**National Leader and New Achiever Award Winners Express Gratitude**

“Receiving the AAFCS Leader Award was an exciting and memorable experience. I thank God for the abilities I have been blessed with and thank many of you who have been working with me along the way. Anything I accomplished could not have been done without the support and participation of colleagues, friends, and family. I thank all of you from the Wisconsin affiliate for your cards and good wishes as well as a wonderful celebration in Houston. The leather binder will be a constant reminder of the wonderful group of women in WAFCS whom I am fortunate to call my friends. Thank you.” ~Janet Powell, CFCS

“I am humbled and honored to receive the AAFCS New Achiever Award. To receive recognition for contributions to family and consumer sciences during a time in my life when I’m literally living every aspect of family and consumer sciences with my family is very special! I also believe this award speaks to all the mentors and inspirational men and women who have impacted my education and life, including so many of you in the Wisconsin affiliate. I cannot thank you enough for your support, collegiality, and kindness. I, too, will think of you all fondly when I use the beautiful leather binder. Thank you again!” ~Tiffani Roltgen, CFCS

**Academy Vision Shared at AAFCS Annual Conference**

At the American Association of Family and Consumer Sciences (AAFCS) Annual Conference in Houston, President Sue Buck, President Elect Peggy Wild, and Executive Director Carolyn Jackson presented a new vision for family and consumer sciences. Their concept involves creation of an Academy of Family & Consumer Sciences based on the following beliefs:

- There is power from family and consumer sciences related organizations working as partners to move the field forward in a positive way.
- Increasing numbers increases influence.
- Leveraging the niche of each related organization increases the capacity to be effective in advocating for the entire profession.
- Using resources collaboratively reduces redundancy and increases the ability to “do great things” for the whole.

The AAFCS Board of Directors wholeheartedly supported exploration of the Academy concept during their 2013 spring meeting. A Family & Consumer Sciences Summit was held in the Washington, DC, area in early June for representatives from each organization of the Family & Consumer Sciences Alliance. Alliance representatives shared a common interest and excitement around the Academy concept. These groups share a belief in the power of partnering for the positive future of family and consumer sciences. Legal counsel has been and will continue to be consulted every step of the way as the Academy model evolves.

The intent is to be deliberate in process while expeditious in deliberation. Buck, Wild, and Jackson see the Academy as a hybrid model utilizing best practices from membership based organizations, alliances of groups, and global resource centers. However, they note, “Our vision for the Academy is like a piece of clay that needs molding, refining, glazing, and firing before it becomes reality.” Contact Peggy Wild via e-mail at pwild@doe.in.gov with comments, concerns, or contributions.

---

**WAFCS Newsletter**

Wisconsin Association of Family and Consumer Sciences

**FOUNDED IN 1921**

**FALL 2013 ISSUE**

**Our Mission**

The mission of WAFCS is to provide leadership and support for professionals whose work assists individuals, families, and communities in making informed decisions about their well-being, relationships, and resources to achieve optimal quality of life.

**Watch for themed Family and Consumer Sciences: Bold, Brave, and Visionary articles and feature stories throughout 2013-2014 WAFCS publications!**
It has been a busy summer in the world of family and consumer sciences (FCS). It started with 26 Wisconsin professionals attending the American Association of Family and Consumer Sciences (AAFCS) Annual Conference in Houston. We were enlightened as we attended subject matter sessions, leadership training, and the exhibits. The buzz was about the new concept of all FCS-related groups working together in an “Academy of Family and Consumer Sciences” for everyone’s benefit. We enjoyed opportunities for networking and learning from our peers. We were proud of our entire Wisconsin delegation, including two national award winners (Tiffani Roltgen and Janet Powell), one national president (Sue Buck), and one international president (Carol Anderson). In August, the WAFCS Board of Directors meeting was held in conjunction with leadership training facilitated by Immediate Past President of AAFCS, Sue Buck. The Bylaws Committee is busy at work, and the 2013-2014 Wisconsin affiliate plan of work has been submitted to AAFCS headquarters.

I am looking forward to attending the Affiliate Leadership Workshop in Washington, DC, with WAFCS President Elect Jeanne Schwass-Long and WAFCS Executive Director Tiffani Roltgen in mid-October. I am sure the Academy of Family and Consumer Sciences concept is taking shape, and progress will be shared on that front. Jeanne, Tiffani, and I will also be busy engaging in leadership skill development that will aid the three of us in better serving our Wisconsin affiliate. As we celebrate the 20th Anniversary of the International Year of the Family, we are fortunate that the planning committee for our annual conference has been able to collaborate with the Wisconsin Council on Family Relations (WICFR) to schedule a joint annual conference in March benefiting both groups. Mark your calendars now for March 27-29, 2014, at Three Bears Resort in Warrens, WI.

I would like to personally challenge every member to help our association grow this year. The number of FCS professionals who do not belong to any professional improvement organization is staggering. Growth of our association along with additional professional development and collaboration will help strengthen our profession and mission. We must pull together to build the case with decision makers that teaching life skills and providing resources for families and communities are crucial in today’s world. Contact a teacher in your school or a neighboring school, the extension agent from the next county, or any FCS professional you come in contact with to attend one of the three fall regional meetings. Show others the professional advantage of being a member of our group. I am happy and proud to announce that NASCO will offer a $15 gift card to all first-time professional members of WAFCS who join between September 1, 2013, and March 29, 2014.

