

# Joint Conference of the Wisconsin Association of Family and Consumer Sciences (WAFCS), and the Wisconsin Council on Family Relations (WICFR)

March 27 – 29, 2014  
Three Bears Lodge, Warrens, Wisconsin

*Approved by AAFCS:  
16.75 possible PDUs toward CFCS and 11.5 PDUs toward CPFFE*



Celebrating the 20th Anniversary of the Family and Consumer Sciences name, 20th Anniversary of the International Year of the Family, 40<sup>th</sup> Anniversary of the AAFCS Family and Consumer Sciences National Teacher of the Year Award, and the Smith – Lever Act Centennial

## Tentative Conference Program

### Thursday, March 27

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|----------------|---|
| 10:00a - 2:00p | WIFCR Student Service Project<br><b><i>Food Drive at Food Pantry and Local Grocery Stores in Tomah, WI</i></b>  |
| 2:00p - 5:00p  | WAFCS Executive Director Interviews   |
| 2:15p          | Set-up Registration   |
| 2:30p          | <b>Pre-Conference Workshop Registration</b>   |
| 3:00p - 5:00p  | <b>PRE-CONFERENCE WORKSHOP</b> <span style="float: right;"><b>2.0 CFCS &amp; CPFFE PDUs</b></span><br><b><i>Ten Tips to Make You a Better Grant Writer</i></b><br><b>Judy Rommel, PhD, Professor Emeritus, UW-Stout</b><br>“Show me the money” is a phrase from the movies and could be the mantra of education today. Grant writing outside the scope of state and federal funds provides the opportunity for developing new programs. |



This session will explore the availability of foundation grants by looking for potential sources and learning tips for enhanced grant writing.

5:00p - 9:00p	Set-up Exhibits <b>(optional)</b>
5:00p - 9:00p	Set-up WAFCS Student Unit Service Project and Hall of Fame Celebrations <b>(optional)</b>
6:00p - 8:00p	WICFR Student Business Meeting
6:00p - 9:00p	AAFCS Certification Exam - <i>Dependent upon pre-registrations</i>
7:00p - 9:00p	WAFCS Council Meeting Barbara George, WAFCS President, Presiding
7:00p - 9:00p	Waterpark Open— <i>Exclusively for WAFCS-WICFR Attendees</i>

## Friday, March 28

6:30a	Early Bird Wellness— <i>Join the Walk Around the Pond!</i> WICFR Coordinator
6:30a	Set-up Silent Auction and Art Design Show
6:30a - 8:00a	Sunshine Breakfast Buffet and Networking <i>The Bears Visit!</i> Greeters: <ul style="list-style-type: none"><li>• Stephanie Bartelt, WICFR President Elect &amp; Conference Chair</li><li>• Esther Fahm, WAFCS Conference Planning Committee Chair</li></ul>
7:00a - 7:30a	Set-up Exhibits
7:00a	Set-up Registration, WAFCS Student Unit Service Project and Hall of Fame Celebrations <ul style="list-style-type: none"><li>• 20<sup>th</sup> Anniversary of Name Change</li><li>• 20<sup>th</sup> Anniversary of the International Year of the Family</li><li>• 40<sup>th</sup> Anniversary of the AAFCS National Teacher of the Year Award</li><li>• Smith – Lever Act Centennial</li></ul>
7:30a	Registration and Exhibits Open
7:30a - 8:30a	Viewing of Exhibits

**1.0 CFCS & CPFFE PDU**



8:00a - 8:30a      Orientation for First-Time Attendees, New Members, and Non-Members: Making the Most of Your Conference Experience, Coffee and Conversation with Tiffani Roltgen, CFCS, WAFCS Executive Director, and Laura Ellingson, WICFR President

8:30a - 9:45a

**First General Session**

**Barbara George, WAFCS President, Presiding**

- Pledge of Allegiance - Honored Guest
- Greetings - Stephanie Bartelt, WICFR President Elect & Conference Chair
- Greetings & Academy of FCS Update - Sue Buck, AAFCS Past President
- Lighting the Betty Lamp Ceremony - Molly Hundt, Student Unit Vice President, UW-Stout, and Dayleen Yoerger, Student Unit President, UW-Stevens Point

