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.

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Pre-conference Day March 2, 2017
Conference, March 3,4, 2017
Radisson Paper Valley Hotel, Appleton, WI

Plan to attend the 2017 WAFCS Annual Conference - FCSfit: Individual, Family, Community.

This E-Newsletter provides information about the conference including conference registration. The information will also be available at www.wafcs.org The conference committee, headed by Janet Powell and Rita Houser, has been working very hard to make this an outstanding educational opportunity along with many opportunities for networking, relaxation and fun. The WAFCS Foundation is providing grant opportunities to attend for both professionals and students. Now is the time to apply to your workplace to attend. Please review the preliminary program that follows. For a complete conference schedule, visit the WAFCS website home page, and click on “Tentative Conference Schedule.”

Conference registration will be available online with payment by check or PayPal. A registration form is also included for those who wish to print the form and pay by check. All forms are available at wafcs.org Read on to learn about the quality keynote presenters the Committee has secured as well as the excellent opportunities of the conference.
2017 Keynote Speakers

Friday keynote speaker is Patricia Dischler, nationally recognized author, business owner - KIDBIZ Resources, public speaker. www.patriciadischler.com Patricia’s topic is “Making a Difference in the Life of a Child”

Friday evening dinner speaker is Christine Kniep, UW Extension specialist. Chris will lead you on the journey of The “Little House” books by Laura Ingalls Wilder. She will share favorite stories from the books and the fabric and quilts designed by Johanna Wilson that re-tell Laura’s life journey.

Saturday morning keynote speaker is Kara Douglass Thom, author, speaker and expert on fitting fitness into life. She is the proud author of the Go! Go! Sports Girls children’s book series. www.lifeasafitmom.com

Saturday luncheon speaker is Karen Ostenso, Assistant Professor, University of Wisconsin-Stout, Dept. of Food and Nutrition. Karen will speak on the newly released 2015-2020 Dietary Guidelines.

In addition to these exciting speakers, treat yourself to twenty breakout sessions, exhibits, a silent auction and arts and crafts show. Bring your treasures to offer at the silent auction. This also is an opportunity to show off your artistic talents at the art and craft show. A display of poster boards will highlight year-long activities. Plus, mentoring and networking opportunities abound!

“Membership Has Its Benefits!”
Foundation Offers Membership Benefits
The WAFCS Foundation has created three new member benefits to professional members in addition to other benefits they already offer to students and professionals:

• Graduate Scholarship ($1000) in addition to the Undergraduate Scholarship ($500)—February 15 deadline!
• Stipend (three at up to $125 each) to promote professional attendance at our State WAFCS Annual Conference—February 15 deadline!
• Travelships (eight at up to $100 each) to promote student attendance at our State WAFCS Annual Conference—February 15 deadline!
• Professional Project/Research Grant (up to $1000) for a special project or research proposal related to the field of Family and Consumer Sciences—February 15 deadline!
• Travelship (three at up to $300 each) to promote professional attendance at the National AAFCS Annual Conference—April 1 deadline!
• Travelships (three at up to $300 each) to promote student attendance at the National AAFCS Annual Conference—April 1 deadline!

Details for applying for ALL of these benefits can be found on the WAFCS website at www.wafcs.org under Forms & Applications and then under WAFCS Foundation Forms &/or Student Scholarship and Travelship (or for a specific application form, contact Jean Zeithaml at 715-836-8330 or djzeithaml@att.net). To promote the concept that “Membership has its Benefits!” you must be a current AAFCS member to be eligible and preference for the conference travelships will be given to first-time attendees and/or those in the early years of their professional careers.
2017 WAFCS Annual Conference
Preliminary Program at a Glance

Thursday, March 2, 2017
1:00 p.m. – 4:00 p.m.
Working afternoon at Feeding America, Appleton
Picture Perfect Day at Radisson
Use old calendars and greeting cards to make cards for memory care centers. All materials furnished.

