The members of Family, Career and Community Leaders of America (FCCLA) in both Wisconsin and Minnesota have benefitted from Diane’s expertise as a state judge of Students Taking Action for Recognition (STAR) Events. She also encourages students at UW-Stout to serve as judges at these events.

Diane received her bachelor’s degree in Home Economics–Vocational Certification/Coaching Endorsement from Iowa State University in Ames, Iowa. Her master’s degree is in School Student Personnel from the University of Tennessee in Knoxville, Tennessee, and her Ph.D. is in Family and Consumer Sciences Education from Iowa State University in Ames, Iowa.

Diane has received several teaching and advising awards as well as honors and grants. Her presentation and publication lists are impressive.

Diane has a recognized leader in the profession and one we are proud to call our 2013 WAFCS Leader Award winner. You may share congratulations with her at 715-232-2524 or klemmed@uwstout.edu. Best wishes Diane as you compete for the 2014 AAFCS Leader Award!
Since my last column and the Wisconsin Association of Family and Consumer Sciences (WAFCS) Annual Conference in early March, there have been many inquiries about STEM and how family and consumer sciences (FCS) fits into the big picture. Following is how Tony Evers, State Superintendent of Public Instruction, defines STEM.

"I want to emphasize that STEM education includes not only studies in each of the independent STEM subjects (science, technology, engineering, and mathematics), but also opportunities to integrate and apply STEM learning across many disciplines. If STEM education is to make an impact on our economy, we need to link it to the personal aspirations of all students—whether artists or scientists or entrepreneurs—and we need to make it powerful enough to transform communities and improve our quality of life. STEM must focus on specific content AND on nurturing students to become creative, innovative, and critical thinkers...[stem.dpi.wi.gov]."

At the core of family and consumer sciences education, as well as all career and technical education (CTE) classes, is the application of skills learned in math, language arts, science, and technology. Reading is taught during every class, and more importantly, TECHNICAL READING is taught in the FCS classroom. Whether it be reading a recipe in a foods class, a pattern in a sewing class, balancing a checkbook in a financial literacy class, or interpreting blueprints in a housing class, FCS is teaching students to read the kind of material that is required on the job site and in everyday living.

Geometry and engineering applications are part of every garment constructed in a sewing class. The definition of engineering is: “The branch of science and technology concerned with the design, building, and use of engines, machines, and structures.” Isn’t this what happens every day in our sewing classes? Don’t students use design and construction (building) concepts while operating a machine to make a garment? Geometry is about properties and relations of points, lines, and surfaces. Doesn’t this describe the process of sewing?

In child development classes, students learn about creating stimulating environments in which to raise children that allow for the brain to develop in ways that reinforce concepts of language, math, and science beginning at birth, not waiting until children reach school age. The most critical time for the brain to develop and to build the foundation for STEM concepts is the first three years of life.

Everything that is done in a foods class is about applying science, whether it is taking a food item and breaking it down to understand the nutritional make up and how the body will process and benefit from it, or adding elements like heat to create appealing dishes while calculating changes in the nutritional value of the food item. Students learn the science behind food borne illnesses and safe food handling practices, and this knowledge can help reduce the 5,000 deaths and 76 million illnesses each year that according to the Center for Disease Control (CDC) are related to food. The practices and habits that can help reduce or possibly even prevent obesity are taught in foods classes. How to make a menu item gluten free, lower in cholesterol, or higher in phytonutrients are all ways to fight diseases Americans face every day.

I have only touched the surface of how FCS fits into the concepts of STEM education. Referring back to Tony Evers’s strong belief in the need for Career and Technical Education to be INCREASED in our schools, here is what is posted on the DPI STEM Education page: “STEM education has the power to grow and nurture students to become creative and innovative, to think critically and logically, to identify and solve problems, to effectively collaborate and communicate, and to become productive 21st century citizens. In addition to its other societal impacts, STEM education can raise the bar for educational excellence through the academic rigor of STEM classes (stem.dpi.wi.gov).”

It has been my pleasure serving as your president this past year. I will continue the fight to promote FCS education along with CTE. If we ALL pull together and become vocal about the STEM education that is going on in our classrooms and the 21st century skills students are developing, we will bring FCS to the forefront of the national conversations. Maybe not today or tomorrow, but we will win this battle! There is strength in numbers and Tony Evers, along with WAFCS, the American Association of Family and Consumer Sciences (AAFCS), and Wisconsin Family and Consumer Educators (WFCE) are leading the way. Check out the WAFCS website (www.wafcs.org) for more resources, or share your success stories and struggles at askwafcs@gmail.com or on our Facebook page (Search WAFCS). “Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.” ~Margaret Mead
Social Media—A Family Matter

By Kinga N. Jacobson, WAFCS Member

Social media is becoming a family matter across the globe. Defined as a web-based medium that allows users to socialize by contributing resources and creativity and accessing shared content, social media is a means for building flexible, long-term relationships with peers, business partners, family, and friends. Key strengths of social media are the decentralized model of connectivity and low stakes participation made possible by the ability to post and share individually at anytime, from anywhere.

Social media can be categorized as social networking tools and content sharing tools, both being recognized as determining factors in the way we manage our businesses, classrooms, and families. Their presence reduced the traditional gap between work and home and created a web of interdependent relationships defining our daily lives as well as the development of our children and careers. The reality is that their flexibility and ease of use has made them a good fit for communicating on the run in a hurried world.

