Christine Quinn, Ph.D., Headlines WAFCS Conference

The Conference is to be held March 29-31, 2012, at the Bridgewood Resort Hotel in Neenah, Wisconsin.

Ms. Quinn is the Provost at National Louise University.

Quinn is an entrepreneurial change agent with public and private sector experience. She is a native of Wisconsin with over 20 years of higher education experience with both the UW System and University of Minnesota State Colleges and Universities System. Christine has held several academic positions from Department Head to Provost.

“Leading from Within!” is the title of her keynote presentation. We are called to lead and to make a difference in our own unique way. This dialogue will encourage you to connect with your authentic self and to unleash leadership in others.

Other Featured Speakers

Karen Bogenschneider PhD. Rothermel Bascom Professor of Human Ecology and UW-Extension Family Policy Specialist, University of Wisconsin-Madison/UW-Extension will speak on the topic “The Family Impact Lens: Bringing Families into Focus in Policy and Practice. Families have long been recognized for the contributions they make to their members and society. Yet, families are seldom systematically placed at the center of policy and practice decisions. This presentation will cover why professionals need to communicate more effectively with decision makers about families and what to say to them.

Sue Buck, AAFCS President-Elect, and WAFCS Member will share her thoughts in a presentation titled “Family and Consumer Sciences: Creating the Leadership Pathway.” The Family and Consumer Sciences profession is needed now more than ever. It is one that has the passion and purpose to create healthy and sustainable families. This presentation will discuss how FCS professionals are leading the way.

Mary Harp-Jirschele, Executive Director, J.J. Keller Foundation, Inc. will talk on the topic “Life Lessons: What Kindergarten Did Not Teach You!” There are pivotal points in life – sometimes painful and other times exhilarating – that provide “life lessons.” A person’s inner strength is often tested and built by these experiences. Together, participants will explore how “life lessons” shape who you are as a person, and also contribute to the lives of those around you.

Elementary, Secondary, and Adult Education

The ESAE community of AAFCS would like to encourage more AAFCS members to participate in the ESAE (Elementary, Secondary and Adult Education) community.

If you are an educator, retired educators, or members interested in education to join the ESAE community. When a members joins a community there are no extra charges and no extra obligation, but there are extra benefits.

• ESAE web portal: New Coming this Year
• AAFCS web portal under the heading of ESAE will provide free lesson plans and lesson ideas to those who are members of the ESAE community.

The web portal with lesson materials will replace the BEST PRACTICES CD that ESAE produced annually. We feel more AAFCS members will benefit from having FREE access to materials on the web portal.

We encourage teachers (future, current or retired) that have developed great lesson plans, power points, white board information, or valuable resources to utilize or contribute to this ESAE web portal. Keep checking the AAFCS newsletter for more information on this WEB feature.

If you have any questions please contact ESAE co leaders: Sharon Baillie, sbaillie@burgettstown.k12.pa.us & Jane Steiner, jane.steiner@southmont.k12.in.us
Message from The President

Happy 2012!

And what a great way to begin the year by attending the WAFCS 2012 Conference, “People, Passion, Purpose: Pathway to Leadership,” to be held in Neenah, WI on March 29-30, 2012! The pre-conference event and conference program are full of great sessions and I encourage all of you to attend. All the conference information and registration materials are included in this newsletter for your convenience. My sincere thanks to the Conference Committee members, Bev Braun, Judith Knudsen, Chris Knip and Karen Dickrell for all their efforts to make this a great conference.

I did attend the AAFCS Leadership Conference, October 15-17 in Indianapolis, Indiana (the site of this June 24-27, 2012 National AAFCS conference. I received lots of information – a few of the items discussed included:

- The Family and Consumer Sciences new brand was identified. AAFCS has several products available for sell w/ the new logo.
- The national office would like for all members to use the logo as a means to develop a consistent message about the profession.
- Please review my signature below as a way to use both the AAFCS and FCS logos.
- The new Membership category “Associate” (individual with an associated degree, pre-baccalaureate level certification or pre-baccalaureate licensure in family and consumer sciences or a related field who is working toward or supporting the vision and mission of AAFCS) was discussed. A question for our organization is how we might reach out and recruit these individuals in WI?

The Taking It to the Streets project is going to be a continuation of the last years’ work with obesity.

The AAFCS Development Committee has some specific goals and a challenge for the membership – A 50% match for each new dollar given by individual members from Jan 1- April 30th. What a great way to stretch our money. So a $10.00 gift would be $15.00. (for contact information see the AAFCS Challenge)

I did stay at the hotel that will be hosting the summer conference – it was very nice but the meeting room was chilly (they always are). We are in walking distance to many restaurants, a shopping mall, lots of museums and the zoo. I went to the zoo and enjoyed it – I plan to go back and see the gardens in June. The shuttle from the airport was great and dropped us off across the street from the hotel.

Looking forward to seeing you in March!

Executive Director Retiring

Priscilla Bondhus is retiring from the executive director position as of June 30, 2012. Priscilla has always been associated with WAFCS during my professional time in Wisconsin so this is going to be an adjustment for me. I certainly understand Priscilla’s wishes to spend more time with family and thank her for her many years of service as executive director. Priscilla, you will be missed!

The position description is on page 12. Please share with others.

Diane Klemme
Foundation Seeks Professional Project/Research Grant Applications

The Wisconsin Association of Family and Consumer Sciences Foundation will award up to $1,000 in grant money for a special project or research proposal related to the field of Family and Consumer Sciences. Applicants must hold a bachelor's degree and be a current member of AAFCS/WAFCS. The grant recipient will acknowledge the grantor and share his/her project/research findings or results with the WAFCS/AAFCS membership via a WAFCS newsletter article and/or presentation at a WAFCS and/or AAFCS Annual Meeting.

To apply for a grant, applicants should submit a one to two-page proposal (preferably electronically) to Karen Goebel, WAFCS Foundation Chair, no later than March 1, 2012.