**KEYNOTE ADDRESS: *Students' Financial Well-being: It's Not Just About Money. It's About Life.***

**Soyeon Shim, PhD, Dean, School of Human Ecology, UW-Madison**

Dr. Shim will discuss her research findings and practical implications for educators, parents, and policy makers regarding financial capability education for students and young adults. Dr. Shim and her colleagues began a longitudinal study in 2007 with a group of freshmen at a major public university (N=2000+ students). By analyzing the data collected from the same students over time for the past six years, Dr. Shim and her colleagues have been able to show how their lives have changed since their transition to college and after graduating from college. She will discuss a model of young adults' financial decision-making process and factors that contribute to the process as well as to their life success.

9:45a

Silent Auction, and Art and Design Show Open

9:45a - 10:00a

Viewing of Exhibits

**0.25 CFCS & CPFFE PDU**

10:00a - 11:00a

Breakout Sessions

**A. *eParenting® High Tech Kids***

**1.0 CFCS PDU**

**Kristen Bruder, Family Living Agent, Dunn County, UW-Cooperative Extension and Lori Zierl, Family Living Agent, Pierce County, UW-Cooperative Extension**

Currently, most programs for parents about digital media focus on the potential negative effects of its use and how parents can protect their children from such dangers. While these programs are valuable, they ignore the many positive aspects of digital media, including the ways that it can contribute to a child's development, enhance the parent-child relationship and provide tools that can strengthen and extend childrearing skills.



**B. *Birth to Three Attachment***

**1.0 CFCS PDU**

**Margaret Machesky, Associate Lecturer, School of Education, UW-Stout**

This session will explore the importance of positive bonding and forming strong relationships during a young child's first three years.

**C. *Celebrate the 20<sup>th</sup> Anniversary of the International Year of the Family***

**1.0 CFCS PDU**

**Carol L. Anderson, President – LORAC Consulting, LLS**

**Jeanne A. Schwass-Long, Family/Consumer Educator, Retired, Stoughton Area School District**

The 20<sup>th</sup> Anniversary of the International Year of the Family offers opportunities to share in ways that action can be taken to promote the well-being of families. Three foci help to direct actions: 1) confronting families in poverty and social exclusion; 2) ensuring work-family balance; and 3) advancing social integration and intergenerational solidarity. Join in looking at current research and possible action in our local communities as well as statewide.

**D. *Rent Smart Tenant Education Program***

**1.0 CFCS & CPFFE PDU**

**Christine Kniep, CFCS, Family Living Educator/Dept. Head UW-Extension, Winnebago County**

**Karen Joos, Family Living Educator, UW-Extension, Monroe County**

Rent Smart provides practical education to help people looking for rental housing to acquire and keep decent housing. It stresses tenant responsibilities and the advantages the tenant gains viewing the landlord-tenant relationship as mutually beneficial rather than confrontational. The Program is specially designed to help those individuals likely to encounter difficulty obtaining rental housing. This difficulty may arise from lack of experience, a stigma associated with previous residency in public housing, poor rental and/or credit history, or other issues that may cause potential landlords to perceive such individuals as high-risk tenants. Rent Smart is delivered in partnership with local Housing Authorities, high schools, colleges, homeless veterans, and community groups across Wisconsin.

**E. *Out and About: Students' Experiential Learning Experiences***

**1.0 CFCS PDU**

Student Panel: **Alaria Anderson, UW-Stevens Point: *Study Abroad for a Semester in Spain*; Nikki Bruhn, UW-Stevens Point, *Lakota Immersion*; Molly Hundt, UW-Stout, *Study Abroad for Three Weeks in Scotland/Ireland*; Katie Ladsten, UW-Stout, *National Student Exchange – One Semester in Texas*; Kim Mennen, UW-Stevens Point, *Study Abroad for Three Weeks in Austria*; Jessica Monfils, UW-Stout, *American Association of Family and Consumer Sciences Internship*; Amanda Zellner, UW-Stevens Point, *Family, Career and Community Leaders of America Internship***

Join this panel of students as they reflect on experiences beyond their local campus.