Social media allows development of multilayered relationships as well as sharing of important on-demand information that increases productivity. Evan Falchuk, President and Chief Operating Officer (COO) of the multimillion dollar Best Doctors, says, “It’s really all about relationships. Staying connected helps me build business and personal relationships with so many people with whom I might not otherwise be able to. Whether it’s to build relationships with clients, business associates, or college buddies, social networking and technology make a great combo for any executive’s productivity toolkit.”

From a family and child development perspective, social media helps bridge the gap between personal and work life and facilitates keeping in touch, exchanging ideas, and fostering individual identity. It allows creation of professional networks, civic groups, and learning communities conducive to collaboration and global diversity. Alongside the benefits of affective engagement and bonding, these associations also induce development of deep level knowledge in subjects of interest.

Beyond needs-based communication with peers, family, and friends, social media also facilitates the sharing of difficult family matters. In a way, social networking is the 21st century’s evening storytelling, a tradition practiced by many different cultures and communities. According to Thomas MacEntee, Ancestry.com host, “The storytelling aspect of family history that has accompanied social media has also opened up opportunities for family history. It used to be something families did in the evenings, gathered around in the parlor room, telling stories.”

In education, social media provides the means for close collaboration with teachers and counselors, peer group project development, and academic community building. Research-based evidence shows a positive correlation between student success and involvement in campus social life. Learners who feel connected have better participation and retention rates and are more prosperous academically. Social media also helps adolescents keep on track with general appointments and medical treatments. Likewise, educators and staff emerged in the institution’s peer network have higher work satisfaction and lower turnover rates.

The list of benefits does come with its share of risks. In general, it is fair to state that social media leads to greater vulnerability due to increased visibility and public exposure. Heavy use has been linked to changes in brain-based information processing and reduced attention span. Authors Gwenn Schurgin-O’Keeffe and Kathleen Clarke-Pearson in their The Impact of Social Media on Children, Adolescents, and Families report show that children and teens who spend a great deal of time on social media sites exhibit classic symptoms of depression and are negatively influenced by the advertising on these platforms because they are underprepared to critically evaluate promotional content and comments posted, being easily manipulated.

Other serious issues are cyber-bullying and sexting, which relate to the inherently impersonal, non-face-to-face nature of the web. Cyberbullying hurts the other person by intimidating and controlling them and often leads to serious outcomes such as depression, anxiety, severe isolation, and even suicide. Sexting, defined as sending, receiving, or forwarding sexually explicit messages or photos, is also an increasing problem. A recent study revealed that 20% of teens have sent or posted this type of content online, suffering long-term negative consequences related to self-confidence, community and career involvement, and educational progress.

Finally, the loss of privacy and digital footprint of social media use are serious risks for families and students. The lack of “family matters,” or sharing too much or false information about self or others, can affect one’s social and professional development. Web activity can harm the family’s or organization’s reputation as well as the individual’s acceptance into educational institutions or jobs. Most employers are actively researching applicants’ online presence prior to hiring, and colleges and renters perform virtual background checks before establishing contractual relationships.

The reality is that, with or without risks, social media is here to stay. The near future will bring the single multifunctional device that conveniently assists in all work and family functions. Perpetually connected, it will upload and download work produced, forward news and conversations of interest, and intelligently recommend additional information by analyzing past choices and preferences. Thus, for educators and parents alike, it is advisable to readily embrace social media, and seek to maximize its benefits while reducing its drawbacks. We need to take time to establish reliable online browsing protections and identity guards, and implement software and service provider privacy controls. In the end, however, nothing is as effective as talking to students and children about risks and prevention strategies, helping them understand why they need to be cautious. The best practice, in reality, is to establish online presence for ourselves and to get comfortable with cloud technologies so that we can, in fact, use social media to discuss family matters with the next generation.

References:
At the 2013 WAFCS Annual Conference in Madison, WI, 50-year members Gwen Daluge and Jessie Kilian were honored for their commitment to the profession and the Association. Gwen’s daughter-in-law Peggy joined in the celebration, and Jessie was also honored with a WAFCS Foundation grant for her continued volunteer efforts.

Gwen Daluge, Lifelong Home Economist, Volunteer, and Badger Fan
Submitted by Peggy Daluge

Gwen received her BS in 1942 and MS in 1976 from the University of Wisconsin-Madison and was recognized as a Distinguished Alumna in 1981. She taught high school home economics for 26 years at Spring Green, Orfordville, and Janesville Parker and was named Wisconsin Teacher of the Year in 1979. Her career also included four years as an Extension Home Economist.

While at Parker, Gwen established the Child Care Laboratory, served as Future Homemakers of America (FHA) Advisor, and was a cooperating teacher for many years. She was also the developer of curriculum in all areas of home economics at Parker and for the state. Further assisting our profession, she served as a member of North Central Evaluation Team for Home Economics.

Her "extra-curricular" activities included being a 4-H leader, club chairman, fair superintendent, and judge at county and state fairs. On Sundays, Gwen could be found teaching Sunday School, bell ringing, and serving on many church committees.

Gwen has been a loyal member of the Wisconsin Retired Educators Association and served as the Health Chair. She is widely known throughout the state as she spoke on and lobbied for health care reform as part of the state’s Legislative Committee for the American Association of Retired Persons (AARP) and facilitated workshops and training sessions on Durable Power of Attorney for Health Care and Living Wills.

Somehow she has still found time and energy to volunteer at Janesville’s Rotary Garden, Cedar Crest Retirement Center Auxiliary, Coalition of Wisconsin Aging Groups, Phi Lambda Theta, and the Philanthropic Educational Organization (PEO). Gwen has been a supporter and long-time member of Zonta International, advancing the status of women worldwide.