Proposals must include:
• Name, address, phone number, e-mail address, and AAFCS member number of applicant(s).
• Project description and objectives (or statement of problem and justification, research objectives, and methodology or procedure).
• Proposed time frame for the project/research.
• Amount requested with rationale for request, e.g., how grant funds will be used.
• Plan for dissemination of project results/research findings.

The grant recipient will be announced at the WAFCS Annual Conference in Neenah, March 29-31. Submit proposals by March 1, 2012 to Karen Goebel at kpgoe-bel@wisc.edu. For questions, contact Karen at 608-444-2652.

Previous Professional Project/Research Grant Recipients

The 2011 Foundation Grant 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 2010 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!

Mary Kaye Merwin and Virginia Hall presented results of their 2009 WAFCS Foundation-funded grant to develop and implement child-centered learning kits to be used with Hispanic elementary school-age children and their families in the Delevan-Darien School District.

Silent Auction Items Needed!

The Silent Auction held during the WAFCS Annual Conference is the Foundation’s primary fundraising activity. Please consider donating good quality used items or new or homemade items to benefit scholarships, professional grants, travelships, and WAFCS organizational membership in IFHE. “Theme” or pamper baskets are popular. Re-gifting is permissible! Bring your donated items or send items by March 26 to Jean Zeithaml, N8519-690 Street, Colfax, WI 54730. Come prepared to “bid high and bid often!”

Recent Donation and Foundation Activity

Cecile Hoffman made a donation to the Foundation in honor of Jessie Kilian. The Foundation bylaws, policies and procedures are in the process of being updated and revised.

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.

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

Please send a card acknowledging this gift to:

Name ________________________________________________

Address ________________________________________________

City/State/Zip __________________________________________
2012 WAFCS Annual Conference

“People, Passion, Purpose: Pathway to Leadership”

March 29-31, 2012

Bridgewood Resort Hotel

Neenah, WI

Thursday, March 29th

8:30 – 9:00 a.m. Registration
9:00 a.m. Leadership Symposium
5:00 – 8:00 p.m. Registration
7:00 – 9:00 p.m. Council Meeting – Beverages will be provided. Please plan to have dinner prior to the meeting. A restaurant is attached to the hotel. You are also welcome to bring food with you.
9:00 – 10:00 p.m. Set up for Silent Auction and Art and Design

Friday, March 30th

8:00 a.m. Registration
8:45 – 9:15 a.m. General Session
9:15 – 10:15 a.m. Opening Keynote Address
“Leading from Within!” Christine J. Quinn, Ph.D, Provost – National Louis University, We are called to lead and to make a difference in our own unique way. This dialogue will encourage you to connect with your authentic self and to unleash leadership in others. Together we will have an opportunity to reflect on our stories and connect to our inner wisdom. These stories will inspire us to lead with soul and to truly make a difference in the lives of those we touch every day.
Christine Quinn, Ph.D., Provost National Louis University, Former Provost and Vice Chancellor, University of Wisconsin-Extension

10:15 – 10:45 a.m. Break, Silent Auction, Art and Design and Exhibitors Open
10:45 – 11:45 a.m. Breakout Sessions

A. America’s Pork, David Graff, Owner, Graff Show Pigs, The improved quality of pork has made U.S. producers the world’s largest pork exporters. Pork has a new look as modern pork production practices have changed to meet consumer’s demand for lean, nutritious and affordable meat. Information will be shared on how pork compares to other lean meats, proper cooking practices and reports from health and nutrition journals about pork’s value in maintaining a healthy diet.

B. Fuel Up to Play 60, Rita Houser, Regional Program Manager, Wisconsin Dairy Council-Wisconsin Milk Marketing Board, Fuel Up to Play 60 is a nutrition and physical activity program designed to engage students, working together with adults, to be creative and make long-term, healthy changes in their school. The program builds on what has been learned from research; namely, well-nourished kids tend to be better students, and physical activity supports learning.

C. Shape Up Your Memory, Chris Knipe, Winnebago County UW-Extension Family Living Educator, Department Head, Have you ever forgotten someone’s name, searched for “lost” keys or walked into a room wondering “why am I here”? Memory loss is part of the aging process, however you can minimize this loss by taking care of yourself and keeping the brain active. Research has found that keeping the brain active throughout our lifetime increases its vitality and may build it reserves of brain cells. Learn ways to re-vitalize your brain and improve memory.
12:00 – 1:30 p.m.  Lunch & Awards  
1:30-1:45 p.m.  Break, Silent Auction, Art and Design and Exhibitors Open  
1:45 – 3:15 p.m.  The Family Impact Lens: Bringing Families into Focus in Policy and Practice, Speaker, Karen Bogenschneider Ph.D. Rothermel Bascom Professor of Human Ecology and UW-Extension Family Policy Specialist, University of Wisconsin-Madison/Extension, Families have long been recognized for the contributions they make to their members and to society. Yet families are seldom systematically placed at the center of policy and practice decisions. This presentation will cover why professionals need to communicate more effectively with decision makers about families, and what to say to them. Karen will introduce the Family Impact Toolkit designed to generate interest in and momentum for developing policies and practices that can strengthen and support families across the lifespan.  
3:15 – 3:30 p.m.  Break, Silent Auction, Art and Design, and Exhibitors Open  
3:30 – 4:30 p.m.  Professional Business Meeting  
3:30 – 4:30 p.m.  Exhibitors Take Down  
3:30 – 4:30 p.m.  Student Business Meeting  
4:00 – 5:00 p.m.  Silent Auction, Art and Design Open  
4:00 – 5:00 p.m.  Student Mentoring Session  
5:30 – 6:15 p.m.  Social Hour  
5:30 p.m.  Student Night Together and Service Project  
6:15 – 7:00 p.m.  Dinner  
7:00 – 8:30 p.m.  After Dinner Presentation  
“Family and Consumer Sciences: Creating the Leadership Pathway,” Sue Buck, AAFCS President-Elect, The Family and Consumer Sciences profession is needed now more than ever. It is one that has the passion and purpose to create healthy and sustainable families. With the current national focus on childhood obesity, financial management, housing issues, and social interactions in this technology era as examples, professionals in FCS are needed to provide leadership in addressing these family and societal concerns. This presentation will discuss how FCS professionals are leading the way. Presentation followed by dessert reception.