**F. *Pointer Unity Program (PUP)—Student Success Coaching Community Building***

**1.0 CFCS PDU**

**Celine McNelis-Kline, EdD, Health Promotion and Wellness, UW-Stevens Point**

A mentoring program creates an effective learning environment and provides guidance and support. Studies have identified that the use of positive peer culture and mentoring can affect behavior change such as improving social interactions and increasing youth assets (e.g., responsible choice and community involvement). Additionally, mentoring seizes the



opportunity to increase the knowledge of one's strengths and values which in turn have long term effects on the individual. Moreover, PUP empowers individuals with decision-making, critical thinking, coping and communication skills which will enhance their secondary, college and whole life experience. Join us for a teambuilding session that creates community and identifies strengths.

#### **G. WIFCR Alumni Panel (TBA)**

11:00a - 11:15a	Viewing of Exhibits	<b>0.25 CFCS &amp; CPFFE PDU</b>
11:00a – 11:15a	Silent Auction, and Art and Design Show	
11:15a - 12:15p	Breakout Sessions	

#### **A. *A Day in the Life of a Military Family: Panel Discussion and What YOU Can Do to Offer Support*** **1.0 CFCS PDU**

**Margaret and Steve Machesky; Mike and Tiffani Roltgen Family, Air National Guard**

Please join our panel members as they discuss their experiences and perspectives of raising a family while serving our country. Current military programs and services will be discussed, as well as how family and consumer sciences professionals can offer support.

#### **B. *What Does a District Administrator Need and Want to Know about Your FCS Program*** **1.0 CFCS PDU**

**Christine Stratton, EdS, District Administrator, School District of the Menomonie Area, Menomonie, WI**

Sustaining elective programs and staffing in an era of budget reductions and high stakes accountability requires both advocacy and a focus on the needs of students. This session will focus on the information administration and school boards should have about FCS and some good methods of getting their attention. We will also discuss the factors that place programs at more or less risk during a budget reduction cycle.

#### **C. *Family Strengths in Daily Living*** **1.0 CFCS PDU**

**Marilyn Peplau, Asset Builder and Trainer, High School Educator, Professional Learning Community Facilitator, and Trainer for Search Institute**

Families do it all: nurture relationships, establish routines, maintain expectations, adapt to challenges, and connect to a global world. Search Institute is the leading international research organization on what youth need to succeed and has discovered that families are key in positive human development. Hear how innovative efforts with the asset framework have expanded into a focus on the family. The naming of family strengths and ways to build them in daily life will be emphasized. Be affirmed, supported and empowered in the work of the family that is the nucleus of family and consumer science. Your developmental assets will be celebrated in this energizing “constructive use of time.”



**D. *Designing Your Plate: The Art and Science Eating***

**1.0 CFCS PDU**

**Karen Ostenso, MS, RD, CDE, Dietetics Program Director, UW-Stout**

This session will open a window into to the art and science of delicious and nutritious eating. What makes some foods more appealing than others? What factors drive our food choices and the pleasure we get from eating certain foods? Learn what the latest research tells us about the way we choose our food. In order to change what we put on our plates and the foods we surround ourselves with, we must examine the biology of eating and learn the art of changing how we view food.

**E. *Alzheimer's Disease: "The cleverest thief, because she not only steals from you, but she steals the very thing you need to remember has been stolen"* -Jarod Kintz**

**1.0 CFCS PDU**

**Andrea Griffin, MS, RD, LD**

Alzheimer's is a disease that impacts millions of Americans each year. As the disease is projected to continue to increase in the future, it is imperative for family members, friends, and caregivers to have an understanding of what Alzheimer's disease is and the implications it may present. This presentation will provide a background explanation of what Alzheimer's disease is and examples of the stages of progression. Also, this presentation will discuss risk factors disease and prevention strategies for the disease, current treatments and alternative therapies, common barriers caregivers and clinicians face as the disease progresses, and tips to overcome these barriers.