Her community and family recognize her as the loving mother of four, three of whom have become educators in their own right. She is grandmother to 11, great-grandmother to one. Above all, Gwen is a humble individual who has affected the lives of so many in her 90-plus years. She is also an avid Badger fan who only gave up going to football games two years ago!

Jessie Kilian, Lifelong Home Economist, Seamstress, and Humanitarian
Submitted by Cecile Hoffman, WAFCS Member

Jessie Kilian graduated from UW-Madison in 1958 with a BS in Home Economics Education. Following graduation, she taught for five years at Mt. Horeb High School where she served as advisor to the Future Homemakers of America (FHA) Chapter. One of her memorable challenges as a new teacher occurred when a student brought in a pattern to make an eight-gore (gore = shaped segment, narrow at the top and wider at the base, extending from the waistline to the hem) jumper out of an unbalanced plaid fabric!

During her university years, Jessie was a member of Phi Upsilon Omicron and Omicron Nu. She fondly remembers her Home Economics Education Professors, Dr. Rita Youmans and Dr. Julia Dalrymple.

After five years at Mt. Horeb, Jessie moved to Lubbock, TX, where her husband accepted a position at Texas Tech University. She completed her master’s degree there. Her study involved designing and testing uniforms for domestic workers that were both comfortable and durable. Jessie said her experience during that time was reminiscent of the movie The Help.

In 1968, the Kilians returned to Wisconsin where Jessie’s husband Kenneth became a professor at UW-Platteville. Back in Wisconsin, Jessie stayed home to raise two boys and a girl. She is now the proud grandmother of four girls.

She returned to her profession when she started coordinating and teaching adult education classes for Southwest Wisconsin Technical College (SWTC). In 1990, she became the Consumer Services Instructor there, leading Consumer Decision Tours over a tri-state area.

In 1988, the Sewing and Quilting Expo was started at SWTC by Jolly Michel. Jessie eventually became the coordinator for the two-day event. The Expo was moved to the UW-Platteville campus in 2010 and continues today, attracting around 300 people. This year’s Expo is set for August 2-3. Program information is available at the UW-Platteville Continuing Education website: http://www.uwplatt.edu/cont_ed/sewing-expo/.

Since 1996, Jessie travels each summer to the Navajo Reservation in Rock Point, AZ, where she conducts sewing classes for children and adults. Sometimes she goes alone, and sometimes other area women accompany her. In 2009, she started going to the Chippewa/Cree Reservation in Box Elder, MT, to teach sewing classes for women and children. She continues to make both of these annual trips to Native American Reservations. The projects at these reservations include making pillows, pillowcases, sweatshirts, pajamas, tote bags, purses, and other useful items. Jessie is a humanitarian and has served her profession well.
Carolyn Barnhart Named “Home Economist in Business of the Year”

Courtesy of May 2013 TC HEIB Direction Newsletter

The Twin Cities Home Economist in Business (TC HEIB) of the Year Award recognizes a member who has shown leadership as well as community service to the group and the profession of home economics. Past winners have been described as those who inspire others, seek creative solutions, promote professionalism, focus on results, and serve as visionaries. This year’s recipient—Carolyn Barnhart, CFCS—has shown her genuine commitment to TC HEIB in a very visible way.

During her 15 years of membership in TC HEIB, Carolyn has mentored countless students, inviting them to attend meetings and encouraging them to join. Carolyn can be counted on to bring one or two carloads of students to monthly meetings. Last fall, she was the panel leader for the 2012 Home Economists in Business Student Night, an evening where students were invited to observe a panel of ten members speaking about their careers. Carolyn did a fantastic job gathering pertinent business questions to pose to the panel, as well as summarizing and pulling everything together beautifully. This meeting was one of TC HEIB’S most well attended, talked about, and fun meetings; it was a great learning experience for students and members alike.

Carolyn recently retired from her position as Food and Nutrition Department Chair at the University of Wisconsin-Stout, though she remains very connected with faculty, staff, and students.

Congratulations Jessica Monfils, AAFCS Summer Intern

Our very own former WAFCS Student Unit Chair, Jessica Monfils, was recently selected to serve as the American Association of Family and Consumer Sciences (AAFCS) Summer Intern at national headquarters in Alexandria, VA, just outside of Washington, D.C. Jessica’s first day “in the office” was June 3. Jessica, on behalf of WAFCS, we send best wishes for an exciting summer adventure of learning and fun! We look forward to connecting with you in Houston, TX, at the AAFCS Annual Conference.

Call for 2014 WAFCS Award Nominations

If you know an outstanding Leader, New Achiever, or Teacher of the Year candidate, please forward his/her name to Vice President Awards and Recognition Carolyn Barnhart at 715-235-3166 or barnhartc@uwstout.edu. 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 at http://www.wafcs.org/forms.html. Let’s celebrate the work, enthusiasm, and accomplishments of Wisconsin family and consumer sciences professionals!
28-Member Strong Wisconsin Delegation Heading to Houston

By Tiffani Roltgen, WAFCS Executive Director

Led by Volunteer Coordinator Carolyn Barnhart, CFCS, a 28-member Wisconsin delegation is heading to Houston June 26-29 for the American Association of Family and Consumer Sciences (AAFCS) 104th Annual Conference and Expo. Attendees include:

- Carol L. Anderson
- Carolyn Barnhart
- Beverly Braun
- Cheryl Brueggen
- Sue Buck
- Allysa Bytnar
- Rebekah Catalano
- Esther Fahm
- Angel Froelich
- Ann Garrison
- Barbara George
- Karen Goebel
- Mary Kennedy
- Mary Koch
- Diane Klemme
- Julie Martin
- Glenda McCracken
- Jessica Monfils
- Laura Neumann
- Annika Olson
- Janet Powell
- Vera Riley
- Jeanne Schwass-Long
- Gretchen Speerstra
- Tiffani Roligen
- Susan Turgeson
- Arlene Welcher
- Dayleen Yoeger

Among the delegation, four student members were each awarded $300 travelships from the WAFCS Foundation to assist with their non-reimbursed conference travel and registration expenses. The winners include current and former WAFCS Student Unit officers Rebekah Catalano, Julie Martin, Jessica Monfils, and Annika Olson.