Saturday, March 31st

For those staying at the Bridgewood Resort Hotel, breakfast is included. Light breakfast available for those not staying.

7:00 – 7:45 a.m.  Join us in the lobby for a morning walk  
8:00 a.m.  Registration  
8:00 a.m.  Art and Design and Silent Auction Open  
8:30 - 9:30 a.m.  Capstone Presentation  
“Life Lessons: What Kindergarten Did Not Teach You!” Mary Harp-Jirschele, Executive Director, J.J. Keller Foundation Inc., There are some pivotal points in life – sometimes painful and other times exhilarating – that provide “life lessons.” Your inner strength is often tested and built by these experiences. Together, we’ll explore how “life lessons” shape who you are as a person, and also contribute to the lives of those around you.

9:30 – 9:45 a.m.  Break  
9:45 – 10:45 a.m.  Breakout Sessions  
D. Finding Comfort and Giving Joy in a Cranky World, Marilyn Herman, Waupaca County UW-Extension Family Living Educator/Co-Department Head, You get up in the morning, but by the time your family, a few crabby co-workers or sales personnel have roughly you up, you catch their
crankiness as if it were the flu. This workshop will provide time for a quick personal check-up as well as positive strategies to become more encouraging to yourself and others. Practice the positive emotions and choose compassion over crankiness.

E. 21st Century Learning in Wisconsin Secondary FCS Programs with FCCLA Chapters, Carolyn Barnhart, Interim Chair, Department of Food and Nutrition & Catherine Lader (Grant Co-Investigators), What skills are needed for the 21st century? How do we prepare students for global awareness, health literacy, and other interdisciplinary themes? The grant investigated how 21st Century skills are developed through FCCLA member's participation in STAR Events (competitions). Baseline data was established through FCCLA advisor survey. Interviews were conducted to collect resources, websites and strategies used when advising members in competitions that support 21st Century skill development. Grant results will be shared in the session.

F. Teaching With Heart – Strategies for Connecting with Your Audience, Chris Kniep, Winnebago County UW-Extension Family Living Educator/Department Head & Karen Dickrell, Outagamie County UW-Extension Family Living Educator/Department Head, Community Educators bring learning to life for their audiences by balancing information with delivery techniques that engage the learner by building on their knowledge. This workshop, based on adult education principles and the book “Ya Gotta Have Heart” by Joye A. Norris will review best practice strategies for teaching and learning and through hands on experiences. Participants will review powerful facilitation practices and teaching with the heart.

AAFC Certification Exam

10:45 – 11:00 a.m. Break and Silent Auction
11:00 a.m. – Noon Silent Auction Closes

Breakout Sessions

G. Power of Attorney Abuse: What Do We Know? What Can We Do to Prevent It? Karen Goebel, Retired UW-Extension Family Financial Management Specialist, Elder abuse is on the rise and destined to increase as the baby boomers age. Family interactions are critical to prevent financial abuse. Learn the difference between the various types of powers of attorney and public policy needed.

H. Cultural Competency for the Classroom: Beyond Holidays and Handshakes, Susan Turgeson, Family and Consumer Sciences Instructor, Menomonie High School, Cultural competency is necessary for effective education in the 21st century. Developing a sense of respect for and appreciation of other groups difference from one’s own is a critical component of what FCS can offer students to prepare them to be caring individuals and responsible citizens. The reality of cultural diversity in classrooms presents demanding challenges to teachers. Engage in conversations grounded in best practices to promote cultural competence for individuals, classrooms, schools, and communities.

I. The Changing Demographics of America, Judy Knudsen, UW-Extension Family Living Educator/Department Head, Brown County, The United States is experiencing a number of demographic changes: a growing aging population, higher number of individuals and families in poverty and the verge of a baby boomlet. Learn how these changes will impact our nation as well as Wisconsin.

12:00 – 12:45 p.m. Lunch
12:45 p.m. Student Unit Service Project Presentation
12:55 – 1:30 p.m. Announcements, Door Prizes, and invitation to the 2013 WAFCS Annual Conference
Conference Lodging
Register Early

The Best Western Bridgewood Resort Hotel
1000 Cameron Way • Neenah, WI 54956
Phone: 920-720-8000 • Fax: 920-967-0052

The following rooms have been blocked for arrival on March 29, 2012, and departure on April 1, 2012, at the tax-exempt rate of $70 per night, per room single occupancy and $90 per night, per room double occupancy.

The reserved rooms are double queens non-smoking. The rooms are blocked under the name WAFCS. Rooms that are not reserved by February 29, 2012, will be automatically released unless there are concerns with people making reservations. Check-in is at 3 p.m. (if rooms are ready, check-in will be earlier), check-out is at 11 a.m., indoor pool and aquatic center, hot tub, fitness center, and complimentary hot breakfast buffet.

Directions

From the North: Head south on US-141 S. Take exit 131 for WI-114 E. Turn left at County Rd JJ (Winneconne Ave). Take the first right onto S Green Bay Rd. Go straight through the roundabout Continue onto Jewelers Park Dr. Turn left onto Cameron Way. Bridgewood Resort is on the right.

From the West: Take US-10 E/WI-49 S East. Continue the exit for US-41 S. Take exit 131 for WI-114 E. Turn left at County Rd JJ (Winneconne Ave). Take the first right onto S Green Bay Rd. Go straight through the roundabout Continue onto Jewelers Park Dr. Turn left onto Cameron Way. Bridgewood Resort is on the right.