Please contact me at any time to share ideas and concerns about WAFCS. I am just an email (bgeorge@eNasco.com) or phone call (920-568-5558) away. Enjoy this great time of year, and let’s hope that winter and snow are a long way off.
The 20th Anniversary of the International Year of the Family (IYF) 2014 is an opportunity to step back, consider options, and then take action. One of the four areas of practice identified by the International Federation for Home Economics (IFHE) states: “as a societal arena to influence and develop policy to advocate for individuals, families, and communities to achieve empowerment and well-being, to utilize transformative practices, and to facilitate sustainable futures (IFHE Position Statement 2008).”

The question to be answered is, “What does this mean in the local community as well as in the state, nation, and world?” First, think about our academic preparation as family and consumer sciences professionals. We have knowledge related to nutrition and well-being, finances, consumer practices, work-family balance, housing, education, sustainability, technology, human development, and leadership. Second, we integrate our knowledge around issues and provide a holistic perspective. Third, we are members of families and a variety of communities.

The opportunity exists for each of us to become engaged in action around one or more issues, especially in the local community and perhaps statewide through organizations such as WAFCS. The needs of families are in our arena for action. A few questions to continually consider when policies are being considered include (Sharleen Kato, Director of Professional Development & Programs, IFHE-US):

- What can government and community entities do to help families develop and expand their capacity to help themselves and others?
- What effect will different proposals have on various families? Each proposal can go through a test – In what ways will the proposal help – hurt – strengthen – weaken family life?

After careful consideration, it’s time to take action!

- Find ways to engage in conversations in your community about family issues such as work-life balance, generational solidarity, gender inequality, domestic violence, parenting best practices, childhood obesity, or food scarcity.
- Take stock of recent public policy issues affecting the family such as poverty and homelessness.
- Become a family advocate for an issue of your choice.

As FCS professionals, we have both knowledge and experience to share in examining issues and considering desirable outcomes. What can we offer to contribute to strong and resilient families, as well as viable and sustainable communities?

**Building Family Memories Through Games**

It almost seems a bit strange to admit in today’s fast-paced, digital world, but some of my fondest family memories involve times when we all gathered for a rousing round of Free Parking, Uno, or Racko. As a child, I can recall the excitement of being done with our holiday meal, drying the final dishes, and looking forward to competitive rounds of Waterworks, Outburst, Operation, and Password with my extended family. We would talk, banter, and laugh over Crap on Your Neighbor and sing our traditional “Bye Bye” song when someone ran out of pennies (we were high rollers!). Fast forward to 2007 when I met my husband. We quickly realized our shared love for all things games (and costumes — wait until you see what our dog tried to steal for our wedding!).

I still try to eat the game pieces, but soon she will be an active participant. We don’t have a TV in our house, so if you are ever on Madison’s Eastside on a Saturday night, stop by for some fellowship and fun. We’ll even let you select the game of choice from our closet collection!

~Submitted by Tiffani Roltgen, CFCS, WAFCS Executive Director

**Call to Action at Local Libraries**

What might be done in our local communities to celebrate the IYF 20th Anniversary? Use the theme Empowering Individuals, Families, and Communities as an opportunity work with a local library, and feature books that relate to different aspects of families. Provide a short list of possible books for book clubs to encourage dialogue related to families. Be creative, and join in the celebration!

**Tell us YOUR family story in honor of the 20th Anniversary of the IYF. E-mail askwafcs@gmail.com with questions or submissions.**
BOLD, BRAVE, AND VISIONARY

My Journey from High School to Post-Secondary Education

By Susan Turgeson, CFCS, WAFCS Treasurer and Associate Lecturer, University of WI-Stevens Point

If you would have told me fifteen months ago I would be called to “bold, brave, and visionary” as I changed my job, sold my home, moved 2 ½ hours away, and began a doctoral program, I probably would have dug in my heels (I have a stubborn streak; I’m a Taurus) and adamantly declared my opposition. Yet, here I am at the University of Wisconsin-Stevens Point, having done each of those things. Each of the changes that I have experienced, I initiated. I’ve discovered that change is easier to deal with when we have made the decision to change and can have some level of control related to the change rather than having it imposed upon us by others.

CHANGE is most definitely a process. At first, Chaos is apparent and your world may seem to be turned upside down or shaken like a snow globe while you wait for things to settle. Next, you are Humbled by all you have to learn about your new situation. Anxiety may set in as you wonder if the change you are undertaking is really worthwhile. Then, you discover how much you need the supportive Network of others to achieve your goals. Finally, you Gain momentum and have a newfound Energy and are excited about the change you have made.

Making the shift from teaching at the high school level to the post-secondary level has been a big change, but one that I absolutely have enjoyed. While many of the aspects of a career in education are similar at every level (I also have experience with middle school), there are some significant differences. I can’t say that one age group is better or worse, but they are different. Working with adult students as they prepare for a career in my chosen field is energizing, but I do miss engaging the minds of teens and finding ways to motivate them. I no longer have a classroom of my own to arrange and maintain, as now I move from room to room to teach my classes. I have a greater respect for staff members who had to teach from a cart or travel between buildings. I now have an office, but no longer have any windows or natural light. I have more hours available during the day to prep and grade, but I have additional expectations related to scholarship and service. I recognize that there will always be tradeoffs and have been known to say “the grass may be greener on the other side, but they want it mowed, too!”