On Thursday, June 27, from 8:30 to 10 p.m. in Room 2920 at the Hyatt Regency Hotel, AAFCS President and WAFCS member Sue Buck, CFCS, is hosting a “Hats Off to Wisconsin” celebration honoring Wisconsin’s national leaders, award winners, and presenters, as well as the completion of “These Boots Were Made for Walkin’ to Houston” Wellness Challenge. Watch the WAFCS Fall Newsletter for photos and a summary of the Wisconsin delegation’s Houston adventure!

WAFCS Pre-Conference: Promoting Family & Consumer Sciences with Decision-Makers and the Public

By Carol Anderson, WAFCS Vice President Public Policy

The Wisconsin Association of Family and Consumer Sciences (WAFCS) pre-conference on March 7 brought together members who engaged in experiences to achieve the following goals for family and consumer sciences (FCS):

1) Prepare to meet with legislators/staff members to articulate the value of FCS programs,
2) Craft key messages that can be communicated to provide a consistent image of FCS programs and practice delivering them,
3) Create resources that can be used locally to articulate the contribution of FCS programs, and
4) Become empowered and confident meeting with legislators/staff members regarding FCS issues and be ready to continue this type of interaction into the future.

WAFCS President Arlene Welcher had participated in a communication workshop during the American Association of Family and Consumer Sciences (AAFCS) Affiliate Leadership Conference in Fall 2012, so resources developed for that experience were used to frame messages.

Focused messages were developed and shared with one another so participants became comfortable with articulating what they had created. These messages can also be used locally to inform others about FCS programs.

In preparation for the legislative meetings, a packet of resources to be left with the legislator/staff member was reviewed. Three FCS-related issues were the target of the conversation: career and technical education, childhood obesity, and UW flex option education. While making the visits, each participant added his/her personal story and asked that the legislator support funding at the level within the Governor’s budget or greater.

State political consultant Mike Pfohl spent time helping participants learn more about what to do when meeting with legislators/staff members. Additionally, he shared information regarding the legislative process.

Following lunch, participants went to the Capitol and met with their legislators/staff members. Upon returning to our meeting site, participants shared their positive experiences. It was noted that legislators/staff members actively listened and in some instances were surprised to learn what FCS continues to accomplish.

Participants suggested WAFCS consider hosting a legislative day at least every other year so we continue to inform the members of the Wisconsin Legislature and their staff members about the valuable contributions FCS makes to individuals, families, and communities.
I would like to acknowledge the members who shared with us a sampling of their creative endeavors at the WAFCS Annual Conference Art and Design Showcase:

⇒ PRISCILLA BONDHUS—has been practicing with pottery techniques and showed off the bed runner made for her by Bev Braun for her retirement,
⇒ BEVERLY BRAUN—king size quilt entitled “Modern Day Gees Bend” and the Texas-themed wall hanging for the AAFCS Annual Conference,
⇒ LAURA DOLLAR—examples of how to use those decorative stitches on your sewing machine to embellish your projects and a “color theory” wall hanging,
⇒ JULIANN JONES—a Christmas tree skirt and holiday wall hanging,
⇒ DIANE KLEMME—two pieced table toppers and an appliqued farm scene wall hanging (pictured at left),
⇒ JUDY ROMMEL—three pieces of clothing using fabrics from around the world, and
⇒ JEANNE SCHWASS-LONG—two batik fabric items—a purse and an “Aqueous Rhythm” quilt.

Conference Reflection
By Janet Powell and Priscilla Bondhus, WAFCS Annual Conference Co-Chairs

As we close the books on the 2013 WAFCS Annual Conference, we reflect on its success. With 90+ attendees, excellent weather, informative and energizing programming, the utmost cooperation from the Radisson Hotel, and a resulting conference profit, we thank all who planned, attended, and presented.

The advocacy pre-conference planned by Carol Anderson including a visit to legislators at the Capitol, provided practical, hands-on information. Thanks to Priscilla Bondhus for donating a timeshare to the silent auction. The resulting bid on the timeshare covered the cost of students attending the Friday night dinner where AAFCS President and Wisconsin member, Sue Buck, CFCS, spoke. Twenty-four students from UW-Stout and UW-Stevens Point were a wonderful asset to the conference and welcomed by the professionals. The Friday afternoon field trip to the new UW-Madison School of Human Ecology Nancy Nicholas Hall where we were warmly welcomed by Dean Soyeon Shim, was a highlight.