From the South: Head northwest on US-41 N. Take exit 131 for Winnebago Ave. Turn left at County Rd JJ (Winneconne Ave). Take the first right onto S Green Bay Rd. Go straight through the roundabout then Continue onto Jewelers Park Dr. Turn left onto Cameron Way. Bridgewood Resort is on the right.

From the East (from Manitowoc): Head west on US-10 W. Merge onto US-10 W/WI-441 S via the ramp. Merge onto US-41 S via the exit on the left. Take exit 131 for WI-114 E. Turn left at County Rd JJ (Winneconne Ave). Take the first right onto S Green Bay Rd. Go straight through the roundabout then Continue onto Jewelers Park Dr. Turn left onto Cameron Way. Bridgewood Resort is on the right.

Pre-conference:
Leadership Symposium

Date: Thurs, March 29, 2012
Location: Bridgewood Resort Hotel, Neenah, WI
Cost: $65.00 includes lunch and handouts
Time: 8:30 a.m. Registration, 9:00 a.m. – 3:30 p.m.

Leadership Symposium

Many professionals in Wisconsin work with families and communities. While working in this field provides many opportunities, it also presents challenges. As professionals we are in a position to provide leadership. This symposium will provide an opportunity for professionals to enhance their skills.

Keynote Speaker: Martha Nall, University of Kentucky College of Agriculture, Extension Professor, Program and Staff Development

Breakout Session Topics: Team Building, Building and Maintaining Relationships with Key Stakeholders, Emotional Intelligence, Communicating Value of Programs, Celebrating Success
As a member of the Baby Boomers, I do not appreciate the generalizations about my age group. It is easier to describe someone different than you are than it is to accept the definitions and generalizations about your own generation. However, with that bias aside, I know my mindset is different than the students I have the privilege to teach. Each fall I check the updates on http://www.beloit.edu/mindset/ to prepare and update my examples in class. However, the book Dancing with the Digital Natives (2011) goes beyond the shared experiences and attempts to define the learner’s digital approach to their world.

Marc Prensky in 2001 officially named the people born since 1984, Digital Natives. These learners toy with technologies while Digital Immigrants, born before 1984, use technology.

The editors of the book, Dancing with Digital Natives, arranged the chapters in four parts- Part One: The Digital Native Goes to Work, Part Two: Marketing and Selling to the Digital Native, Part Three: Entertaining the Digital Native, and Part Four: Educating the Digital Native. All the chapters were interesting but the authors in Part One and Part Four captured my attention as an educator.

In our classrooms we have Digital Natives, Digital Immigrants and those unable or unwilling to embrace technology. Our classrooms whether on-line or in the classroom, require various tiers of engagement for the learner. Struggling students need scaffolding and advanced Digital Natives need the patience and drive to interconnect with the overwhelming opportunities provided by digital learning tools. Digital Natives have access to multiple digital games, blogs, and Apps. They surf and save thoughts to digital idea boards like Pin interest. As a Digital Immigrant, I use online folders and Digital Natives share multiple levels of folders in their social networks. Collaboration in groups and teams is a preferred method of learning for Digital Natives. They like to toy with digital storytelling, blogging and posting to walls in FaceBook. They learn in a public social arena. They edit documents together in a Cloud.

As a Digital Immigrant, I think the learning of a Digital Native may be too shallow because the learner’s lack patience to truly integrate and apply critical thinking skills. The Digital Natives, in turn, may think I am not connected and may be on an archeological dig by reading a book with ink on a page.

Fans of digital gaming for learning are pressing teachers and parents to recognize that playing online games is more than a past time and has great learning potential. This seems acceptable if added to one’s learning diet in moderation. One place the digital camps divide is related to copyrights and the ethics of using digital information. Digital Natives think “mashups” are essential while Digital Immigrants view this cutting and pasting with out credit to the original author as plagiarism.

It is interesting to live and learn during this digital revolution entitled the information age. We all need to “stay in step,” learn the dance and then decide if we are willing to embrace the mindsets and approaches to learning of the learners related to digital technology.

I recommend this book because it is an edited collection of several writers, both Digital Immigrants and Digital Natives. The book offers a collection of ideas for the reader to evaluate. As a reader, I found myself reflecting on what I thought about digital technology related to connecting, motivating or isolating learners. I was challenged by the chapter on ethical traditions and how technology is impacting the learners on every level of their lives; in school, while at work, at play and in their personal interactions. Each chapter included a brief biography of the author and readings, web sites and blogs the author recommended related to their topic. It is a book you can pick up and put down as well as use as a resource.
For Barbara George, a UW-Stout alumna, it was a day to remember. It began with a VIP breakfast reception in the Washington office of Tom Vilsack, secretary of the U.S. Department of Agriculture. Then, George attended a national news conference with top U.S. food and nutrition experts. Afterward, she met and spoke with first lady Michelle Obama. All of that, however, was just frosting on the cake. The summer day was inspiring for George because her work was in the national spotlight and may continue to be as MyPlate becomes the standard by which Americans gauge their food intake.

George is Family and Consumer Science director at Nasco, based in the southern Wisconsin city of Fort Atkinson. Nasco makes and sells realistic food models as aids for teachers, dietitians and others. Nasco’s prototype MyPlate and other food models were the visual aids used by the USDA at the news conference. MyPlate, a plate featuring a healthy eating proportion guide, replaces the Food Pyramid used for many years by the USDA. Half of MyPlate is fruits and vegetables, with the other half low-fat protein and whole grains; low-fat dairy also is represented as a beverage or side dish.

“It was very exciting — a real compliment to our company to be recognized as one of the leaders in nutrition education by the USDA and the fact they had faith in us to get this done,” George said.

George returned to Washington later in the summer for further meetings with the USDA as one of its strategic partners on the project and has since begun selling MyPlate models. “We’re the only company that has molded a plate,” said George, a 1973 home economics education graduate from UW-Stout. “MyPlate has been an important part of my life.” —Barbara George

Nasco has more than 320 food models and also makes and sells teaching aids in 13 other subject areas, with more than 20 catalogs, 65,000 products and customers in 100 countries. “The idea of the plate is to make it easier and to look at one meal at a time,” George said. “Michelle Obama, with the Let’s Move campaign, is committed to making nutrition education easier and helping parents provide nutritious meals for kids.”