As I reflect on the CHANGE, the Chaos was certainly evident last year at this time as I was living in Stevens Point during the week and commuting back to Menomonie on the weekends. My husband and I are beginning to feel more settled now that we’ve purchased a home and are together again. Skype just isn’t the same as being in the presence of one another. Turns out, after 25 years, we really like to spend time together! I was Humbled by how much I had to learn about higher education. It’s a whole new world, and that world has been undergoing significant changes as well. My doctoral program at Edgewood College in Educational Leadership in Higher Education has taught me so much about my new field, and I’m proud to say, I’m halfway to my Ed.D! There were many Anxious moments where I questioned if I had made the right decision to leave a job at Menomonie High School just blocks from my home in a community where we knew everyone to take this new opportunity at a distance from family and friends. I am so thankful to the many individuals who supported me through this change and provided guidance, resources, and friendship.

The Network of professionals I have gained over the years in this association has been amazing in making my transition a positive one. I have Gained momentum over the past year, and I’m on a roll now! I am Energized and excited to be involved in the preparation of family and consumer sciences professionals and hope to instill in them passion for the profession and the advocacy skills needed to help FCS thrive. From what I’ve seen, they are the “bold, brave, and visionary” agents of change who will provide our field with energy and excitement now and into the future!

Ellen Richards (1842-1911)

Bold, Brave, and Visionary
Founder of Home Economics

“Because she had this faith, this willingness to accept the unaccustomed, this ability to hold fast to the good, people trusted her judgment, followed her lead, even though they had not seen her vision...resourceful, alert, with unflagging energy and unbounded generosity…”

~Isabel Bevier

Richards circa 1870s
Photo credit: MIT Museum
BOLD, BRAVE, AND VISIONARY

Teaching Responsible Sexuality to All Students

By Julie Martin, WAFCS Student Unit Secretary

The words spoken by Martin Luther King, Jr. in his “I Have a Dream” speech touched the lives of so many as we recently celebrated the 50th anniversary of the March on Washington and those iconic words. King did not back down from what he believed in; his vision for a better America was clear. Just as King stood up for his ideals, I follow him in his brave footsteps down a road to help change the direction of current trends in education.

My name is Julie Martin, and I am a student at the University of Wisconsin-Stevens Point (UW-SP) studying family and consumer sciences (FCS) education with minors in nutrition and health education. For the past two years at UW-SP, I have held the job title of “Reproductive Health Peer Educator” to the campus. I work directly through Student Health Services with the physician assistants and medical director. What does my unique job entail? I am in charge of visiting all the residence halls and presenting various programs to the students. These programs include topics ranging from women’s health to contraceptive information to sexually transmitted infections. The programs are approximately one hour in length concluding with questions written on note cards from students. I answer these questions with straightforward information and humor; then everyone who attends leaves with one or two condoms if they wish.

I am writing to you about my job title because I have a vision for FCS and health education that includes age-appropriate, factual reproductive health information taught to students at all grade levels. I am extremely passionate about these topics, and I’m not even officially an educator yet! Human growth and development is a controversial subject but also one that is not addressed often enough and should be talked about with every student. Abstinence-only education is not enough.

My job at UW-SP is directly related to my area of study in many ways. FCS is such a broad area that focuses on bettering the individual to become a valuable and functioning member of society. Everyone who is currently an FCS professional and those of us working toward a degree in FCS all have the same dream—to educate people about every day skills they can take with them and utilize for the rest of their lives. As a 21-year-old who educates students about reproductive health, I have to explain my job to many different people of all ages. It is often challenging to describe, in an appropriate manner, how teaching responsible sexuality must be addressed to ensure the healthy future of our society. However, this is the part where I must stand tall like Martin Luther King, Jr. and be confident in what I teach.

While educating my peers, I know from the start that I have to be bold and brave. I have to be confident and talk to the students as if I am one of them because I am! Students have nothing but wonderful things to say after attending my programs. The students learn information they need to know that relates directly to their bodies and relationships in their lives. My career goal is to make the educational system one where college students aren’t learning about responsible sexuality in college, but rather earlier in their educational journey so they are able to make proactive decisions about their sexual choices.

Ellen Richards: Bold, Brave, and Visionary Environmentalist

“Early Massachusetts efforts to establish standards of clean water, early efforts to develop a science of air standards, and early efforts to establish sound practices of public health, glowed from the luster of her pioneering efforts. She matched her keen awareness of physical endangerment of public environmental goods not only with her own tireless and energetic devotion, but also with her early mobilization of educated women and of home economists as sources of knowledge and expertise that needed to be structured so as to facilitate public goods. Perhaps through her efforts, more than anyone else, there was established a heritage of concern for environmental public goods, a heritage devoted to articulating the elaborate interplay between danger to people, especially less fortunate people, harm to people and harm to non-human life.”

At left, members of the Department of Chemistry at MIT in 1899 or 1900. Photo credit: MIT Museum
Inaugural AAFCS Leadership Academy

Four Bold, Brave, and Visionary WAFCS Leaders Step Up as Mentors

By Carolyn Barnhart, CFCS, Co-Leader with Sue Byrd, CFCS, of the Building Leadership Capacity in AAFCS Community

Mentors are teachers, advisors, coaches, experts, and even friends. They willingly watch our backs! They encourage, challenge, and care about our future. Mentors are invited by the mentees to provide constructive criticism, and sometimes they may even push and pull the mentee on paths they may initially fear. The mentor-mentee relationship provides the foundation for the moral support and confidence mentees need to find their paths of success. The mentee drives the relationship.