Many thanks to Tiffani Roltgen, WAFCS Executive Director, for all her help with the conference. Thanks also to planning committee members Carol Anderson, Karen Goebel, Vera Riley, Jeanne Schwass-Long, Gretchen Speerstra, Arlene Welcher, and Dottie Winger. We are looking forward to another outstanding conference next year at the Three Bears Resort in Warrens, WI.
There's An App for That... Top 10 Apps for FCS (In No Particular Order)
Submitted by Ashley Davis, Minnesota Association of Family and Consumer Sciences Member

- **Fooducate**: Free app that grades food based on nutritional and processed value.
- **Tourvist**: Free app for an interior design class that provides 360-degree views of homes, museums, etc. all over the world.
- **Egg Timer**: Free app that provides a great egg timer but also a lot of fun information about eggs.
- **Flipboard**: Free app for integrating reading into your classroom using 21st century technology. Up-to-the-minute online articles about everything YOU are interested in such as food, parenting, design, and fashion!
- **Smash Your Food**: Free game app that literally smashes foods like French fries and doughnuts after students guess the nutritional and processed values.
- **Hello Baby**: Free app by Pampers that provides an inside view of the womb for each month of pregnancy.
- **Dropbox**: Free storage app/download that allows cloud access to documents from multiple devices!
- **Cloud On**: Free app that allows users to open Word documents on Apple devices (must have Dropbox).
- **CamScanner**: Free app that turns any item into a sharable PDF document just by snapping a picture of it.
- **neo.Annotate**: App that allows user to write on PDF documents such assignments sent to students.

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**Basic Tofu Scramble (Serves 4)**

**Spice Blend:**
2 teaspoons ground cumin
1 teaspoon dried thyme, crushed
1/2 teaspoon ground turmeric
1 teaspoon salt
3 Tablespoons water

2 Tablespoons olive oil
3 cloves garlic, minced (less or more to taste)
1 pound extra firm tofu, drained
1/4 cup nutritional yeast
Fresh black pepper to taste

First stir the spice blend together in a small cup. Add water and mix. Set aside. Preheat a large, heavy bottomed pan over medium high heat. Saute the garlic in olive oil for about a minute. Break the tofu apart into bite sized pieces and saute for about 10 minutes, using a spatula to stir often. Get under the tofu when you are stirring, scrape the bottom, and don’t let it stick to the pan, as that is where the good, crispy stuff is. Use a thin metal spatula to get the job done; a wooden or plastic one won’t really cut it. The tofu should get browned on at least one side, but you don’t need to be too precise about it. The water should cook out of it and not collect too much at the bottom of the pan. If that is happening, turn the heat up and let the water evaporate. Add the spice blend and mix to incorporate. Add the nutritional yeast and fresh black pepper. Cook for about 5 more minutes. Serve warm.

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**The WAFCS Timebank**
Submitted by Carol Subera, WAFCS Director at Large Retirees

At the WAFCS Annual Conference, Stephanie Rearick, Dane County Timebank Director presented “TimeBanking: Building Community Capacity, Relationships, and Value in a Challenged Economy” as it is applied in Dane County. Rearick uses a formal registry that lists what people have to offer—piano lessons, garden tending, and computer lessons to name a few—and what others are seeking such as transportation to appointments, language lessons, tutoring, and event planning. Individuals are matched, and time used/given is recorded with an hour for hour exchange. This is a large, involved group of over 2000 individuals requiring management by a director.

I attended this session to see if this was a concept we could initiate through WAFCS. More than mentoring, it could be an exchange of expertise. During the presentation, we participated in an activity highlighting each person’s talents as well as what they would seek in a time bank exchange. There were many great exchanges among the members who were present, which led me to believe there are possibilities for WAFCS to use this idea.

Since distance would be a factor, we could consider using the Internet to connect and give information if it would be applicable. For those needing actual personal contact, each region could develop time banks for those who are closer geographically. Any suggestions or comments about this idea are welcome. Please call 715-223-2915 or e-mail crsubera@hotmail.com.
What a year it has been! At this year’s state conference, the WAFCS Student Unit and members were busy collaborating and organizing a successful fundraiser and service project. The collaboration effort was yearlong and started with our quilt fundraiser. Attendees of our fall student conference created a quilt square that was later used to make the quilt we raffled off at the state conference. Many thanks to former WAFCS Student Unit Advisor Crystal Bell for her assistance with the quilt. Other items that were raffled off included mittens, greeting cards, wash cloths, and an eco-friendly bag, all crafted by the Student Unit officers. The proceeds from the raffle were donated back to our service project.

Our service project was also a team effort from everyone and had great results. We decided to hold a food drive for Second Harvest Foodbank of Southern Wisconsin, located in Madison. Through all food donations and the raffle, we were able to donate 127 pounds of food and $435. In total, we were able to provide 1,387 meals and ranked #4 in the Top Food/Fund Drives for the month of March. To top off the service project, we toured the Second Harvest facility and received a behind-the-scenes look at all the preparation that goes into coordinating and prepping the food. The Student Unit officers would thank everyone who helped make this year’s fundraiser and service project a success. We think this quote by Ray Kroc sums up this past year and our efforts: “None of us is as good as all of us.”

I want to extend thanks to the Association for receiving the Outstanding Student Leader Award at the state conference. It was a huge surprise and honor to receive such an award, and I am very thankful for such recognition. I am happy to be part of such a wonderful Association that has so much to offer its members. Over the past year, I have had the pleasure of meeting and working with an incredible group of leaders who were very encouraging and supportive of the Student Unit. I want to thank everyone for the support and for the wonderful experience I have had serving as the Student Unit Chair.

Sincerely,
Jessica Monfils
22 THINGS HAPPY PEOPLE DO DIFFERENTLY
By Chiara Fucarino
Submitted by Beverly Braun

1. Don’t hold grudges. It’s better to forgive and forget.
2. Treat everyone with kindness.
3. See “problems” as “challenges.”
4. Express gratitude for what you have. Count your blessings.
5. Dream big.
6. Don’t sweat the small stuff. Ask yourself, “Will this matter in a year from now?”
7. Speak well of others.
8. Never make excuses. Don’t blame others for your mistakes.
9. Get absorbed in the present. Stop and smell the roses.
10. Wake up at the same time every morning. Successful people are usually early risers.
11. Avoid social comparison. Everyone works at their own pace.
13. Never seek approval from others. It’s impossible to please everyone.
14. Take the time to listen. Talk less; listen more.
15. Nurture social relationships.
17. Eat well. Junk food makes you sluggish.
18. Exercise.
20. Tell the truth. Lying stresses you out.
21. Establish personal control. Don’t let others tell you how to live your life.
22. Accept what cannot be changed. Accept that life is not fair.

