find something in life to be grateful for and celebrate our blessings. Lastly, we can find our passion in life and make it our job. There are many little things that we can do to create this comfort and happiness. Some of them include: making a habit of smiling maybe to a stranger, laughing lots, being a good listener, celebrating the positives, and just saying thank you. Finding this joy and happiness in life is essential, so that you can help other also find this joy in their lives. My challenge for you is to go out and find the joy in your life and help others find it too!
The Changing Demographics of America

Judith Knudsen gave a thought provoking overview of the changing demographics of the United States, Wisconsin and the impact this has on families during her session at WAFCS.

It's interesting to note that the U.S. is the third most populous country in the world following China and India and by 2050 our population is projected to increase to 392 million, more than a 50 percent increase from the 1990 population size. Median household income has fallen for all groups between 2007 and 2009, with the impact being particularly severe for African-American and Latino households with children.

The future age structure of the population will be older than it is now. Currently 10,000 baby boomers are turning 65 each day and this trend will continue for 19 years. The U.S. population is projected to become more diverse with the Hispanic-origin population being a major element of the total population growth.

The recession hit families with children hard, especially those who were already vulnerable. Federal guidelines indicate a family of four is considered living in poverty of the annual income is less than $22,350. Homes have been foreclosed, families depleted savings or other assets, thus the nation's children continue to face deep economic insecurity. Some schools provide food for children to take home for weekends and students select a food class to get a meal or some food. Schools serve reduced meals, communities have clothes closets for children, rising gas prices are an issue in employment and providing for family. Food insecurity is a very real issue for families and children. Wisconsin's child poverty rate remains below the national average of 21.6 percent but child poverty is growing considerably faster in Wisconsin than in the nation as a whole.

The increase in life expectancy has impacted the number of persons age 65+. Since 2011, 10,000 baby boomers are turning 65 each day and this trend will continue for the next 20 years. The overall population is getting older. Minority populations are projected to steadily increase through 2050. There are concerns about how resources will be allocated with a growing older population and the needs of the youngest population.

A gradual erosion of economic security over the past 30 years exacerbated the downturn's toll on children and families at the lower half of the economic scale and will make it more difficult to recover once the economy has rebounded.

The quintessential American dream that hard work will lead to greater opportunity and a steady climb up the economic ladder has become increasingly challenging to achieve for families at the bottom of the income scale.

Life Lessons: What Kindergarten Doesn’t Teach You

Saturday morning at the WAFCS Annual Conference started out with a thoughtful walk with Mary Harp-Jirschele as we explored our Life Lessons. She wove the twelve concepts artfully with storytelling and time for each participation to do some personal introspection and some group sharing. The life lessons we explored are:

1. Celebrate your roots!
2. Find a comfortable place to escape to
3. Forget what happened, just figure out why it happened and a way to not let it happen again
4. You don’t know what you’ve got until it is tested
5. You CAN go home again, but it WILL be different!
6. Live like there’s no tomorrow
7. Whatever you do, don’t have any “I wish I hads”
8. Take calculated risks; celebrate the victories and learn from the lesson
9. Believe in and have passion for what you do and whomever you do it for.
10. Give back more than you take, in all aspects of life!
11. Treat people as you would want to be treated, especially in difficult situations.
12. Leave this earth better off than when you arrived.

Mary Harp-Jirschele is a gifted storyteller, journalist, with a strong belief in the gifts we all have to share. We are fortunate to have Mary share her gifts and talents and plant seeds for all of us to grow from this experience we call life.

Karen Dickrell

In Memory of Diane Colby

Diane, age 72, passed away in Madison on March 8, 2012 after battling pancreatic cancer. Diane taught one year in Detroit, and then moved to West Division High School. Four years later, she became the supervising teacher in home economics for the Milwaukee Public Schools. Among her many responsibilities, she mentored 5 to 10 beginning teachers each semester.

From 1970 until her retirement in 1996, she served as the curriculum specialist for family & consumer education, planned the curriculum for Milwaukee Public schools, and was responsible for the first home economics related student chapter in the country. A scholarship through FCCLA has been established for students.