**G. *Wisconsin Afterschool Network: Promoting Quality Afterschool Programs***

**1.0 CFCS PDU**

**Linda Eisele, Wisconsin Afterschool Network Professional Development Lead Consultant, O-S-T Training and Consulting**

Learn how the Wisconsin Afterschool Network is working with school and community partners to assure high quality afterschool programs that increase academic achievement, improve health, enhance youth development and encourage family involvement. Key to this work is developing educational opportunities to support the professional development of those working in the field.

12:30p - 1:45p      WAFCS Awards Luncheon  
Barbara George, WAFCS President, Presiding

12:30p - 1:45p      WICFR Luncheon and Business Meeting  
Laura Ellingson, WICFR President, Presiding

1:45p - 2:00p      Viewing of Exhibits      **0.25 CFCS & CPFFE PDU**

1:45p - 2:00p      Silent Auction, and Art and Design Show

2:00p - 3:00p      **Second General Session**      **1.0 CFCS PDU**  
**Laura Ellingson, WICFR President, Presiding**



**KEYNOTE ADDRESS: *Books Build Better Brains: How Reading in the Early Days Affects Child Development***

**Dipesh Navsaria, MPH, MSLIS, MD, Assistant Professor of Pediatrics, University of Wisconsin School of Medicine and Public Health Medical Director, Reach Out and Read Wisconsin**

The first thousand days of life are critical to a child's development and eventual life course. Dr. Navsaria will discuss key factors in early brain and child development that can help guide policies and programs based on neuroscience, population health and pediatric studies. Among them are the importance of sharing books with young children; he will also discuss briefly Reach Out and Read, an innovative early literacy promotion program.

3:00p - 3:30p      Viewing of Exhibits      **0.5 CFCS & CPFFE PDU**  
Exhibits end at 3:30p -- *Thank you, Exhibitors!*

3:00p - 8:30p      Silent Auction, and Art and Design Show

3:30p - 5:00p      Concurrent Sessions—*Pre-Registration Required*

**A. *Cranberry Discovery Center Tour and Program*      1.5 CFCS PDU**

**Barbara Hendricks and Nodji VanWychen, Cranberry Growers—*Limited to 60 people***

This session will include a tour of the Cranberry Discovery Center in Warrens and a discussion of the history of cranberry growing, nutrition, tasting, and recipes using Wisconsin cranberries.

**B. *Laughter Yoga*      1.5 CFCS PDU**

**Sue Halama, Laughter Yoga Leader, FACS and Health Science Educator, Menomonie High School, Menomonie, WI**

Yoga is a unique exercise routine, which combines unconditional laughter with yogic breathing. Science has proved that the body cannot differentiate between simulated and real laughter. Laughter Yoga is the only technique that allows adults to achieve sustained hearty laughter without involving cognitive thought. Come and join us for some guaranteed laughs!

**C. *Tour of Three Bears Lodge*      1.5 CFCS PDU**

**Three Bears Lodge Managers—*Limited to 40 people***

This session will provide opportunities to view the banquet rooms, waterpark, restaurant, and pub and learn of their operation and management. You will tour the villas and gain information about their rental and management. Also, this session includes a background history and other information about the property.



***Student Mentoring Session--It's Not What You Know, It's Who You Know***

**Marsha Larson, PhD, CFCS, Assistant Professor, UW-Stevens Point**

Have you ever been on an elevator and spoke with someone for just a minute or two, but made a connection, or gotten some information that shaped the course of your life or career? Come join in as students and professionals pair up in a rapid fire speed mentoring session where introductions take place and then spontaneous feedback from experienced professionals can be given in real time to up and coming student professionals. This is your chance (whether a Mentor or Mentee) to change lives, and be changed, all for the better!!!