With Sincerity
Dear friends,
Thank you for the opportunity to participate in the WAFCS Annual Meeting last week. I enjoyed the opportunity to see colleagues and meet new members and students. I appreciated the time to share what is happening nationally in our Association.

Thank you for the wonderful snow cone machine. What a wonderful surprise—and a great remembrance of my year as president. I am glad you enjoyed the story as well. I will think of all of you as I enjoy my orange snow cone! It was very kind of you to think of me.

All the best for continued success. I look forward to seeing many of you in Houston!

Again, my sincere thanks for your kindness.

Sue Buck
AAFCS President and WAFCS Member

With Gratitude
Dear WAFCS members:
I want to express my sincere thanks for the 2013 WAFCS Leader Award. I’m very honored and humbled by this award and truly appreciate your acknowledgement.

The yellow flowers were lovely, and the plaque and vase are lovely keepsakes from the WAFCS family. I look forward to continued collaborations.

Sincerely,
Diane Klemme
ASSOCIATION REPORTS

Financials, Elections, HUGS, Membership

Wisconsin Association of
Family & Consumer Sciences
Financial Report
5/5/13

- Opening Account Balance: $14,059.12
- Income: $17,253.15
- Disbursements: $15,209.36
- Net Income: $2,043.79

Cash On Hand
(Chase Checking Account)
$16,102.91

Securities Delaware Limited-Term Government Fund A Class
(1233,997 Shares @ $8.83)
$10,896.19

Total Assets as of 5/5/13
$26,999.10

Wisconsin Association of
Family & Consumer Sciences
Foundation Financial Report
5/5/13

- Opening Account Balance: $46,702.26
- Income: $3559.38
- Disbursements: $4516.28
- Net Income: $956.90

Cash On Hand
(Chase Money Market Savings Account)
$45,745.36

Chase Certificate of Deposit
(Interest Compounding Daily)
$35,609.22

Total Assets as of 5/5/13
$81,354.58

WAFCS Election Results

Congratulations to the following unanimously elected WAFCS Council and WAFCS Foundation members, who will assume office on July 1.

Twenty-eight WAFCS members cast ballots in the election.

President Elect: Jeanne Schwass-Long, CFCS
Secretary: Mary Kaye Merwin
Vice President Internal Relations: Arlene Welcher
Vice President Membership: Marsha Larson, CFCS
Vice President Professional Development: Janet Powell, CFCS
WAFCS Foundation Chair: Karen Goebel, CFCS
WAFCS Foundation Member at Large: Jean Zeithaml, CFCS

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/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 Arlene Welcher at welchera6412@gmail.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 members have been HUGGED in recent months:

- Evangeline Froehlich
- Lauren Leahy
- Briana Loughan
- Taylor Mattson
- Kathryn McNeil
- Laura Neumann
- Annika Olson
- Haley Sommers
- Amy Vida
- Jillian Weyers
- Dayleen Yoerger
- Michelle Zick

WAFCS Membership Report & Trivia Contest

In a recent WAFCS Member Appreciation Online Trivia Contest, Carolyn Barnhart, CFCS, was awarded a prize for submitting the closest guess for the combined number of membership years represented by WAFCS members.

Our current WAFCS membership stands at 122, representing 3239 collective years of professional and student membership!
Remembering Agnes A. Jones

Agnes A. Jones (1915-2013)

Courtesy of Stevens Point Journal

Agnes was born in Withee, WI, the oldest child of the late Sam and Katherine (Jacobsen) Andersen. She grew up on a small family farm in Owen where she attended elementary school and graduated from high school.

Following graduation, Agnes worked in Milwaukee doing house work to earn money for college. With family financial help, she enrolled at the University of Wisconsin-Madison in 1934 as a physical education major. Agnes later changed her major to home economics education.

Agnes earned her way through college by working full time while attending school. She worked as a waitress, assisted in the Physical Education Office, and helped in the Agricultural Library. Agnes completed her BS degree in Home Economics and Education in 1937. She subsequently earned her MS degree in Home Economics and Ph.D. in Education-Teacher Education and Supervision.

Early in her career, Agnes taught high school home economics in Mauston, WI. She then spent 12 years at the University of Wisconsin-Madison as a librarian, teacher, and supervisor of student teachers. She transferred to the University of Wisconsin-Stevens Point in 1956 as a professor. Agnes became head of the Home Economics Department. She was later promoted to head of the School of Home Economics and Associate Dean of the College of Professional Studies. She was named Professor Emerita in 1981.

Mrs. Jones was always worried about the future of the children; they were at the forefront of her thoughts. [She was] a wonderful educator to all. She taught the very first class of early childhood development to daycare providers in Portage County FREE of charge; all we paid for were the books. That is how important it was to her that we learn all the basics for the good of the children.

Thanks to Mrs. Jones.

~Patty Cooney

Agnes served on the Wisconsin Home Economics Association throughout her career. She was named an Outstanding Educator of America in 1972. She served as Vice President and President of the Association of Wisconsin Home Economics Teacher Educators and was also a member of the executive board of the National Council of Administrators of Home Economics.

