WAFCS Annual Conference By the #s

The 2013 WAFCS Annual Conference was held in Madison, WI, at the Radisson Hotel, March 7-9. As the numbers continue to roll in, we have some positive figures to report!

- 90 registered attendees including 24 students
- $1788 in Silent Auction profits for the WAFCS Foundation
- 127 pounds of food (equal to 105 meals) and $435 (equal to 1305 meals) donated to Second Harvest Foodbank of Southern Wisconsin
- 10 “Day at the Capitol” Pre-conference participants
- 9 Capital Brewery Tour attendees
- 7 pairs of feet enjoyed live polka music at Essen Haus
- 5 webinar incentives awarded to members who renewed their WAFCS/AAFCS at the conference
- 4 “Early Bird” Walk participants logging 8 miles for the “Walkin’ to Houston” Wellness Challenge
- 3 Student Travelships, 2 Student Awards, and 1 Undergraduate Scholarship
- 3 “Big Spender” Awards from the WAFCS Silent Auction
- 3 WAFCS Foundation Grant recipients
- 1 Leader Award

Of course, you can’t put a number on all the networking, resource sharing, student mentoring, exploring Madison, and re-energizing that took place! Mark your calendars for the 2014 WAFCS Annual Conference March 28-29, at Three Bears Resort in Warrens, WI.

Join the Houston-Bound WAFCS Delegation!

Volunteer Coordinator of the WAFCS Delegation to Houston, Carolyn Barnhart, CFCS, offers the following reminders for the upcoming AAFCS 104th Annual Conference and Expo June 26-29, 2013, in Houston, TX:

- Register by April 15 to take advantage of “early bird” pricing. Visit the AAFCS Annual Conference website to register.
- If interested in carpooling, call (715-342-5314) or e-mail Wisconsin delegate and AAFCS President Sue Buck, CFCS.
- Roommates may be available to share hotel expenses. Call (715-235-3166) or e-mail Carolyn Barnhart, CFCS.
- Student travelship applications will be available soon. Check the WAFCS website for more information.
- If you have not attended an AAFCS Annual Conference in the past five years (since 2008), use the following Wisconsin “Bring a Buddy” code for $25 off your registration fee: 657245.

Plan to join 18 of your friends and colleagues from Wisconsin who will be “headin’ to Houston” this summer. You won’t want to miss this event!
“Wasn’t that empowering?” “Great first step.” “I never would have done this on my own.” These statements were shared during debriefing by WAFCS “Day at the Capitol” attendees after legislative meetings with their representatives and senators. They illustrate the importance of being open to new experiences, despite personal reservations or fears. In addition, they reveal that the first step is often the hardest one, but it can be easier if tackled with the support of a group. After that first step, the door is opened, and advocating for family and consumer sciences at the state level is not the overwhelming, intimidating task it once appeared to be!

Pre-conference attendees gathered in the morning at Bethel Lutheran Church, to discuss a plan of action, practice concise key messages, and learn effective communication strategies.

State political consultant Mike Pfohl met with the group to review the legislative process, help focus the messages, and offer feedback. He noted the importance of establishing relationships with elected officials in order to get the message across and agenda accomplished. He advised that a once-a-year legislative day approach is not as effective as several consistent contacts throughout the year to advocate for your positions.

During the “Day at the Capitol,” Representative Mandy Wright of Wausau commented to one of the groups that teachers, administrators, and support staff need to set foot in the Capitol building because she felt the people making decisions do not always have a complete understanding of how the education system functions. Wright added, “Thank you for coming into the building.”

Stay tuned for more legislative resources coming in the WAFCS Summer Newsletter, including examples of “key messages” and must-visit websites.

From left to right, District 46 Representative Gary Hebl, WAFCS President and McFarland High School Family and Consumer Sciences Teacher Arlene Welcher, WAFCS Executive Director Tiffani Roltgen, WAFCS Member Jeanne Schwass-Long, McFarland High School Family and Consumer Sciences Teacher Laura Dollar, and District 47 Representative Robb Kahl pose on the Assembly Floor for a photo following the group’s introduction to the entire Assembly during a break in deliberation over the mining bill. The group was also greeted by Representatives Peter Barca, Sandy Pasch, and Mandy Wright. They met with Senator Mark Miller earlier in the day to emphasize the significant impact of family and consumer sciences education as part of comprehensive Career and Technical Education (CTE) programs in schools.

**KEY MESSAGES**

When you consider the design and construction of the clothes you are wearing today, the nutritional quality of the lunch you ate, and developmentally appropriate care for your children, THINK Family and Consumer Sciences.

When policymakers and leaders debate issues related to parenting, financial literacy, job skills, obesity prevention, childcare, healthy food preparation, relationships, housing, nutrition, and consumerism, THINK Family and Consumer Sciences.
Welcome!