7:00p - 8:30p      Evening Session---*Casual dress!*      **1.00 CFCS & CPFFE PDU**

### ***Thirty Seconds or Less: Sharing the FCS Story and Brand***

What is Family and Consumer Sciences?" We have all be asked that question – often times in an elevator. Having a short, concise and meaningful message is important to market and tell the story of the profession. This session will help you develop your message to tell your profession's story and your role in improving the lives of individuals, families and communities. Be prepared to write your elevator message and practice it with your colleagues. The FCS Brand and messaging resources will be shared.

8:30p Bonfire and Hot Chocolate  
Carolyn Barnhart, Coordinator





9:30p Silent Auction Pick-Up—*Thank you!*

5:00p - 9:00p Waterpark Open

## Saturday, March 29

6:30a Early Bird Wellness—*Join the Walk Around the Pond!*  
Cindy Quilling, MS, AAFC Take to the Streets Chair, Coordinator

6:30a - 7:00a Set-up WAFCS Student Unit Service Project and Hall of Fame Celebrations

6:30a - 8:00a Sunshine Breakfast Buffet and Networking  
*The Bears Visit!*  
Greeters

- Stephanie Bartelt, WICFR President Elect & Conference Chair
- Esther Fahm, WAFCS Conference Planning Committee Chair

7:00a Registration

7:30a WAFCS Business Meeting  
Barbara George, WAFCS President, Presiding

7:30a WAFCS Student Unit Business Meeting  
Dayleen Yoerger, Student Unit President, Presiding

7:30a - 8:30a Set-Up Poster Session and Curriculum Showcase

8:30a - 9:30a **Third General Session** **1.0 CFCS & CPFFE PDU**  
**Laura Ellingson, WICFR President, Presiding**

**KEYNOTE ADDRESS: *Giving is Good Business – Achieve Super Bowl Results with Your Business, Community and Yourself***

**Wayne Kostroski, Founder, Taste of the NFL, and Co-owner, Cuisine Concepts, Minneapolis, MN**

While you work toward and continue to grow in all areas of life, the focus should be on how you keep your personal, professional and community goals in balance and on track, in order to enjoy and achieve success and happiness for yourself, and those whom you interact. Through stories, tangible examples, success and failure experiences and the ongoing pursuit to find a true passion and drive, Mr. Kostroski will inspire and energize you to take the next steps towards tapping into and finding your passions. Explore how business ethics, philanthropy and entrepreneurship go hand-in-hand.

9:30a - 10:00a Hotel Checkout time



9:30a - 11:00a

Breakout Sessions

**A. *Shaken Baby Syndrome (SBS) Training***

**1.5 CFCS PDUs**

**Sue Halama: Laughter Yoga Leader, FACS and Health Science Educator, Menomonie High School, Menomonie, WI**

You will receive training in SBS so that you can then provide the information to your students. You will go through the laws, long term effects, and statistics of SBS. Information is appropriate for any child development course or assistant child care teacher/child care teacher certification course.

**B. Poster Session and Curriculum Showcase**

**1.5 CFCS & CPFFE PDUs**

10:00a - 11:00a

Breakout Sessions

**C. Wayne Kostroski, Founder, Taste of the NFL, and Co-owner, Cuisine Concepts, Minneapolis, MN**

**1.0 CFCS & CPFFE PDU**

More detail information about how to achieve Super Bowl results with your business, exploring business ethics and entrepreneurship.

**D. *The Secret to Success. Surprise - It's Not I.Q.!***

**1.0 CFCS PDU**

**Deborah Gangnon, FCS Teacher, Hudson Middle School, Hudson, WI**

Why is it that some people achieve their potential while others that are equally talented don't? What causes some to be "driven" to succeed, while others give up? This session will provide information on the many variables that affect achievement; on mindset, how it affects success and how we as teachers, mentors and parents can help our children become successful. Activities and strategies will be shared that can be used in the classroom to help to develop a growth mindset and help children to develop "drive" for success.