Four bold, brave, and visionary Wisconsin Association of Family and Consumer Sciences (WAFCS) members applied and were selected to be in the mentor pool of 20 mentors for the American Association of Family and Consumer Sciences (AAFCS) Inaugural Leadership Academy. They are Carol Anderson, Sue Buck, Janet Powell, and Tiffani Roltgen.

These WAFCS leaders will serve as mentors for one year and have the option to serve as long as the mentee-mentor relationship thrives. Their journey began in the winter of 2013 when they submitted their applications to the Building Leadership Capacity in AAFCS Community. After review and acceptance, they were invited to a speed mentoring session at the AAFCS Annual Conference and Expo in Houston, Texas, on Friday, June 28. The mentees, 15 Leadership Academy participants, asked the mentors questions in a speed-dating format, and later, the mentees made their selections of a mentor. Each mentee received one mentor for their affiliate project and five mentors were chosen to work with all the mentees, or groups of mentees on their national projects. The mentees had read the applications of the mentors prior to the speed mentoring session and were aware of their expertise related to their affiliate and national leadership projects.

What an opportunity for the mentees to work with the leaders in AAFCS for one year or more. Leadership is all about relationships, and there is the potential of lifelong relationships evolving from these year-long projects. All projects are due by June 2014 with a report-out session at the AAFCS Annual Conference in St Louis, MO.

On Saturday morning at the AAFCS Conference, the mentors and mentees were given the names of their leadership partners for the year. They connected during the day and then attended the Pacesetter Dinner together. The other forms of contact during the year will be by phone, e-mail, or web-based technology such as Google Hangouts or Skype. They will also be invited to webinars sponsored by the Building Leadership Capacity in AAFCS Community.

The mentee-mentor relationships are:

⇒ Ashley Davis (MN)-Carol Anderson
⇒ Julie Sims (MS)-Sue Buck
⇒ Elowin Harper (TN)-Janet Powell
⇒ AAFCS Project-Ashley Davis (MN) and Kyley Brooks (UT)-Tiffani Roltgen

If you wish to be a mentee (1-5 years of AAFCS membership) or a mentor (6 plus years of AAFCS membership) for the next Leadership Academy in 2015 in Jacksonville, FL, please submit your application in the fall of 2014. Watch the AAFCS website for more information.

In the meantime, be alert for publications and video clips of the leadership projects evolving from the mentee-mentor relationships. You are the beneficiary of the mentee-mentor leadership projects. All projects will be shared as they are completed and will be displayed at the 105th AAFCS Annual Conference and Expo in St Louis, MO, in June 2014.
Walkin’ to Houston Challenge Results

NASCO Gift Card Winners, Healthy Recipe, and Fashionistas

**Bold, Brave, and Visionary WAFCS Members Log Miles from Madison to Houston... and Back Home!**

By Cindy Quilling

WAFCS Take It to the Streets Coordinator

The American Association of Family and Consumer Sciences (AAFCS) Obesity Prevention Community challenged Wisconsin Association of Family and Consumer Sciences (WAFCS) members to be BOLD with their health. We accepted this challenge with a VISION to participate in three ways: completing physical activity, submitting healthy recipes, and/or by bringing healthy, non-perishable food items to the WAFCS Student Unit food drive for Second Harvest Foodbank of Southern Wisconsin.

Congratulations to the following BRAVE WAFCS members who participated in this “Take It to the Streets” initiative: Carol Anderson, Sue Buck, Karen Goebel, Ginny Hall, Mary Kennedy, Cathy Lader, Julie Martin, Janet Powell, Cindy Quilling, Tiffani Roltgen, Arlene Welcher, and Jean Zeithaml. Not only did these members exceed their goal of 1193 miles, the distance from Madison, WI, to Houston, TX, but they accumulated 2490 miles, enough to get them from Wisconsin to Houston and back home!

Due to a generous donation by NASCO, prizes were awarded. First place went to Janet Powell, a top mileage earner with 279 miles. Second place was awarded to Ginny Hall with 265 miles. Our random prize drawing among all participants went to Carol Anderson. Thank you to Barbara George and NASCO for sponsoring this wellness challenge for WAFCS. Our three winners received $50, $40, and $30 gift cards respectively. More importantly, we logged 2490 miles in the name of good health and spirited competition!

**Spinach Alfredo Lasagna**

Healthy recipe submitted by WAFCS member Bev Braun from Diabetic Living Magazine

By Bev Braun from Diabetic Living Magazine

**Ingredients**

- Nonstick cooking spray
- 1 egg, lightly beaten
- 1 15-ounce carton part-skim ricotta cheese
- 1 10-ounce package frozen chopped spinach, thawed and well drained
- 4 cloves garlic, minced
- 1/4 teaspoon freshly ground black pepper
- 4 cups shredded carrots (4 medium)
- 2 cups sliced fresh mushrooms
- 1/2 cup fat-free milk
- 6 whole grain lasagna noodles
- 1/2 cup shredded part-skim mozzarella cheese (2 ounces)
- 1/4 cup finely shredded Parmesan cheese

**Nutrition Facts Per Serving**

- Calories: 24
- Total Fat: 1g
- Cholesterol: 5mg
- Sodium: 156mg
- Carbohydrates: 4g
- Fiber: 4g
- Protein: 1g