7:00 p.m. – 9:00 p.m.
Registration Open

7:00 - 9:00 p.m.
WAFCS Council Meeting

Friday, March 3, 2017

6:30 am - 8:00 am
Breakfast

7:00 a.m.
Set-up Registration, Exhibits, Displays, Silent Auction

7:30 – 8:30 a.m.
Registration Open

7:30 a.m.
Exhibits Open 7:30 a.m.
Dedicated Times for Viewing Exhibits, Silent Auction:

7:30 - 8:30  9:45 - 10:00  11:00 – 11:15  12:15- 12:30  1:45 – 2:00  3:00 - 3:30  
Exhibits End 3:30 p.m.

8:00 - 8:30 a.m.
Orientation for First-Time Attendees, New Members, and Non-Members: Making the Most of Your Conference Experience, Coffee & Conversation with Janet Powell, WAFCS Executive Director

8:30 – 9:45 a.m.
First General Session
Welcome □ Pledge of Allegiance □ Lighting of Betty Lamp □ Greetings from AAFCS, Carolyn Barnhart, Past-President

Keynote – Patricia Dischler “Making a Difference in the Life of a Child”
Patricia Dischler is a nationally recognized speaker and author who inspires audiences with her creative ideas and entertaining presentations. Patricia is a leader and strong advocate for early childhood professionals.

9:45 – 10:00 a.m.
Break/Viewing Exhibits, Silent Auction

10:00-11:00 a.m.
Breakout Sessions

• ProStart Teacher’s Manual - Kayla Correll, CFCS.  2016 Prostart Teacher of the Year
• Free resources to enhance your curriculum from the Wisconsin Milk Marketing Board - Tina Gilbertson, Regional Program Manager, Wisconsin Milk Marketing Board-Wisconsin Dairy Council
• Leading through Change: Our Iceberg is Melting & That’s Not How We Do It Here - Chris Kniep, Family Living Educator, UW Extension, Winnebago County
• Small Actions Add Up: Investigations in Energy Efficiency for Students - Jenny Christopher, Center for Environmental Education
11:00 - 11:15 a.m.
Break/Viewing Exhibits, Silent Auction

11:15 a.m. - 12:15 p.m.
Breakout Sessions
- Technology in the Classroom - Sarah Jill Puddy, FCS Educator, Fond du Lac School District
- Simply Smiles: a different kind of charity - Samantha Steinmetz, Volunteer Coordinator, Simply Smiles
- Explore online curriculum material that can be used in various courses or as independent study - Dave Rizzardi, CTE Curriculum Consultant, CEV Multimedia
- Writing Memoirs Can Improve Your Well Being - Mary Lynn Hall, Retired Teacher/Counselor, Past presenter for Writing your Memoirs class through Learning in Retirement program at UW-Green Bay

12:15 - 12:30 p.m.
Break/Viewing Exhibits, Silent Auction

12:30 - 1:45 p.m.
WAFCS Great Conversations and Awards Buffet Luncheon

1:45 – 2:00 p.m.
Break/Viewing Exhibits, Silent Auction

2:00 – 3:00 p.m.
Breakout Sessions
- ACP, More Alphabet Soup? - Julie Martin, FCS Educator, New Glarus School District; Catherine Lader, Retired FCS Educator
- FCS Program-Integrating Real World Travel Opportunities into a FCS program - Sarah Halverson, FCS Educator, Black River Falls School District
- Protein for Performance - Sarah Agena, MS RDN, WI Beef Council
- When Helping Hurts: Dos and don'ts of volun-tourism service projects - Mary Crave, Program Development and Evaluation Specialist, UW Extension, Madison

3:00 – 3:30 p.m.
Break/Viewing Exhibits, Silent Auction – Exhibits End

3:30 – 4:30 p.m.
Everything You Ever Wanted to Know about Writing a Book -
- Sue Blahnik, co-author with Dorothy Winger of Introduction to Health Science: Pathways to Your Future
- Leona Johnson, author of Interpersonal Relationships, Strengthening Family and Self
- Mary Larson-Kennedy, co-author with Nancy Wehlage of Goals for Living
- Dr. Jasia Steinmetz, RD, CD, author of Eat Local: Simple Steps to Enjoy Real, Healthy and Affordable Food