She received both a bachelor and master's degree in home economics from UW Stout and earned her Ph.D. in educational administration from UW Madison. Diane was a 50 year member of AAFCS, was a past president of WAFCS and an active current member. In addition, since 1959 to the present, she was involved in student and alumni activities of Phi Upsilon Omicron, a national honorary society.

She is missed by her family and many friends who have appreciated her outstanding professional contributions to the field of Family and Consumer Sciences.

Submitted by Vera Riley
Use Evidence to Analyze Policy

Wisconsin is engaged in a series of recall elections and as family and consumer sciences professionals, we have a responsibility to analyze the issues put forth with a lens on families.

Bogenschneider has identified five principles to use in analyzing an issue.

Principle 1: Family Responsibility

Policies and programs should aim to support and empower the functions that families perform for society – family formation, partner relationships, economic support, childrearing, and caregiving.

Principle 2: Family Stability

Whenever possible, policies and programs should encourage and reinforce couple, marital, parental, and family commitment and stability, especially when children are involved. Intervention in family membership and living arrangements is usually justified only to protect family members from serious harm or at the request of the family itself.

Principle 3: Family Relationships

Policies and programs must recognize the strength and persistence of family ties, whether positive or negative, and seek to create and sustain strong couple, marital, and parental relationships.

Principle 4: Family Diversity

Policies and programs can have varied effects on different types of families. Policies and programs must acknowledge and respect the diversity of family life and not discriminate or penalize families solely based on their cultural, racial, or ethnic background; economic situation, family structure, geographic location, presence of special needs, religious affiliation, or stage of life.

Principle 5: Family Engagement

Policies and programs must encourage partnerships between professionals and families. Organizational culture, policy, and practice should include relational and participatory practices that respect family autonomy and preserve family dignity.


As we think about policy and families, take a moment and return to the definition of family developed in 1975 for the American Home Economics Association. It is as relevant today as it was when initially created.

. . . two or more persons who share resources, share responsibility for decisions, share values and goals, and have commitment to one another over time. The family is that climate that one comes home to and it is this network of sharing and commitments that most accurately describes the family unit, regardless of blood, legal ties, adoption, or marriage.

Let policies and program support empower families.

Carol L. Anderson,
Vice President – Public Policy

For Love of Lakes

A presentation by Darby Nelson, soon made it clear the Dr. Nelson has a life-long commitment to the preservation of our environment – especially our lakes. Nelson addressed the stewardship void while providing improved understanding of our most treasured natural feature. He engaged us in thinking about how our actions have an effect on our lakes and inspired us to continue efforts of protecting our valued resources.

He talked about the conflict between emotions, including those tendencies of the mind, as we call them and objective reason. He stated that two neuroeconomists, Colin Cameron and George Loewenstein, summed up this thought well: “The mind is a charioteer driving twin horses of reason and emotion. Except cognition is a smart pony, and emotion is an elephant.” This concept helped to “see the paradox as the outcome of a struggle between reason and emotion, where emotion too often wins.” Nelson’s interplay of emotion and logic was stimulating and engaged us to think, and that is a good thing. This frame-work transfers well into many areas of decision making in our lives. I was one of the first in line to get my autographed copy of, For the Love of Lakes, by Darby Nelson, published by Michigan State University Press, 2012.

Darby Nelson, Professor Emeritus at Anoka-Ramsey Community college and aquatic ecologist, served three terms as a Minnesota state legislator and was chief author of numerous environment and conservation laws.

Check out his web site at http://www.darbynelson.com/

I recently had the opportunity to hear this presentation at the Wisconsin Association of lakes Conference,

Submitted by Priscilla Bondhus

In Memory of Mae Reese

Mae age 91 passed away on March 14, 2012. Mae attended Northland College, transferred to UW-Madison majoring in home economics and education graduating in 1944. She taught in Verona, Minocqua, and New Holstein High Schools.

In 1953, she began her work as a UW extension home agent in Waupaca County for two years moving to an extension position in Rock County for 10 plus years. Mae moved to Milwaukee County in 1966 as a home economist, retiring in July 1982.