**Diabetic Exchanges**

- Lean Meat (d.e): 1.5
- Fat (d.e): 1.5
- Vegetables (d.e): 2
- Starch (d.e): 1

**Directions**

1. Preheat oven to 350 degrees F. Lightly coat a 2-quart rectangular baking dish with cooking spray.
2. In a medium bowl stir together egg, ricotta cheese, spinach, garlic, and pepper. In a separate bowl combine Alfredo sauce and milk.
3. Spread about 1/2 cup of the Alfredo sauce mixture into the bottom of the prepared baking dish. Arrange three of the uncooked noodles in a layer over the sauce. Spread half of the spinach mixture over the noodles; top with half of the carrots and half of the mushrooms. Arrange the remaining three uncooked noodles over the vegetables. Top noodles with the remaining spinach mixture. Top with the remaining carrots and the remaining mushrooms. Cover with the remaining Alfredo mixture. Sprinkle with the mozzarella cheese and Parmesan cheese.
4. Lightly coat a sheet of foil with cooking spray. Cover dish with foil, coated side down.
5. Bake for 60 to 70 minutes. Uncover. Bake for 15 to 20 minutes more or until top is lightly browned. Let stand for 20 minutes before serving.

**Yield**

8 servings

**Carb Grams Per Serving**

8 servings

**WAFCS member Bev Braun (right) and her sister (left) pose with designs by Chloe Dao (center), the American fashion designer who calls Houston home. Dao was part of this year’s AAFCS Pre-Conference Fashion Excursion, a daylong event on Wednesday, June 26, 2013.**
Meet the Candidates for the AAFCS 2014 National Elections!

PRESIDENT-ELECT (1 position)

Carolyn Bamhart, CFCS
Shirley Hymon-Parker

TREASURER (2014-2017) (1 position)

Mary Kaye Rhude-Faust, CFCS
Sharon Turini-Kent

DIRECTOR AT-LARGE (2014-2017) (1 position)

Duane Whitbeck
Melissa Wilmarth

NOMINATING COMMITTEE MEMBER AT-LARGE 2014-2016 (2 positions)

Jorge Atiles
Lorna Saboe-Wounded
Head, CFCS, CPFFE

Nancy Sampson, CFCS
Carol Werhan

Elections will take place in January 2014. Members will be notified via email when the polls are opened. If you wish to receive a paper ballot, contact Roxana Marissa Ayona at 703-706-4608.
Meet Your 2013-2014 WAFCS Student Unit Vice President and Secretary

Hello, WAFCS members! My name is Molly Hundt, and I am the WAFCS Student Unit Vice President this year. I am a junior at the University of Wisconsin-Stout, majoring in family and consumer sciences education with minors in health education and history teaching. I hail from Bangor, WI, a small town east of La Crosse. My family includes myself, my parents, four sisters, and two brothers. I fall right in the middle of my siblings, but luckily don't suffer from too much of middle child syndrome, thanks to a great and supportive family! I have a love of all things trivia (and my family hates playing Trivial Pursuit with me because of it), One Direction (seriously, they're not just for tweens!) and travel (I spent 4½ weeks in Europe this summer, and I'm already saving up to go again!). In my free time, you can usually find me reading a book or magazine, catching up on TV (don't try to talk me while I'm watching "How I Met Your Mother"—I won't respond), or hanging out with my friends. Throughout this year, I am looking forward to gaining more information and knowledge from my fellow members and continuing to promote this wonderful organization!

Hello to the FCS WI world! I am Julie Martin, and I am the WAFCS Student Unit Secretary. I am a senior at the University of Wisconsin-Stevens Point studying family and consumer sciences education with minors in nutrition and health education. I will be student teaching in the fall of 2014! I do not have definite plans after graduation, but my goal is to find a teaching job where I can teach FCS and health. I am from Waukesha, WI, where I spend my summers and winter breaks. While in Waukesha, I live with my father, mother, and younger sister, Gina who is 19 and attends UW-Stevens Point as well. I can't forget my 2 dogs: Kody is a Chocolate Lab and Frankie is a Dachshund! I love to workout, read, scrapbook, and spend time with my friends when I find a spare hour or two. I am the president of Stevens Point Association of Family and Consumer Sciences on the UW-Stevens Point campus, which I absolutely love. I look forward to active, lifelong membership in WAFCS!
Book Review
Submitted by Bev Braun, WAFCS member

Book: PLAYGROUND by 50 Cent, the rapper
ISBN: 978-1-5951-4434-8
Ages 12 and up

This is a mostly true story of a former bully, a.k.a. Curtis “50 Cent” Jackson. The story follows a 13-year-old named Butter-ball. Overweight, out of place, and alone, with no one to talk to at home or at school, who must alone for his bullying ways or be kicked out of school. The choice is to make weekly visits to a counselor or expulsion.

50 Cent himself had been linked to violence and bullying on several occasions in his life. Now as an adult with a teenage son and looked at by his fans as a role model, he felt the need to write this book. Knowing a lot of kids go through this, he decided it needed to be addressed.

“…being mentally strong will get you ahead in life. But being a bully won’t get you anywhere. Some kids didn’t figure this out until it’s too late,” says Curtis Jackson.

Save the Date for the
WAFCS-WICFR Annual Conference
March 27-29, 2014

Professional updating, networking, relaxing and more!