George joined Nasco nine years ago after previous stints at University of Wisconsin-Extension, working in real estate and as a teacher. As a UW-Stout student her name was Barbara Halpin. She and her family raised Angus cattle prior to her husband passing away. With Nasco, George has worked with UW-Stout professors Carolyn Barnhart, food and nutrition, and Diane Klemme, family and consumer sciences education. UW-Stout offers related degrees in family and consumer sciences education; dietetics; food systems and technology; and hotel, restaurant and tourism management with a concentration in food service management.

One of George’s children also attended UW-Stout. She is excited about the chance to work with USDA, especially on the ground floor of a new national effort to promote good nutrition as obesity rates continue to rise. “It’s a good opportunity to create new tools to put in the hands of people that teach nutrition,” George said.

For more information, go to www.enasco.com/nutrition.
On May 29, 2011, I crossed the finish line for the Madison Marathon after 4 hours, 2 minutes, and 35 seconds of physical and mental exertion. It was surreal moment, with the crowd cheering in the background, my legs screaming for mercy, and the feeling of pride after months of intense training. I just ran a marathon, 26.2 miles to be exact. I put in 800 miles of training over the course of seven months. I lost 25 post-pregnancy pounds. Most importantly, I discovered a renewed sense of passion for exercise, hobbies, volunteer work, professional development, and life in general!

In November 2009, my husband and I found out we were pregnant. My first trimester was a nightmare, trying to teach full time while making trip after trip to the restroom to deal with nausea and vomiting. I finally discovered I could eat watermelon and drink Gatorade with some success. Not exactly a balanced pregnancy diet! The first trimester “all-day sickness” was followed by chronic pain, as our baby girl was positioned in such a way that she pushed up on my ribs 24 hours a day. By my due date, I was more than ready to have a baby. As is often the case, Adelline Grace had other plans. She was finally born on August 14, 2010, after 31 hours and 9 minutes of labor. During the course of my pregnancy, I kept thinking about running and how I wished I could go for a jog. I never felt well enough to do any serious physical activity throughout the nine months. During that last month, I made up my mind that if I ever had this baby, I would run a marathon before her first birthday. It seemed like the cheapest, easiest, and least time consuming way to get back into shape, lose the baby weight, and accomplish an interesting, though lofty goal.

My first post-pregnancy run was somewhat disastrous as I felt like every organ in my body was falling out onto the pavement. I was tired, out of shape, and felt so heavy on my feet. I decided I better start registering for some shorter road races to get accustomed to the competitive atmosphere and help myself stay on track with my training schedule. The days, weeks, and months flew by as Adelline continued to amaze and exhaust us. I kept getting a little stronger and faster with each day of training and every monthly race. At the same time, I turned to our local library to find out as much as I could about running a marathon. As the daughter of a librarian, we were always guided by Mom to read a book about something before giving it a try. Well, why wouldn’t it work with running a marathon? If you can learn to train a dog or plant a garden from a book, you can probably learn how to run as well!

So I consulted a wide variety of literary and real-life “experts,” namely Hal Higdon’s book, “Marathon: The Ultimate Training and Racing Guide;” my husband, Mike Roltgen, a long-time competitive runner and assistant cross country coach; “The Complete Idiot’s Guide to Running and Jogging” by Bill Rodgers with Scott Douglas; Bruce Fischer, a national running standout who has broken the four-minute mile barrier; “Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen” by Christopher McDougall; Jason Penticoff, an accomplished ultra-marathoner; and Heather Wellman O’Donnell, who was my initial inspiration when she ran her first marathon while pregnant with her second child. I felt like a rookie among “the greats,” but they were all so kind and encouraging, even when I ran my first 5K in 29:24, a pace that was probably just as painful to watch as it was to run!

What I learned from the books, experienced runners, and my neighborhood running group is that running a marathon is truly a reflection of our lives as FCS professionals.

Some people are jerks, and some people run marathons. There were days when I ran across a “jerk” or two. One afternoon, I was deliberately run off the road by a vehicle while out on a training run. This quote flashed through my mind, as I gave my nicest smile and wave. The “jerks” will always be out there, but what a great opportunity we have to be role models and do the right thing. After all, some people are jerks, and some people are FCS professionals.

Trust your training. In the marathon, I had to believe that I was both well trained and properly rested before the big race. When training for a marathon, the longest distance you run is 20 to 22 miles. You never actually finish the last part of the course in practice. You have to trust that all the miles and hard work you’ve put in will pay off and carry you through those final excruciating steps. The same applies to our FCS background. There are times in our careers when we need to trust that our training, experience, and common sense will carry us through, help us make the right decisions, and lead us to success.

Have a game plan in mind. Run the beginning miles with your head, the middle miles with your legs, and the final miles with your heart. Mental preparation was key to finishing the marathon. As FCS professionals, we can break large projects into smaller, more manageable sections. Be organized!

Know that it’s not going to feel good toward the end. Expect it. Think about it. Deal with it ahead of time. My husband kept warning me to think about the last few miles of the race. Keep your eye on the prize, but understand that it’s going to require some sacrifice to reach your goal. Rarely does anything worth accomplishing come easily. The hard work is part of the reward.
You will hit a few spots where you will feel tired for five or ten minutes, but it will pass. During a marathon, these spots are commonly referred to as “hitting the wall.” I hit a small wall around the 17-mile mark and then again at 23 miles. I kept replaying this advice in my head, reassuring myself that the challenge would pass eventually. I tried to visualize a familiar running route I’d been on many times and compared it to the distance I had yet to run. As FCS professionals, we may experience these rough spots as well. Maybe a layoff, budget cut, family emergency, or natural disaster has affected our lives. Remember, this too shall pass!