Mae had many interests and was a world wide traveler. Her interest in genealogy and her Celtic Heritage motivated her travel to the British Isles several times. She participated in the Milwaukee Holiday Folk Fair in costume as Welsh or Manx. Mae was the family historian and an independent woman who lived her life to the fullest.

Memorials may be sent to the UW Foundation/Human Ecology Great People Scholarship Fund. U S Bank Lockbox, PO Box 78807, Milwaukee, WI 53278-0807

A Family member stated. Our Aunt Mae was the kind of person everyone should have in their family.

Submitted by Priscilla Bondhus
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 big success. Thanks to all of those who donated items and to those who “bid high and bid often” and made monetary donations to raise $1,950 for the Foundation! A special thank-you to Priscilla Bondhus for the donation of a one-week timeshare vacation which raised $450 and to those who helped staff the auction room: Carol Anderson, Carolyn Barnhart, Beverly Braun, Donna Dinco, Rita Houser, Tiffani Roltgen, Carol Subera, and Arlene Welcher.

Student Scholarship/Professional Travelships

Jessica Monfils of UW–Stout was awarded the $500 Foundation undergraduate scholarship. 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 travelships this year are Judith Knudsen (2011 WAFCS Leader Award) and Crystal Bell (2011 WAFCS New Achiever Award).

Professional Project/Research Grant

For the first time, the $1000 Professional Project/Research Grant was divided. A grant of $500 was awarded to Juliann Jones for her proposal to establish a school garden at Gilmore Middle School in Racine. Another grant of $500 was awarded to Dr. Cynthia Jasper of UW–Madison for her research proposal to study elder financial exploitation in Wisconsin.

Recent Donations

Thanks to Carolyn Barnhart, Karen Dickrell, Mary Heisler, Rita Houser, Mary Koch, Vera Riley, Gretchen Speerstra, and Marilyn Swiontek for recent donations. The Foundation is grateful to a generous anonymous donor for taking advantage of the extended charitable IRA legislation which allows making a donation directly from an IRA to a non-profit organization without having the distribution count as taxable income. 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.”

The following celebration/honorary donations were made to the Foundation: Carol Anderson in celebration and honor of Sue Buck’s AAFCS presidency and Priscilla Bondhus’ retirement; Sue Buck in appreciation for WAFCS support of her AAFCS presidency; Lois Alf-sen and Karen Goebel in honor of Dr. Agnes Jones’ 96th birthday; and M.E. Sjolin in honor of her high school home economics teacher and 4-H leader, Audrey Richards.

The following memorial donations were made to the Foundation: Mary Kaye Merwin and Virginia Hall in memory of E. Mae Reese; June Luett in memory of her mother, Gladys Luett; Catherine Lader in memory of Geraldine M. and Gordon L. Hill; and Jean Zeithaml in memory of Diane Klemme’s mother, Wilma Klemme, and Cindy Quilling’s father, Darrel Janssen.

We sincerely thank those making donations to the WAFCS Foundation, representing their “passion” for their chosen profession!

### WAFCS Foundation Donation Form

$______ Other________ $100________ $50 ________ $25

Name ______________________________________________________________________________

Address ______________________________________________________________________________

City/state/Zip _________________________________________________________________________

In Memory/Honor of (Circle which) _______________________________________________________

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

Please send a card acknowledging this gift to:

Name ______________________________________________________________

Address ______________________________________________________________

City/state/Zip _________________________________________________________
Fall Student Unit Conference at University of Wisconsin – Stout