Three Bears Resort
Hotel, Water Park, & Convention Center
701 Yogi Circle
Warrens, Wisconsin
608-378-2500
www.go3b.com

Lodging Rates and Accommodations:

Standard Queen—Sleeps 4
Thursday - $69.95, Friday - $89.95
*2 queen beds, available w/ or w/o balcony

Queen Suite—Sleeps 5
Thursday - $69.95, Friday - $89.95
*2 queen beds in separate bedroom, living area with sleeper sofa (single)

Family Suite—Sleeps 8
Thursday - $69.95, Friday - $109.95
*1 king bed in separate bedroom, living area with sleeper sofa (double), 2 sets of bunk beds off living area

Health Science Updates from the Department of Public Instruction (DPI)

By Janice Atkinson, Health Science Education Consultant & Wisconsin HOSA State Advisor
janice.atkinson@dpi.wi.gov
608-266-2347

Health Science Standards Rollouts will be held with Family and Consumer Sciences Rollouts. All teachers are encouraged to attend to receive the standards book and to participate in hands-on training about the standards and implementation in to programming. Diane Ryberg, Family and Consumer Sciences Education Consultant, and I will be making the following standards “road trips.”

<table>
<thead>
<tr>
<th>Date</th>
<th>City</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 3</td>
<td>Tomahawk</td>
</tr>
<tr>
<td>Oct 4</td>
<td>Appleton</td>
</tr>
<tr>
<td>Oct 17</td>
<td>Turtle Lake</td>
</tr>
<tr>
<td>Oct 24</td>
<td>Whitewater</td>
</tr>
<tr>
<td>Oct 30</td>
<td>Portage</td>
</tr>
<tr>
<td>Nov 5</td>
<td>Pewaukee</td>
</tr>
</tbody>
</table>

Registration information can be found at http://cte.dpi.wi.gov/cte_standards.

HOSA Events for this fall will include two leadership labs.

Nov 11 Oconomowoc
Nov 12 Wisconsin Rapids

Registration information can be found at http://hosa.dpi.wi.gov.

Where Were You Reading the WAFCS Newsletter?

We’d love to see you connecting with the WAFCS Newsletter in paper form or via your favorite electronic device. Please submit photos to WAFCS Executive Director Tiffani Roltgen, CFCS askwafcs@gmail.com.
HUGS for WAFCS Students

Through a program called Helping Undergraduate and Graduate Students (HUGS), WAFCS subsidizes half of each student membership. To qualify, complete your AAFCS membership form [http://www.aafcs.org/membership_print.html] and submit with payment in full ($60).

Upon receiving confirmation of your AAFCS membership, forward a copy of the letter to WAFCS President Barbara George at bgeorge@enasco.com. Be sure to include a current address. A $30 check will be sent by WAFCS Treasurer Susan Turgeson, CFCS. We look forward to your membership and participation! The following student member has been HUGGED in recent months: **Alexsandra Davis**.

---

2013-2014 WAFCS Directors at Large Ready to Serve

The 2013-2014 WAFCS Directors at Large are here to serve and lead our organization. Please welcome the following members:

- **Communications**
  - Open

- **Conference Chair**
  - Esther Fahm, CFCS

- **Foundation Chair**
  - Karen Goebel, CFCS

- **New Professionals**
  - Cathy Lader

- **Retirees**
  - Carol Subera

- **Student Development Chair**
  - Kayla Correll

---

Review WAFCS Board Meeting Minutes Online

The WAFCS Board of Directors invites all WAFCS members to stay connected by accessing meeting minutes via the website at [http://www.wafcs.org/council] under the “Meeting Minutes” tab. If you would like a paper copy of the minutes mailed to you, please contact WAFCS Executive Director Tiffani Roltgen, CFCS, at 608-513-9433.
Call for Award Nominations

2014 Leader, Teacher of the Year, and New Achiever

**Leader Award**
The Leader Award was introduced as a part of AAFCS’s 75th Anniversary observance in 1984. It was established to identify and honor family and consumer sciences professionals who have made significant contributions to the field through their involvement with AAFCS.

**Requirements for Leader Award nominee:**
- is an AAFCS member at the time of nomination and does NOT belong to the Student Unit;
- has completed more than eight (8) years of service to the field;
- will work to submit, using criteria supplied by WAFCS, a written report highlighting Service to AAFCS and the Profession; Influence in AAFCS and the Profession, Professional Reputation, Research Findings or Application, Publication or Scholarship Record, Cooperative Work with Outside Groups, and AAFCS Credentials;
- is NOT a current member of the AAFCS Board of Directors, Awards and Recognition Committee, Development Committee, or AAFCS staff;
- Has not previously received the Leaders Award.

**Teacher of the Year Award**
Established in 1974, the Teacher of the Year Award recognizes an exemplary teacher who utilizes cutting-edge methods, techniques, and activities to provide the stimulus for and give visibility to family and consumer sciences elementary and secondary education.

**Requirements for Teacher of the Year Award nominee:**
- is employed as a family and consumer sciences teacher of grades kindergarten through 12 at the time the nomination is submitted;
- is an AAFCS member at the time of nomination and for at least three consecutive years prior to nomination;
- created and runs a family and consumer sciences program that focuses on one of the following five program areas: Career Awareness/Job Skill Training, Consumer Education/Family Finance, Creative Dimensions/Alternative Program Designs, Family Life/Personal and Social Development, Nutrition Education/Diet and Health;
- will work to submit, using criteria supplied by WAFCS, a written report of a program, teaching unit, semester project, or an initiative suitable for integration with an existing program;
- is NOT a current member of the AAFCS Board of Directors, Awards and Recognition Committee, Development Committee, or AAFCS staff.

**New Achiever Award**
The New Achiever Award was introduced as a part of AAFCS’s 75th Anniversary observance in 1984. The program was developed to recognize emerging professionals who have exhibited the potential to make significant contributions to family and consumer sciences.