4:30 – 5:15 p.m.
Round Table Discussions with Panel Participants

5:15 – 6:00 p.m.
Mentoring Session - Marsha Larson, Ph.D, and Susan Turgeson, Ed.D. UWSP, Stevens Point, WI

6:15 – 7:00 p.m.
Buffet Dinner

7:00 – 8:00 p.m.
Evening Session
The “Little House” books by Laura Ingalls Wilder come alive through the story telling of Chris Kniep and quilts designed by Johanna Wilson, owner/designer of Plum Creek Patchwork. Chris Kniep, Family Living Educator, UW Extension, Winnebago County

8:30 p.m.
Silent Auction Ends (pick up items at 9:30 p.m.)
WAFCS Student Business Meeting
Saturday, April 2, 2016

7:00 a.m. – 8:00 a.m.
Breakfast

7:00 a.m.- 8:30 a.m.
Registration Open

7:30 a.m. – 8:30 a.m
WAFCS Annual Business Meeting

8:30 a.m.- 9:30 a.m.
Second General Session
Making Fitness a Family Value: Move More and Mentor Movement - Kara Douglass Thom. Kara is an author, speaker and expert on fitting fitness into life.

9:30 – 10:00 a.m.
Hotel Checkout Time

10:00 -11:00 a.m.
Breakout Sessions
- Food Waste: Realities and Opportunities - Chris Brockel, Project Coordinator, Madison Northside Planning Council/FEED Kitchens
- Effectively Advocating for your Profession in the Wisconsin State Legislature - Mandy Wright, Educator and Politician
- Spring Into Leadership - Karen Dickrell, Family Living Educator, UW Extension Outagamie County
- Wisconsin Bookworms Outreach Efforts in Outagamie County - Marcie Surprise/Judy Asman - Bookworms is a volunteer project that provides books and reading to children in Headstart Programs

11:00-11:15 a.m.
Break

11:15a.m.-12:15 p.m.
Breakout Sessions
- Young Star (child care) - Bridget Cullen, Program and Policy Analyst, Dept of Children and Families/YoungStar
- How to Teach Sewing Across Borders in Guatemala - Shelly Doering, FCS Educator, Washington Park H.S., Racine, WI
- Co-Parenting - Children Caught in the Middle - Karen Dickrell, Family Living Educator, UW Extension Outagamie County
- Mindfullness vs Mind Full - Chris Kniep, Family Living Educator, UW Extension, Winnebago County

12:15-12:30 p.m.
Break

12:30-1:00 p.m.
Mentoring and Networking Buffet Luncheon

1:00 – 2:00 p.m.
Third General Session
The Dietary Guidelines for Americans: Translating the Key Recommendations and Moving from Concept to Change - Karen Ostenso, PhD, RD, Dietetics Program Director, Assistant Professor, UW-Stout

2:30 p.m.
2017 Conference Announcement and Door Prizes

3:00 p.m.
Adjourn
2017 WAFCS Conference Registration
March 3-4 – Radisson Paper Valley Hotel, Appleton, WI

*Required information

Please Print

*First Name _____________________________ *Last Name_____________________________

*Email________________________________________

*Mailing Address 1 _______________________________________________________________

Mailing Address 2 ________________________________________________________________

*City__________________________________ *State____________ *Zip_____________________

*Preferred Phone__________________________

*Are you currently a member of American Association of Family & Consumer Sciences? □ Yes □ No
Please provide your AAFCS membership number if applicable. __________________

Member Registration = AAFCS/WAFCS member

*Registration Type: (Meals are included) Please note, registration is non-refundable. Registration after February 2 – add $25.00 late fee

10% Discount offered to □ conference presenter and □ multiple attendee from same organization/agency

☐ Fri/Sat Member - $160
☐ Fri/Sat Non-Member $195
☐ Fri/Sat Student $90
☐ Fri Only Member $90