We warmly welcome our new WAFCS members:
Leia Blazek  
Molly Hundt  
Kinga Jacobson, CPFFE  
Briana Loughan  
Glenda McCracken  
Laura Neumann

Students, remember to take advantage of our HUGS (Help for Undergraduate and Graduate Students) membership reimbursement program. Contact Tiffani Roltgen, CFCS, for more information!

With warmer temperatures on the way, it’s time to think spring and get ready for outdoor miles. Fortunately, there’s a free website www.mapmyrun.com and app called Map My Run that allows casual and serious walkers, joggers, and runners to create a personal profile, map and save their routes, check distances, log workouts, track and analyze nutrition, calculate Body Mass Index (BMI) and calories burned, and connect with others.

Like any free website, there are advanced “MVP” features available for a fee, but all the basic applications can be accessed without charge if you are willing to follow the simple account set-up instructions. There are also ad experiences that cannot be “skipped” in the free version, but they provide minimal distraction.

Map My Run promotes community wellness by providing access to routes saved by others and allowing users to search by location. It’s not too late to join the WAFCS Wellness Challenge, log on to Map My Run, and check the distances of some of your favorite walking or running paths!

Wellness Challenge Recipe

Submitted by WAFCS student member Amanda Montague  
From In Good Health Magazine

Ingredients:
- 1 cup fresh baby spinach, chopped  
- 2 TBSP finely chopped red onion  
- 2 TBSP finely chopped sweet red pepper  
- 1 jalapeno pepper, seeded and minced  
- 1 TBSP canola oil  
- 1/3 cup frozen corn, thawed  
- ¼ cup black beans, rinsed and drained  
- 1/8 tsp salt  
- Dash of ground cumin  
- ½ cup reduced fat cheddar or Mexican cheese  
- 4 oz reduced fat cream cheese  
- 30 wonton wrappers  
- Cooking spray

Directions:
1. In a large skillet, sauté the spinach, onion, red pepper, and jalapeno in oil until tender. Stir in the corn, beans, and seasonings; heat through.
2. Remove from heat. Stir in shredded cheese and cream cheese until melted.
3. Position a wonton wrapper with one point toward you. (Keep remaining wraps covered with a damp paper towel until ready to use.)
4. Place 2 tsp. of filling in the center of wrapper. Fold bottom corner over filling; fold sides toward the center over filling. Roll toward remaining point.
5. Moisten top corner with water; press to seal. Repeat with remaining wrappers and filling.
6. Place in a 15” x 10” x 1” baking pan coated with cooking spray. Bake at 425° for 8-10 minutes or until golden brown, turning once.

Prep Time: 45 minutes  
Total Time: 55 minutes  
Yield: 2.5 dozen egg rolls  
Nutritional Information: 50 calories, 2 g fat (1g sat fat), 5 mg cholesterol, 101 mg sodium, 6 g carbohydrate, 2 g protein

Will You Help Us?
It’s not too late to join us on our challenge to walk, jog, or aerobically move the distance from our 2013 WAFCS Annual Conference in Madison, WI, to the AAFCS Annual Conference in Houston, TX. That’s 1193 miles to cover from start to finish! Won’t you help us by logging steps, miles, or activity minutes? Submit your weekly totals to Cindy Quilling at quilling@wwt.net or 715-308-0506. Strap on your boots and giddyup because we’re headin’ to Houston!
I have had an amazing opportunity this year to begin a partnership with Wisconsin Family and Consumer Educators (WFCE) and their president, Jamie Koehler. It began with a joint meeting of the leadership of all the Career and Technical Education (CTE) professional educator organizations such as agriculture, business and marketing, engineering and technology, family and consumer sciences, and health sciences. This first meeting concluded with an agreement to co-host a booth at the annual School Board convention in January to present a united front in our quest to raise awareness of the critical need to keep CTE programs in our schools. The success of this historic venture is evident in a unanimous agreement to host a booth again next year.

Tony Evers, Superintendent of Public Instruction, also recognizes the need for a united front and the push for CTE education to remain a vibrant and viable part of education. He is fighting every day for funding because the data indicates that students who complete three or more CTE classes are 12.7% more likely to graduate from high school than students who do not take CTE classes. Family and consumer sciences (FCS) is an essential part of the CTE equation. Half of the fastest growing CTE programs are related to early childhood and culinary arts. FCS teachers are in the best position to fight childhood obesity and educate teen parents in the fight against Shaken Baby Syndrome (SBS), child abuse, and Sudden Infant Death Syndrome (SIDS).

FCS professionals must join forces with other CTE disciplines and advocate for “CTE: Learning that Works for Wisconsin,” and at the same time become very vocal about the unique family-focused role FCS plays within CTE. Check out the [www.wafcs.org](http://www.wafcs.org), [www.aafcs.org](http://www.aafcs.org), and [www.dpi.wi.gov](http://www.dpi.wi.gov) websites for more talking points and ideas for promoting FCS. WAFCS and WFCE will continue to collaborate and combine resources to make our voice heard as a vital part of CTE in Wisconsin. ~Submitted by WAFCS President Arlene Welcher