**Requirements for New Achiever Award nominee:**
- has earned a family and consumer sciences degree;
- is an AAFCS member at the time of nomination and does NOT belong to the Student Unit;
- has completed three (3) to eight (8) years of service to the field;
- will work to submit, using criteria supplied by WAFCS, a written report highlighting Innovative Programs, Volunteer Service, Research Findings or Application, Acquisition of Funding, Cooperative Work with Outside Groups, State and National AAFCS Participation, Publication or Scholarship Record, and AAFCS Credentials;
- is NOT a current member of the AAFCS Board of Directors, Awards and Recognition Committee, Development Committee, or AAFCS staff;
- Has not previously received the New Achievers Award.

If you know an outstanding Leader, New Achiever, or Teacher of the Year candidate, please forward his/her name to the appropriate member of the 2014 WAFCS Awards Committee.

**Leader:** Carolyn Barnhart  
barnhartc@uwstout.edu

**Teacher of the Year:** Donna Dinco  
ddinco@execpc.com

**New Achiever:** Dottie Winger  
dwinger67@yahoo.com

Nomination forms are officially due November 1; the forms and additional information about each of the awards can be accessed via the WAFCS website “Forms and Applications” page located at http://www.wafcs.org/forms.html. Let’s celebrate the work, enthusiasm, and accomplishments of Wisconsin family and consumer sciences professionals!
New Member Spotlight

Glenda McCracken, B.S., M.A., Ed.S.

How did you discover the field of family and consumer sciences (FCS)?
In high school, my home economics teacher befriended me as a student who had potential, and I enjoyed the different areas we experienced in our classes. As I prepared to go to college, I wanted to enter a field where helping others better themselves and get ahead would be a priority for me.

What made you decide to join AAFCS/WAFCS?
I wanted to present my topic at the national conference, and I wanted to join the organization due to the fact that the agency has a lot to offer and it seemed that I had neglected maintaining my contact with other home economists in the surrounding area. Being part of the organization enables me to have more resources available for the classroom and my profession. A member is as strong as the unit, and AAFCS/WAFCS is a strong body that has a lot to offer someone in the field, directly and indirectly.

What brought you to Wisconsin?
After teaching for 30 years in Tennessee, I retired in 2008 and moved to Wisconsin. I started teaching at Parkview High School in Orfordville. I began my sixth year this fall teaching 11 different courses throughout the school year to 7th through 12th graders.

What does a typical day in your job look like?
Starting at 7:35 a.m. until 3:09 p.m., my day is non-stop from getting out of a sewing class moving to a child development class to lunch duty to two foods classes and then my 7th grade life skills class. I am a project person, so I always have projects up and going. At the moment, I am getting a group of 16 students together to take a tour of London, Paris, and Madrid, spending three days in each during Spring Break 2014. We are fundraising all that we can. I also do the Pro-Start program and competition with my foods classes. I am starting a new youth program at church and hope to get things up and running for New Horizon Methodist Church in Orfordville.

What do you enjoy most about your job?
I enjoy the physical, social, and cognitive changes I see in the teenagers that come through my classes, as well as those I interact with in the hallway. It is so rewarding to see students after they graduate when they remember me as their teacher and stop by to talk. While visiting Tennessee this summer, everywhere I went, former students would come up and hug me or stop to tell me about their life after high school. This is worth more than a paycheck to me, as I hope I am making a difference.

Any family or hobby information you’d like to share?
I will be celebrating my 25th wedding anniversary on December 8. We have two biological children, and we have guardianship over another child. I love to read, work outside, be involved in my church, and engage in mission work. I collect Blue Deft dishes; it is my desire to go to Holland one day before I leave this earth. I love to ride in my convertible with the Beach Boys playing.

Tell us a little bit about your national conference presentation in Houston. What was the most memorable part?
I am a project person, so I always have projects up and going. At the moment, I am getting a group of 16 students together to take a tour of London, Paris, and Madrid, spending three days in each during Spring Break 2014. We are fundraising all that we can. I also do the Pro-Start program and competition with my foods classes. I am starting a new youth program at church and hope to get things up and running for New Horizon Methodist Church in Orfordville.

What is your best advice for new teachers and FCS professionals?
Please focus on your subject matter and realize you are making a difference. It may not show up instantly, but it will come knocking at your door one day with a THANK YOU from a former student. Your paycheck is not all you are working for. Remember that you are making a difference in a student's life, and words can not express the satisfaction of this accomplishment. Teaching is an awesome field to be in, and with organizations such as AAFCS/WAFCS, you have the ability to be in the boat with a wonderful group who shares resources and surrounds you with assistance no matter the situation.
IRA Charitable Rollover Renewed

The charitable Individual Retirement Account (IRA) legislation is back for a repeat performance! This unique provision passed by Congress allows anyone 70½ years or older to make an outright gift of up to $100,000 per year directly from an IRA to a charity or non-profit organization without having the distribution count as taxable income on your federal income tax return. The WAFCS Foundation can accept such gifts. This is a wonderful opportunity to donate to the Foundation directly from your IRA without paying income tax on the distribution. The IRA Charitable Rollover is available through December 31, 2013. Your IRA charitable distribution will satisfy all or part of your IRA Required Minimum Distribution for 2013. Contact your tax professional regarding how this gift should be handled on your state tax return.