This last October, Stout students on the Student Unit board held a conference directly related to and for students in the Family and Consumer Science major. All three universities with the program were encouraged to attend. Although it ended up being a smaller group, the day-long conference was very beneficial for those who attended. Our first speaker of the day was Mr. Woodington, the St. Croix Central Middle School principal. He performed, along with another student, a mock trial interview. He went through a series of questions that would commonly be asked during an interview and had the student respond. Keep in mind the student knew ahead of time, however, it was still very helpful for everyone there. Once done with the interview, he went over a few of her answers as well as gave us all tips on what to expect and keep in mind during any future interview we may have. Next, AmeriCorps mentoring and tutoring organization was discussed as a great way to gain experience for a future in teaching. It is also a great resume builder, especially for those who are just starting off in the major. Afterwards Crystal Bell, the Student Development Chair, shared various food labs she uses in her classroom and how to modify some labs for students who have allergies or certain diets that do not allow certain food items. This session really brought to light the importance of cultural competency in the classroom. After a brief lunch at a local pizza restaurant, students came back to work on one last project, sewing bags out of old seed and feed bags. Bonnie Splitt shared how she started this project year’s back and how it has now boomed into a year-long venture. Students chose an old seed or feed bag to sew into a reusable tote with straps. It turned into a fun, yet sometimes frustrating, project for all of the students to bring home. It also gave them a lesson plan for their future classroom. Short but informational was this conference for those who attended and hopefully future success in the major and career!
Student Unit Service Project

This year we had great fun and success with our Student Unit service project. We decided to go to a local elementary school and work with an after school program to teach kids about sustainability and its importance. There were about 40 kids in attendance ranging from kindergarten to sixth grade. Our lesson consisted of three different learning centers that the children would rotate through. The first station was where the student planted green beans to take home, decorated cards for their plant and discussed how planting your own vegetables is an easy way to practice sustainability. The next station showed the students how to cook green beans, properly prepare them, and sample how tasty green beans can be. The final station was an activity in the gym where students played a musical feet game using sustainability topics. At each station we talked about possible things they could do to improve the environment. The students seemed to enjoy all the activities and thanked us for coming to visit with them. As students we all seemed to learn a little something from this experience that we can apply toward our future which includes:

- Never trust a kindergartener with a glue bottle
- Always have something extra planned
- Kids will actually eat vegetables
- Kids running in the gym with only socks on is a bad idea

Great memories were made while educating youth on how to make their community and environment a brighter place.
The Reflection of a First-year Teacher

By Kayla Slaasted

As I near the end of my first year as a professional, I’d like to take a moment to reflect and share a few of the things I’ve learned as I entered the professional field of Family and Consumer Sciences. I honestly feel like I could write an entire book filled with all of the lessons that I’ve learned in my first year as a teacher (many of them from my own students) but I will limit it down to my top 3...

Number 1: Work for good people. In a time when most teachers around the state are worried about budget cuts and layoffs, I am planning BIG for next year. My administrator is behind me 100% and really sees the value behind the content that I teach. This support has truly made a difference in my first-year experience. For you college kids out there… remember when you’re going through interviews that YOU are interviewing them as well. Choose wisely.

Number 2: Eat in the teacher’s lounge. We had a teacher retire at our school in December and he said his biggest regret was not eating lunch in the teacher’s lounge. It may sound silly, but he was trying to say that his biggest regret was not getting to know the other faculty. It’s really appealing sometimes to want to stay at your desk over lunch with complete silence (a 30-minute glimpse of heaven), but relationships are the core of what we all do. It’s who we are as Family and Consumer Science professionals. Don’t let the day pass by without having a good laugh with your co-workers (a.k.a. the people who know EXACTLY what you’re going through.)

Number 3: Don’t assume ANYTHING. High schoolers have this funny way of acting like they know everything about life, but when it comes down to it half of them don’t even know how to make scrambled eggs. Take things one day at a time. Little by little does the trick.

Kayla works for the Greendale School District in Milwaukee, Wisconsin. She is employed full-time at the high school where she teaches Contemporary Foods, ProStart, Independent Living, Fashions & Furnishings, and Child Development.

Dear WAFCS Members,

I wish to thank our WAFCS members with whom I have had the opportunity to serve as your Executive Director. It has been a pleasure to work with so many dedicated and professional individuals. The theme for AAFCS & WAFCS for the coming year is ‘Embracing and Managing Change Through Family and Consumer Sciences.’ With this thought in mind I am confident that the WAFCS Affiliate of AAFCS will continue to be a source and voice for strong families.