Keep fueling and drinking fluids. Throughout the marathon, I had to make a conscious effort to continue drinking water and Gatorade and fueling with gels, bananas, or oranges as needed. During the last four months of training, I limited sugar intake to the day of my weekly long slow distance run and followed Michael Pollan’s food rule that if you want a sweet treat, you must make it yourself. This really helped my weight loss goal, as I had to wait until my “sugar day” to eat dessert, which I also had to take the time and effort to make! Self-care is often overlooked as our lives get busy and stressful. As FCS professionals, we need to model and practice the nutrition, exercise, sleep, and wellness ideals we promote.

Think about all your hard work in less-than-ideal conditions. I fought the cold, wind, rain, snow, humidity, and heat, as I trained six days a week from November through May. As FCS professionals, our work conditions, budgets, and political situations are not always ideal, but we make the best of the circumstances and rise above the challenges.

Know you are strong. You can do this! Believe in yourself as a runner, wife, husband, mother, father, daughter, son, professional, grandmother, grandfather, aunt, uncle, volunteer, and any other roles you fulfill.

You are accomplishing something very few people can say they’ve done. What is interesting about this journey is that running has become addictive, as predicted in the books I read. I wondered for a while if I might be “done” when the marathon was over. In all honesty, I couldn’t wait to rest and heal, so I could get back out on the road again. As FCS professionals, we wear so many hats and make a positive impact on the lives of individuals and families on a daily basis. That is certainly something most people cannot say!

It’s a huge time commitment. FCS professionals are no strangers to time commitment! My marathon training required anywhere from ten to fifteen hours a week, depending on the duration and intensity of the workouts. I ran at 5 a.m., 10 p.m., and every time between. I ran around my neighborhood, in my husband’s hometown, in my hometown, and on a treadmill. I ran on Christmas and Easter. I ran with my daughter in the jogging stroller. I hired babysitters so I could run. I begged neighbors, family, and friends to provide childcare while I ran. I formed a neighborhood running club to motivate others and have some company on long runs. I organized several 5K races to encourage local wellness and participate in competition close to home.

When something is a priority, there is time and a way to make it work!

Do the unexpected. Surprise people. I had raced one 10K (6.2 miles) previous to signing up for the Madison Marathon. I admitted that 26.2 miles did seem a bit impossible at times, but I decided to take it one day at a time and continue building on yesterday’s success.

What secret dreams or plans do you have in the back of your mind? Maybe you’ve always wanted to run a 5K or 10K. Maybe you hope to read one book per week for a year. Maybe now is the time to commit to a certain number of volunteer hours per month. In our Christmas letter last year, I wrote that I wanted to run 1000 miles by the end of 2011. Thanks to all the marathon training miles, I accomplished that goal in July.

Now it’s time to set a new goal for 2012 or 2013!

No one succeeds without others. Thank your cheerleaders. I did not run this marathon alone. I could not have done it without the support of my husband, daughter, family, friends, coaches, and running group who helped in so many different ways, from offering advice to babysitting Adeline during the marathon to sending encouragement through Facebook. Similarly, we all have cheerleaders who have helped us find a job, finish a project, or get inspired. Be sure to offer them a heartfelt thank you and consider how you might pay the kindness forward.

I am not fast. I am not a world-class runner. I am not a Boston Marathon qualifier. But I am determined and dedicated. I fought through fatigue, sweat, and even some tears to cross that finish line, and what was once 26.2 miles of impossibility became reality. I admire and respect all of you who work so hard to work your FCS magic for individuals, families, and communities. You are a marathon finisher every day in my book!

Consider Serving as a Poll Worker

During 2012, there will be several elections: 1) April for county supervisors and school boards, 2) August for the primary, 3) November for the President and other offices, and 4) the possible recalls. Communities are always seeking to find individuals who will serve as poll workers. In the last few weeks, it has become obvious that even this role is political as the political parties are recruiting individuals.

Counties and communities provide excellent inservice education for poll workers so when you take on this important function, you are prepared for most anything that might happen. In most settings, there are shifts so poll workers assume their responsibility for a defined period of time.

Consider becoming involved!

Carol L. Anderson
V. P. Public Policy
Position: Executive Director for the Wisconsin Association of Family and Consumer Sciences (WAFCS)

Starting Date: July 1, 2011

Qualifications
WAFCS and AAFCS membership preferred.
Understanding of WAFCS and AAFCS organizational goals.
Management skills and organizational ability.
Adaptability to carry out a variety of responsibilities.
Ability to relate to the membership and public in a pleasing and professional manner.
Independent reliability in creating records, maintaining records, and communicating information.
Available office space in own home.
Personal transportation, valid Wisconsin driver’s license, and telephone.
Computer knowledge of Microsoft Office Suite (including, excel, word and publisher) Adobe, and email required, with previous experience helpful. Ability to up-date Association’s web page.

Administrative Responsibilities
Maintain a permanent address for the Wisconsin Association of Family and Consumer Sciences.
Maintain a record of the Association’s current policies and procedures.
Assist Council members with Association business.
Communicate the policies of the Association to the membership and to the public.
Communicate concerns from membership to the President and/or Executive Board.
Responsible for soliciting content for the WAFCS Newsletter; developing and editing content, and distribution to membership.
Potential to serve as the web site master to maintain up-to-date information on the WAFCS web page
Collaborate with Communications Chair and web site master to maintain up-to-date web site.