☐ Fri Only Non-Member $110
☐ Fri Only Student $50
☐ Sat Only Member $90
☐ Sat Only Non-Member $110
☐ Sat Only Student $50

Company/Organization Name________________________________________________________

Title__________________________

*Badge Name________________________________________________

Please specify meals you will be eating so we can have an accurate meal count *

☐ Friday Breakfast ☐ Saturday Breakfast
☐ Friday Luncheon Buffet ☐ Saturday Luncheon Buffet ☐ Friday Dinner Buffet

*List any special dietary needs__________________________________________________________
For Students ONLY:

What university do you attend?
☐ UW-Stevens Point  ☐ UW-Madison
☐ UW-Stout  ☐ WI Technical College System
☐ Other

Donations:

WAFCS HUGS $ ___________ WAFCS Foundation Scholarships & Travelships $______________

(If using PayPal, use Foundation “Donate” button at wafcs.org)

Pre-Conference Activities: Thursday, March 2, 2017 1:00 p.m. – 4:00 p.m.

Please include me in the Thursday afternoon activity:

☐ Working afternoon at Feeding America in Appleton or
☐ Picture Perfect Day at Radisson

Use old calendars and greeting cards to make cards for memory care centers. All supplies will be provided.

WAFCS Permission for Publication Release Form

☐ I give my permission for WAFCS to use my photo, possibly with my name included, in a manner consistent with quality, professional education, in any WAFCS electronic or print paper media communication. I also realize that WAFCS or any of its Regions may submit such communications to AAFCS as well as professional media covering WAFCS events and achievements.

☐ I do not give permission to WAFCS to use my photo.
This permission can be revoked at any time by contacting the WAFCS State President in writing.
Book and Media Purchase Opportunities:

**Patricia Dischler:** *Teaching the 3 Cs: Creativity, Curiosity & Courtesy* –
□Yes □No  **Preorder for 40% off!** $18.00

**Kara Thom:**
1. *Hot (Sweaty) Mamas: Five Secrets to Life as a Fit Mom*
   □Yes □No  **$14.99**
2. *Life as a Fit Mom* eBook Series at: [https://pronoun.com/karathom/](https://pronoun.com/karathom/)
   □Yes □No  $2.99 each
   or  □Yes □No  $8.99 for all six
3. *Go! Go! Sports Girls* series
   Swimmer Girl Suzi’s Story: Winning Strokes
   □Yes □No  $4.50
   Dancer Girl M.C.’s Story: One Step at a Time
   □Yes □No  $4.50
   Soccer Girl Cassie’s Story: Teamwork is the Goal
   □Yes □No  $4.50
   Runner Girl Ella’s Story: Family Fun Run
   □Yes □No  $4.50
   Gymnastic Girl Maya’s Story: Becoming Brave
   □Yes □No  $4.50

**Pick books up at registration**
(If using PayPal, use separate button at wafcs.org for book purchase)

*Options for Payment:

**Preferred:** Register online. Pay by Check  or
**Preferred:** Register online. Pay with PayPal/Credit Card at wafcs.org.
Printed Registration form. Pay with Check.

Pay by Check- Mail check to: **Gail Sommerfeld 5115 W. Willow Road, Mequon, WI 53092-8516**
(If using printed registration form, send with check)

*Payment Amount: Total: (Registration, Donations, Books) $______________________________

You may print a copy of this completed form for your records before submitting
Room Reservation Information

Radisson Paper Valley Hotel
333 W. College Ave
Appleton, WI 54911
Phone: +1 (920) 733-8000   Toll Free: 1-800-333-3333

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<tr>
<td>I am a student at:</td>
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If you qualify for state rate, please show your tax-exempt form.

Room includes breakfast. Begins 6:30 a.m. Friday; 7:00 a.m. Saturday

**Special rate expires Thursday, February 2, 2017.**

All Conference Information can be found on the WAFCS Website: [www.wafcs.org](http://www.wafcs.org)

Information including on-line registration should be available by Monday, December 5, latest.