With Fond Regards,
Priscilla Bondhus

Dear WAFCS Foundation

I want to extend my thanks for your generous scholarship. I was very happy to learn that I was selected as the recipient for this scholarship. I am currently working toward finishing my bachelor’s in FCSE with a minor in Health Education. This money will be a great help in funding my last year of schooling. Upon graduation I hope to give back to others. By using my talents & skills to educate the future youth and better prepare them for life choices.

Thank you again for your generosity & financial support. I plan to continue working very hard in hopes that one day I can give back to the foundation & support other young teachers!

Sincerely,
Jessica Monfils

“Never doubt that a small group of thoughtful, committed people can change the world, indeed, it’s the only thing that ever has.”

Margaret Meade

“Leadership and learning are indispensable to each other.”

John F. Kennedy
The Family & Consumer Sciences Brand

As a leading organization in the field of family and consumer sciences, the American Association of Family & Consumer Sciences (AAFCs) recognized the need to increase the understanding and appreciation of the field among media, legislators, and the general public. In the fall of 2010, AAFCs invited Family & Consumer Sciences Alliance organizations to be a part of the Family & Consumer Sciences Branding Initiative, where they would develop messages to clearly communicate the value of the family and consumer sciences field, as well as an icon that would convey the essence of the field. The following 11 organizations signed on and made family and consumer sciences history!

Associations

- American Association of Family & Consumer Sciences (AAFCs)
- Association for Career and Technical Education (ACTE), FCS Education Division
- Council of Administrators of Family and Consumer Sciences
- Family & Consumer Sciences Education Association (FCSEA)
- International Federation for Home Economics (IFHE)
- National Association of State Administrators of Family & Consumer Sciences (NASAFACS)
- National Association of Teachers of Family & Consumer Sciences (NATEFACS)
- National Association of Teachers of Family & Consumer Sciences (NATFACS)
- National Extension Association of Family & Consumer Sciences (NEAFCS)
- FCS-Related Youth Organization
- Family, Career, and Community Leaders of America (FCCLA)
- Government
- USDA, National Institute of Food and Agriculture, Family and Consumer Sciences

Using the Brand

AAFCs Members, Affiliates, and Units

AAFCs members, affiliates, and units are vital to helping raise awareness for the field of family and consumer sciences. The first step towards implementing the Family & Consumer Sciences brand for these individuals and groups is to read the AAFCs/Family & Consumer Sciences Co-Branding Toolkit. This toolkit provides information about the development of the brand, key messages, icon, and brand story.

The Family & Consumer Sciences icon and tagline, “Creating Healthy and Sustainable Families,” are overseen by AAFCs. AAFCs members, affiliates, and units who would like to promote the field can use the Family & Consumer Sciences icon and tagline without permission in the following circumstances without being required to seek permission separately:

- Email signature
- Social media page or website
- Screen saver
- Personal printed materials (not for place of employment)

(Submitted by Janet Powell)

Want to support the external launch of the Family & Consumer Sciences Brand?

In the recent AAFCs survey, members rated improving the visibility and understanding of our field as a high priority. The Family & Consumer Sciences Brand external launch, led by AAFCs, is designed to do just that. The external launch includes deskside tours and other media relations efforts. You can become a Family & Consumer Sciences Brand Launch Leader!

Become a Family & Consumer Sciences Brand Launch Leader by making a minimum donation of $25 and receive an exclusive lapel pin.

Make your gift online with a MasterCard or Visa at https://commerce.podi.com/aafcs/Donations.cfm, or send your contribution to: AAFCs, Attn: FCS Brand Launch, PO Box 79377, Baltimore, MD 21279-0377.

You will receive your Launch Leader pin in the mail two-three weeks after your gift is processed.

Thank you!

SOPHY MOTT | Senior Member Relations Manager American Assn. of Family & Consumer Sciences (AAFCs) smott@aafcs.org | www.aafcs.org

(Submitted by Janet Powell)

Shape Up Your Memory – Brain Health

Session presented by Chris Kniep, Winnebago County – UW Extension

Did you know that 50% of people over age 50 have some degree of forgetting—but 100% of people over age 65 have forgetting behaviors? So, relax! When you can’t remember someone’s name or a place or a date, just remember, it is part of the aging process! There are some things we can do, however, to keep the memory sharp.