Major Functions of the Position
Serve as the primary liaison to AAFCS for administrative matters and to the general public for information about the organization.
Maintain an up-to-date membership data base and publish a directory of all members.
Assist WAFCS Past President in maintaining current WAFCS by-laws, policies and procedures handbook to be consistent with AAFCS bylaw changes and post a copy on the WAFCS website.
Responsible for specified mailings of the Association.
File annual tax forms and other legal documents, in collaboration with the WAFCS President and Treasurer.
Coordinate with annual meeting chairperson to define conference responsibilities.
Retain non-current legal and financial records, such as tax forms.
Attend all WAFCS Executive Board and General Business Meetings in an ex-officio capacity.
Arrange for WAFCS Executive Board Meetings after date and location are approved by the Executive Board and assist officers in distribution of materials.
Arrange for distribution of the publication newsletter, and post the newsletter on the web site.
Submit a quarterly contract to the Executive Board to have signed by the President and the Treasurer.
Submit quarterly voucher to the Treasurer.
Maintain a supply of WAFCS stationery.
Gather important association papers on an annual basis for placement in archives.
Submit written or electronic report to the council at each council meeting.

Compensation
Position is based on a contract year from July 1 to June 31.
Quarterly payments will be paid by the Treasurer. Payment amount and schedule of payment determined by Board of Directors.

Send letter of interest and resume by March 1, 2012 to:
  Diane Klemme
  120 Heritage Hall
  Menomonie, WI 54751
  klemmed@uwstout.edu
Hi Every one,

I’m again working on some updates for the WAFCS website. Would you be willing to take a couple minutes to jot down a favorable or profound book you’ve read and a 2-3 sentence summary? These will be compiled into a “must-read” book list for family and consumer sciences professionals. Try to recall a book that changed your thinking or helped you consider an issue from a new perspective. Maybe it inspired you to take action. Fiction or non-fiction are both acceptable! No textbooks please :) I am looking for books in the following categories and beyond:

**Reasoning for Action**
- Career, Community & Family Connections
- Consumer & Family Resources
- Consumer Services
- Education & Early Childhood
- Facilities Management & Maintenance
- Family
- Family & Community Services
- Food Production & Services
- Food Science, Dietetics & Nutrition
- Hospitality, Tourism & Recreation
- Housing, Interiors & Furnishings
- Human Development
- Interpersonal Relationships
- Nutrition and Wellness
- Parenting
- Textiles, Fashion & Apparel

If you could send me your book, author, and summary before October 31, that would be greatly appreciated. Carolyn Barnhart, Susan Turgeson, and others: Please consider multiple submissions, as I know we’ve got some “super readers” out there! I’ve attached a sample below. Just FYI, the books that are already done are “The Omnivore’s Dilemma” and “Animal, Vegetable, Miracle.”

Thanks so much!

**EXAMPLE:**

**Book Name:** *The Omnivore’s Dilemma*

**Author:** Michael Pollan

2-3 Sentence Summary: Pollan takes a critical look at American eating through the food chains that sustain us—industrial food, organic or alternative food, and food we gather ourselves. He questions “what’s for dinner” and faces the “omnivore’s dilemma” as he thoughtfully considers the political, economic, environmental, psychological, health, and moral implications of our daily food choices.

**Submitted By:** Tiffani Rolgen, Stay-at-Home Mom and WAFCS Communications Director

**Region 5 ‘s fall meeting**

The fall meeting attracted a capacity crowd at HyVee’s Club room in Madison, where Deana Foster, HyVee’s nutritionist, conducted a tour of Wisconsin’s first and only HyVee grocery store, pointing out its “green” features, as well as it’s unique services, like an instore Nutritionist, two food vendors, a coffee shop, and spacious restaurant. These are in addition to the more usual bakery, floral, pharmacy and deli departments. Deana also acquainted guests with HyVee’s unique NuVal labeling system by which products are given a rating of 1-100, depending on their nutritional value. This system allows consumers concerned with quality to easily compare like products.

Then Chef David Martineau wowed guests as he prepared and served his Acapulco Chicken salad, Chilled Potato and Leek Vichyssoise, Butternut Squash and Apple Soup, a savory bruschetta, and a delightful dessert bruschetta. David accumulated his creativity with food over his 40+ years as Maitre d’ at Madison’s Edgewater hotel, and as gourmet cooking teacher at Madison Area Technical College. His recipes were distributed so that they can be recreated at home, and he shared many cooking and serving tips from his illustrious career.

Our speaker for the evening was Barbara George, Director of NASCO’s Family & Consumer Sciences, who acquainted guests with the USDA’s new replacement for the food guide pyramid, namely My Plate. Having been invited to serve on the committee in Washington D.C. to implement this change and actually help create the My Plate teaching tool, Barb shared her expertise and was well able to field our questions. She brought samples of new teaching tools to share as well.

Sue Siman was re-elected Region 5 President for the coming year and ample door prizes and goodie bags were given out at evening’s end.

**Silent Auction Items Needed**

The Silent Auction held during the WAFCS Annual Conference is the WAFCS Foundation’s primary fundraising activity. Please bring items to Neenah for this year’s Silent Auction, March 29 - 31. Consider donating good quality used items or new or homemade items for the fundraiser to benefit scholarships, professional grants, and travelships. Also consider donating items from your international travels and vintage items, jewelry, or decorator items. Re-gifting is permissible!

Silent Auction proceeds also help fund WAFCS organizational membership in IFHE—the International Federation for Home Economics. Individual membership in IFHE is also strongly encouraged.

Put together a “theme” basket or pamper package. Or if you’re shopping and come across some good deals, pick up an extra one to donate. If you make arts or crafts, consider sharing an example of your creativity for this good cause. Consider requesting corporate donations as well.

If you are unable to attend, but would still like to donate items, please send them along with someone who is attending the conference or feel free to send the items by March 26 to Jean Zeithaml, N8519-690th Street, Colfax WI 54730.

Please bring your donations to the auction and come prepared to “bid high and bid often” in Neenah! It’s always a fun time. Thank you and see you there!

**Scholastic Parent & Child**

Deadline to apply: March 15, 2012 “Family of the Year celebrates families across the country for their efforts to give back to their community and make a difference in the lives of others. Do you know a family who deserves the title Family of the Year? This year you can nominate your own family or a family you know who has made meaningful contributions to their community.”