To obtain the tax advantages, the charitable distribution must be made directly from the IRA account itself. Contact your IRA administrator to find out if they have a form you must use, and instruct the administrator to send the distribution check (payable to WAFCS Foundation) to the following address: Karen Goebel, WAFCS Foundation Chair, 1821 Camelot Drive, Madison, WI 53705. Instruct the administrator to identify you as the IRA account owner/donor by name and address on its cover letter, and inform WAFCS that you are making an IRA charitable distribution by contacting Karen Goebel at 608-238-8766. Members have taken advantage of this tax-effective strategy in past years, for which the Foundation is extremely grateful.

Foundation Earnings Low, Yet Additional Awards Made

While interest rates and earnings have remained low, the Foundation has actually awarded even more funding to worthy WAFCS members. Multiple Professional Project/Research Grants have been awarded the last two years to professional members (two in 2012 and three in 2013). At the request of the national association, we have added travelships to support student attendance at the national AAFCS annual conferences as well as the state WAFCS annual conferences. All travelships are based on “non-reimbursed expenses from other sources” documentation and must be applied toward normal expenses such as registration, lodging, and transportation. The Foundation also pays the WAFCS annual association membership dues in the International Federation for Home Economics (IFHE). It is a way to support our profession at the international level.

Given the poor earnings climate and the overall decline in donations, the Foundation can use your contributions more than ever! We’re awarding more funds than we’re taking in. In addition to the above awards, the Foundation presents an undergraduate scholarship and travelships to support professional WAFCS award winners’ attendance at the AAFCS Annual Conference. This past year, both 2012 WAFCS Award Winners—Janet Powell, 2012 WAFCS Leader Award recipient, and Tiffani Roltgen, 2012 WAFCS New Achiever Award recipient—also received those respective national awards at the 2013 AAFCS Annual Conference.

Consider making a year-end contribution to help us make up our income/outgo deficit and invest in the future of our profession. AAFCS/WAFCS is a 501(c)(3) not-for-profit organization, and all contributions to the Foundation are tax-deductible. Thank you for your support!
Getting Started:  As I began to think about my future and the legacy I would hope to have a part of in the future, I made a list of all the organizations and events that have played a significant role in my life. My career in family and consumer sciences (FCS) was certainly high on that list, along with family, educational institutions, church, and other organizations and causes I have been active in over the years. This list helped me to shape my estate plans.

Legal Counsel:  Once I was clear in my own mind about my wishes, I sought a lawyer to help me draft a revocable trust.

Structuring the Bequest:  Not unlike many others, my estate is tied up in many different things, including property, investments, etc. I have chosen to take the portion of my estate that I am not directly designating to family and divide it by a percentage of the total, as I do not know the exact value at the time that I will no longer be here.

Planned Giving v. Annual Gifts:  My planned giving decision is separate from my annual giving decisions. For me, many of my assets are tied into property or other investments. I cannot give large contributions annually, but I can make provisions for larger contributions through my estate.

The Time is Now:  It is never too early to put your affairs in order and take care of estate planning. None of us are in control of our life’s journey, so if we would like to have a say in where our life’s assets go, we all need to do this planning sooner rather than later. Everyone should consider planned gifts.

Consider WAFCS:  I’m excited to share my story of the core values and life skills that my career has provided me and the role it has played in the development of my leadership and career skills. For these reasons, I’m committed to supporting FCS for future generations. The WAFCS Foundation members are available to talk with you about ways you can make a difference for Wisconsin FCS through annual and planned gift giving.

---

WAFCS FOUNDATION DONATION FORM

<table>
<thead>
<tr>
<th>$_____</th>
<th>Other</th>
<th>$100</th>
<th>$50</th>
<th>$25</th>
</tr>
</thead>
</table>

Name: ______________________________________________________________________________________

Address: __________________________________________________________________________________

City/State/ZIP: ______________________________________________________________________________

In memory of: _________________________________________________________________________________

In honor of: _________________________________________________________________________________

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

Please send a card acknowledging this gift to:

Name: ______________________________________________________

Address ______________________________________________________

City/State/ZIP: ________________________________________________

Make checks payable to WAFCS Foundation:
Karen Goebel
1821 Camelot Drive
Madison, WI 53705
608-238-8766
2013-2014 Calendar of Events

October 17  Region 6 Fall Meeting (Greendale, WI)
October 19  Region 3 Museum Tour and Networking (Appleton, WI)
October 26  WAFCS Board of Directors Meeting
October 28  Region 5 Fall Meeting (Verona, WI)
March 27-29  WAFCS and WICFR Annual Conference (Warrens, WI)
June 25-28  AAFCS Annual Conference (St. Louis)

Submit newsletter content to askwafcs@gmail.com.

In This Issue

AAFCS Annual Conference In Review  Page 1
President’s Message  Page 2
International Year of the Family 20th Anniversary  Page 3
Bold, Brave, and Visionary: Susan Turgeson  Page 4
Bold, Brave, and Visionary: Julie Martin  Page 5
Inaugural AAFCS Leadership Academy  Page 6
Walkin’ to Houston Challenge Results  Page 7
AAFCS Election Candidates  Page 8
Student Unit Activities  Page 9
From the WAFCS Mailbox  Page 10
Association Reports  Page 11
WAFCS Awards  Page 12
New Member Spotlight—Glenda McCracken  Page 13
WAFCS Foundation—IRA Charitable Rollover  Page 14
WAFCS Foundation—Leaving a Legacy  Page 15

Find us on Facebook. Search “WAFCS.”