Chris explained that in defining memory, some people refer to the 3R’s of Memory: Registration, Retention and Retrieval. Certain strategies of Concentration, Association, Repetition, and Relaxation can be used to help remember. Specifically, the following memory skills can enhance learning and help make remembering easier: Relax; Concentrate; Focus; Make Associations; Slow down; Organize; Write it down; Repeat it; Visualize it; Keep active; Run through the ABC’s. Chris shared a variety of different brain exercises to keep our brains sharp. In addition, what we eat (foods high in antioxidants) and exercise (one hour a day for older adults) contribute to healthy brains.

We have all heard the old saying “If you don’t use it, you lose it!” Nothing can be truer of our brain. Keep it healthy with physical exercise, good diet, and most of all, mental exercise.

(Submitted by Janet Powell)
Check out the newly updated RESOURCES page on the WAFCS website at:  http://www.wafcs.org/resources.html

What other links would be helpful to you as a family and consumer sciences professional?

Please contact Tiffani Roltgen, CFCS, Communications, at askwafcs@gmail.com or 608-513-9433 with your suggestions.

WAFCS Foundation Feasibility Study

Catherine Lader and Carolyn Barnhart presented the results of the 2011-2012 study funded by the WAFCS Foundation. It was a feasibility study designed to develop a “Tool” to use with advisers to begin to examine the Students Taking Action with Recognition (STAR) Events in relationship to 21st Century Skills development.

All participants in the session in Neenah, WI received a copy of the Resource Tool and information to help them understand the 21st Century Skills www.P21.org. The 30 handouts also included data to support and defend the correlation and value of FCCLA Events participation and the member’s development of 21st Century Skills. The Resource Tool is available online at http://www.wifccla.org/ or by contacting barnhartc@uwstout.edu and jclader@inwave.com

Initial data was received from 58 WI FCCLA Chapter Advisers responding to a survey via Survey Monkey. From the responses (62% return rate), 30 advisers were selected for telephone interviews. Of this number, 20 interviews were completed resulting in a “Resource Tool” for all FCCLA advisers and data to validate the value of FCCLA STAR Events as a successful method for members to attain the 21st Century Skills.

Catherine Lader and Carolyn Barnhart also presented at the Wisconsin FCCLA State Leadership Conference on April 23, 2012. Ninety one advisers attended the session in Wisconsin Dells and received the “Resource Tool.” A poster was also presented at the UW-Stout Research Day on Tuesday, April 24, 2012.

Dr. Cynthia Jasper Receives Foundation Grant

“Leadership is not about changing the mindset of the individual or group but in the cultivation of an environment that brings out the best or inspires the individuals in that group.”

Author unknown

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

Ann Collins Chadwick, 2000
WAFCS Website Content Guidelines

Family and consumer sciences-related content is welcome from:

• Content must meet the following requirements:
  • No advertisements/endorsements for specific products or services
  • Contains educational or informational value for WAFCS members
  • Promotes, advances, and/or celebrates the field of family and consumer sciences

Content is most needed in the areas of:

• Regional event dates and information
• New professional resources
• Student resources
• Professional resources
• News articles featuring family and consumer sciences, award winners, and/or hot topics

Postings will adhere to:

• Appropriate grammar, usage, and mechanics
• Copyright law
• Respect for privacy and confidentiality

Photos and captions:

• Will be posted unless members opt out in writing and wear a “no photos” badge during conferences and events
• May include names and descriptive information about the event or activity
• Will not include personal identifying information such as addresses, e-mails, or phone numbers
• Will not identify children by name without written permission from parents/guardians

Approved by WAFCS Council March 29, 2012
People Passion & Purpose

Pathways to Leadership

Dates To Remember

June 24-27, 2012
AAFCs Annual Conference
Connecting Professionals
Indianapolis, Indiana

August 6, 2012
Council Meeting
Bondhus Lakehouse
La Valle, WI.

March 7-9, 2013
WAFCS State Conference
Madison, WI.

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