**Address:** http://www.scholastic.com/familyoftheyear/
The Fall 2011 Family Impact Seminar focused on the timely topic of jobs. Jonas Prising Executive Vice President and President of the Americas, ManpowerGroup helped participants to better understand how the world of work is changing. He said that there are four trends influencing what is happening: 1) demographics talent mismatch; 2) rise of customer sophistication; 3) technology revolutions; and 4) individual choice. Technology has long changed the way we work and Prising said that “it matters less what we do ourselves and more how we collaborate with others.” Additionally, he shared that “it matters less what skills we have mastered in the past and more how well we learn new skills in the future.” While the working age population is shrinking, the labor force is aging. The U.S. continues to wrestle with high unemployment while 52% of employers report difficulty filling open positions. Prising went on to stress that Wisconsin can position for jobs of the future by:

- Strengthening alignment and cooperation between business and education.
- Building strength in industries that have demographic or structural drivers of growth such as healthcare, advanced manufacturing, infrastructure, and education.
- Encouraging the establishment of small business growth and entrepreneurial opportunities. And
- Improving outcome of K-12 and higher education so that Wisconsin’s workforce can participate and contribute to economic growth.

William C. Symonds, Director of the Pathways to Prosperity Project in the Harvard Graduate School of Education identified ways to meet the challenge of preparing young Americans for the 21st century. He indicated that we are living with a more demanding labor market and post-secondary education is necessary to compete in the global economy. The goal the U.S. needs to be working toward is a “post-high school credential” for all and this can be earned in many ways including but not limited to: 1) community college; 2) apprenticeships; 3) the military/community service; and 4) four-year college. Symonds suggested that a key reason other countries are surpassing the U.S. centers on the role of vocational education in preparing individuals for jobs. Vocational education is the best way for many young people to learn and this option needs to be valued. Symonds take-home message can be summarized in the statement “there are many ways to prepare for the job market and career education need to be an important component.

Education is a critical component in positioning Wisconsin for the jobs of the future and there are multiple pathways to achieving the goal. Policy contributes to this positioning; however, collaboration and having a holistic view are essential ingredients.

Wisconsin Family Impact Seminar
Positioning Wisconsin for the Jobs of the Future
by Carol L. Anderson – V.P. Public Policy

WAFCS Region 6 members and guests met on Saturday, September 17, 2011 at the Reiman’s Center in Greendale. An agenda included information about how to register online through AAFCS, information about 2011-2012 FCCLA events in the region, and events for the year for WAFCS. Participants stepped into a history lesson about the Greendale Village—a “Greenbelt Community” concept of President Roosevelt during the Great Depression. The group of twenty-two learned about the #1 selling magazine in the world: Taste of Home and had the opportunity to hear from the test kitchen’s demonstrator: C.J., who actually took the group into the kitchen for some wonderful sights and tastes of the fall season. C.J. answered the questions from the group, made an award winning recipe, and provided mouthwatering samples. Some of the newest kitchen gadgets were demonstrated and members were provided with time to shop in the Taste of Home outlet store with an additional discount provided for the day. The meeting was organized by Ann Gar- rison, WAFCS-Region 6 President. C.J., Reiman’s Test Kitchen demonstrator, takes us into the test kitchen to discuss new kitchen items, to view displays and sample items prepared for fall events.
Stay in Touch—Update Your AAFCS Member Profile!

By Tiffani Roltgen, WAFCS Communications

The Wisconsin Association of Family and Consumer Sciences (WAFCS) depends on membership information from the American Association of Family and Consumer Sciences (AAFCS) to stay in touch with all of you. Therefore, it’s SO IMPORTANT to update your member profile to make sure AAFCS is aware of any changes in name, address, phone, or e-mail.

Updating your member profile is EASY. Follow these steps to check or change your information, thus preventing non-deliverable newsletters, directory errors, and miscommunication from both WAFCS and AAFCS!

STEP 1: Log on to http://www.aafcs.org/Membership/Web-Portal.asp

STEP 2: Click on “LOG IN.” (This LOG IN is also directly accessible from www.aafcs.org at the top of the webpage.)

STEP 3: Unless you have changed your user name and password in your online profile or through AAFCS, your user name defaults to the e-mail address provided to AAFCS, and your password is your six-digit AAFCS member number (found on your membership card). If AAFCS does not have your email address on record, then both your user name and password will be your AAFCS member number. Not sure what your member number is? E-mail membership@aafcs.org or call 1-800-424-8080 to find out.

STEP 4: Once logged in, click on “Manage Profile” to see your current contact information and preferences. Click on “Edit Profile and Supplementary Info here!” to make and save updates.

Note: If you change your e-mail address in your profile, your user name will not change (unless you contact AAFCS to change your user name).

STEP 5 (OPTIONAL): From the web portal, you can renew your membership, view/print transactions, access member-only resources, and join/start online communi-

ties from your membership profile.

Taking few minutes to check and update your member profile saves WAFCS time and money! Please follow these simple steps today to confirm your contact information and take full advantage of the AAFCS web portal, a benefit of membership. Technical questions, such as log in issues, should be directed to AAFCS. For other concerns, contact Tiffani Roltgen, WAFCS Communications, at calme004@umn.edu or 608-513-9433.

AAFCS Development Committee Challenge

This AAFCS committee is challenging members to increase donations. Up to $1500.00 in matching dollars campaign from January 1, 2012 – April 3, 2012 AND Another $2500.00 for the May 1- December 31, 2012 Campaign. SO – A $10.00 gift would = $15.00!!!

Committee Chairs: Sue Whitaker at swhiter@absu.edu or Grace Angotti at gangotti@uky.edu

Donations can be sent to:

American Association of Family and Consumer Sciences
400 North Columbus Street Suite 202
Alexandria, VA 22314

C.J., Reiman’s Test Kitchen demonstrator, takes Region 6 members into the test kitchen to discuss new kitchen items, to view displays and sample items prepared for fall events.
Dates To Remember

March 29-30, 2012
WAFCS Annual Conference
Neenah, WI

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

People Passion & Purpose

Pathways to Leadership

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