She married James Jones in 1943. The couple divorced in 1956. James died in 1978. Agnes retired in 1996 after serving 25 years as head of Home Economics, 15 years in Advising and Placement, and a total of 59 years in Education.

Survivors include her son, James (Katie Lawler) Jones, of Twain Harte, CA; nephews, Jim Andersen (Julie) of Avery, WI; Bob Andersen (Claudia) of Madison, WI; and Gary Andersen (Lori) of Oregon, WI. She is preceded in death by her parents; brother, Einer; sister, Helga; uncle, Jens; and aunt, Mary.

A memorial service was held at Trinity Lutheran Church in Stevens Point, WI. Interment took place in Nazareth Lutheran Cemetery in Withee, WI. All of life is a journey... Agnes was dedicated to her students and the Department of Home Economics and helped many people throughout her extensive career.

My deepest sympathy to a very dedicated individual in the field of Home Economics. I was a Home Economist in Outagamie, Jackson, and Trempealeau Counties, so I have [had] numerous contacts with her over the years. Bless[ed] be Agnes A. Jones’s memory.

~Nyla "Bock" Musser

WAFCS Member
Kinga N. Jacobson, CPFFE

What brought you to the field of family and consumer sciences (FCS)?
The American Association of Family and Consumer Sciences (AAFCS) participated in
the Association for Career and Technical Education (ACTE)-Vision 2012 National Con-
ference where I presented a session on adjunct career and technical educator professional
development. At the conference, AAFCS provided an opportunity for participants to
complete various certification exams at a reduced cost, so I became interested in expand-
ing my awareness in this field. Shortly after, I became a Certified Personal Family Finance
Educator (CPFFE) and an AAFCS/WAFCS member.

What made you decide to join AAFCS/WAFCS?
I joined AAFCS/WAFCS in conjunction with completing my CPFFE examination in
January 2013. In the past, I have examined the connections between career and technical
education, my passion and profession, and family and consumer sciences, but I didn’t
take the next step. However, when researching the certification details, I realized the mul-
tifaceted benefits of membership and joined the association.

Tell us a little about your career path.
My career path includes management, finance and banking, corporate training, post-secondary career and technical instruc-
tion, and faculty development. Currently I work for Northeast Wisconsin Technical College as a faculty development con-
sultant focusing primarily on adjunct faculty. I am passionate about learning and teaching and have a comprehensive skillset
in both course facilitation and instructional design.

What does a typical day in your job look like?
My typical day involves developing adjunct faculty and serving their instruction-related needs. As post-secondary educational
institutions become more and more reliant on the adjunct population for instructional delivery, increasing their teaching ef-
fectiveness becomes foundational for success. My daily activities include training design and facilitation, website develop-
ment, faculty certification, career coaching, and general support.

What do you enjoy most about your job?
I enjoy the variety of tasks involved in my job as well as the ability to make a difference on a larger scale. Teaching and tain-
 ing are integral part of reaching educational and corporate goals as they are at the base of a having a skilled, knowledgeable,
and career-ready next generation.

Any family or hobby information you’d like to share?
Our family owns the Skyway Drive-In Theatre in Door County, WI. In fact, the business has been in the family for 45 years,
giving me the opportunity to practice my personal family finance skills real-time, every day.

What is your best advice for new teachers and FCS professionals?
To be a great teacher, you have to love what you do. Seek to be the best, never stop learning, and readily share your expertise
with peers, learners, and the community. You’ll know you were effective when your students’ knowledge exceeds your own!
By Jean Zeithaml, WAFCS Foundation Member at Large

The WAFCS Annual Conference is a combination of fundraising on behalf of the Foundation and awarding Foundation funds. Once again, the Silent Auction—the Foundation’s primary fundraising activity—was a big success. Thanks to all of those who donated items and to those who “bid high and bid often” to raise $1306 for the Foundation! Congratulations to this year’s Silent Auction “Big Spender” Award winners—Sue Buck, Colleen Schneider, and Juliann Jones.

Student Scholarship/Student & Professional Travelships

Julie Martin of UW–Stevens Point was awarded the $500 Foundation Undergraduate Scholarship. Travelships to attend the state conference were awarded to Erika Bohn, Sara Groskreutz, Jessica Monfils, Amanda Montague, and Lindsey Peterson all of UW–Stout.

The Foundation honors WAFCS Award winners by offering $300 travelships to support their attendance at the AAFCS Annual Conference in the following year when they are in consideration for national recognition. Eligible for travelships this year are Janet Powell (2012 WAFCS Leader Award) and Tiffani Roltgen (2012 WAFCS New Achiever Award).

Professional Project/Research Grant

For the second time, multiple Professional Project/Research Grants were awarded. A grant of $1000 was awarded to Tiffani Roltgen for her proposal to establish an “EL-VEH-JEM to WELL-V-M” neighborhood wellness program on Madison’s Eastside. A grant of $700 was awarded to Danielle Dreher (pictured at left) to purchase an “empathy belly” pregnancy simulation kit to enhance her child development courses at Cedar Grove-Belgium High School. Jessie Kilian was awarded $900 to promote the participation of young sewers in a sewing and quilting exposition on the UW–Platteville campus.

Recent Donations

Thanks to Carolyn Barnhart, Mary Crave, Gwen Daluge, Ann Garrison, Cecile Hoffman, Rita Houser, Mary Koch, Vera Riley, Judy Rommel, and Gretchen Speerstra for recent donations. The Foundation is especially appreciative of a $2000 donation from an Anonymous Donor who took advantage of the charitable IRA legislation which allows a donation to be made directly from an IRA to a non-profit organization without having the distribution count as taxable income. This legislation has been extended to the 2013 tax year.

The following celebration/honorary donations were made to the Foundation: Carol Anderson in celebration and honor of Barbara George's WAFCS presidency, Sue Buck in appreciation for WAFCS support of her AAFCs presidency, Barbara George in support of students, Jessie Kilian in honor of Cecile Hoffman’s many years of service to WAFCS, Mary Kaye Merwin in honor of her many professional mentors, and Tiffani Roltgen in commemoration of Arlene Welcher’s 2012-13 WAFCS presidency. Carol Anderson also made a donation in memory of Margaret Fitch. We sincerely thank donors to the WAFCS Foundation for “passionate” support of their chosen profession!
Words of Gratitude from Julie Martin, UW-Stevens Point Student and WAFCS Member

I would like to thank the WAFCS Foundation for granting me the $500 student scholarship for next school year. I was pleasantly surprised as I did not know I was receiving it! This is a wonderful opportunity which will most definitely aid in the completion of my undergraduate work at UW-Stevens Point where I’m majoring in Family and Consumer Sciences with minors in Health Education and Nutrition.

I also want to thank all of the WAFCS members who attended the Annual Conference in Madison, WI, this year. I was absolutely blown away at how many inspiring women there were at the conference. I was so proud to be in the field I am. I was surrounded by women who are so passionate about our line of work, and that passion rubbed off on me just those two short days at the conference. I am so thankful for receiving this scholarship; I thank everyone who is involved with WAFCS who provided me with this opportunity, and I look forward to working with all of you encouraging mentors in the future. Thank you again, I am looking forward to next year’s conference—it is already in my planner!

The Gilmore Garden Report by Juliann Jones, WAFCS Member and 2012 WAFCS Foundation Grant Recipient

At Gilmore Middle School in Racine, WI, I started a small vegetable garden in the spring of 2012. Students planted primarily vegetables that would be harvested in early fall. These included tomatoes, onions, peppers, jalapeno peppers, zucchini squash, acorn squash, butternut squash, basil oregano, rosemary, and sage. Throughout the summer, summer school students and I watered and harvested. We were able to use the beautiful produce in several recipes prepared by the students including fresh tomato salsa, zucchini bread, and rosemary biscuits. Students prepared vegetable reports and posters as well as learned information about vegetables, nutrition, gardening, farmers’ markets, and the need to eat healthier in response to rising teenage obesity. The summer drought of 2012 and the wet, cool spring of 2013 brought some challenges to the garden, but we persevered! As we move into our second year of gardening, we look forward to involving other classes in the effort. Thank you for allowing me to bring this gardening project to my students, colleagues, and the community at Gilmore Middle School.

Our Deepest Sympathies

to WAFCS Foundation Member at Large Jean Zeithaml and her family as they mourn the death of their father, Francis (Frank) X. Crownhart, who died on December 11, 2012.

There are 3 easy ways to make a tax-deductible donation to the WAFCS Foundation!

1) Visit [www.wafcs.org](http://www.wafcs.org), and click on the Donate button to make a secure online donation via PayPal.
2) To print a form, visit [http://www.wafcs.org/foundation.html](http://www.wafcs.org/foundation.html), scroll to How to Give, and click on Donation Form.
3) Contact Foundation Chair Karen Goebel, CFCS, at 608-238-8766 for a printed copy of the donation form.
#### Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 26-29</td>
<td>AAFCS Annual Conference (Houston)</td>
</tr>
<tr>
<td>July 2</td>
<td>WAFCS Bylaws Committee Meeting</td>
</tr>
<tr>
<td>August 12-14</td>
<td>WFCE Annual Conference (Egg Harbor)</td>
</tr>
<tr>
<td>August 15</td>
<td>WAFCS Summer Council Meeting &amp; Leadership in Action Day (NASCO)</td>
</tr>
<tr>
<td></td>
<td>WAFCS Night Out (Fireside Theater)</td>
</tr>
<tr>
<td>September 1</td>
<td>WAFCS Fall Newsletter Deadline</td>
</tr>
<tr>
<td>September 23</td>
<td>National Family Day</td>
</tr>
</tbody>
</table>

Submit newsletter content to askwafcs@gmail.com.

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#### In This Issue

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>WAFCS Leader Award Winner</td>
<td>1</td>
</tr>
<tr>
<td>President’s Message</td>
<td>2</td>
</tr>
<tr>
<td>Social Media—A Family Matter</td>
<td>3</td>
</tr>
<tr>
<td>The Legacy of Our 50-Year Members</td>
<td>4</td>
</tr>
<tr>
<td>Award-Winning Members</td>
<td>5</td>
</tr>
<tr>
<td>AAFCS Annual Conference Preview</td>
<td>6</td>
</tr>
<tr>
<td>WAFCS Annual Conference In Review</td>
<td>7</td>
</tr>
<tr>
<td>Educational Session Sampler</td>
<td>8</td>
</tr>
<tr>
<td>Student Activities</td>
<td>9</td>
</tr>
<tr>
<td>From the WAFCS Mailbox</td>
<td>10</td>
</tr>
<tr>
<td>Association Reports</td>
<td>11</td>
</tr>
<tr>
<td>Remembering Agnes A. Jones</td>
<td>12</td>
</tr>
<tr>
<td>New Member Spotlight—Kinga N. Jacobson</td>
<td>13</td>
</tr>
<tr>
<td>WAFCS Foundation—Awards and Fund Raising</td>
<td>14</td>
</tr>
<tr>
<td>WAFCS Foundation—Gratitude and Grants</td>
<td>15</td>
</tr>
</tbody>
</table>

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