**E. *Essential Tai Chi: An Evidence Based Format for Instant Group Practice***

**1.0 CFCS PDU**

**Peter A. Gryffin, PhD, MS, Assistant Professor, UW-Stevens Point**

This session presents an easy to follow format of Tai Chi and Qi Gong, developed by Dr. Peter Gryffin to facilitate instant practice of Tai Chi with large groups. A primary limitation with Tai Chi is a long learning curve. Using verbal cues and two simple exercises for coordinating the upper and lower body, this format eliminates the learning curve and permits immediate practice of Tai Chi. A public resource for researching and developing evidenced based programs will also be shared, along with current research on the psychological and physiological benefits of Tai Chi for health, as well as underlying evidenced based mechanisms of change.

**F. *Using Technology to Enhance Your Financial Situation***

**1.0 CFCS & CPFFE PDU**

**Missy Bablick, Family Living Educator, Barron County UW-Extension**

**Judy Knudsen, Family Living Educator, Brown County UW-Extension**

With the advance of technology, the way consumers manage their financial resources is changing. This session will provide information on future trends in the financial industry,



advances in mobile technology including great apps, and tools for maintaining security. Strategies will be shared for incorporating this information into the classroom and public presentations that can result in enhanced family financial security.

**G. *Jicama and Other Oddities: Best Practices Based on Healthy Collaborations* 1.0 CFCS PDU**  
**Lyn Halvorson, SNS (School Nutrition Specialist), School Nutrition Director, Winona Area Public Schools, Winona, MN**

Is it possible to get kids to try new foods? Can we train kids to make healthy, life-long eating choices? Yes and yes! I will share success stories that have worked for us in Winona, MN such as; collaboration with FAC's teachers and local university students, the Tasty Tuesday's program that teaches kids how to try new foods, the Garden Spot, our all you care to eat fruit and vegetable bars, farm to school programs, and how we market our school nutrition program to have a real presence in the community.

11:00a - 11:15a Break

11:15a - 12:15a Breakout Sessions

**A. *Rewards Along the Journey* 1.0 CFCS PDU**  
**Janice Atkinson, Health Sciences Consultant, DPI; Donna Dinco, Curriculum Specialist, Retired FCS Teacher, and Consultant for the Hartford School District; Arlene Welcher, Health Science Teacher, McFarland High School**

Education is changing and taking teachers down new paths. Find direction in building your program and creating student success through Wisconsin Standards for Family and Consumer Sciences and Health Science and the Educator Effectiveness Project. Turn toward Student Learning Objectives (SLOs) to guide you. Celebrate the rewards of developing classroom experiences and witnessing student growth.

**B. *The Pursuit of New Romantic Partnerships in Later Life: "Happily Ever After" or "Family Feud?"* 1.0 CFCS PDU**

**Elizabeth Bayler Levaro, PhD, Assistant Professor, UW-Stout**

Growing numbers of older men and women, whether widowed, divorced, or ever-single, are expressing interest in possible new romantic relationships. Based on tales related by elders she interviewed, Dr. Levaro reveals how people in their 70s, 80s, and even 90s are exploring traditional and newer ways to find compatible partners for dating, remarriage, or "Living Apart Together." With a dose of humor, she describes what the women and the men reported looking for in a partner; the benefits as well as the very real challenges of late-life dating and romance; and the sometimes challenging negotiation of family members' concerns or resistance to a parent's or grandparent's adventures in dating.

**C. *Educator Effectiveness Process for Family and Consumer Science Teachers* 1.0 CFCS PDU**  
**Nancy Graese, Career and Technical Coordinator, CESA 11**  
**Pam Hillehiem, PhD, Retired CESA 5 STW Director/Curriculum and Instruction Director**



Join Pam and Nancy as they share up-to-date information on Educator Effectiveness. The discussion will help you understand the next steps in the process as Wisconsin unfolds Educator Effectiveness to meet the inaugural deadlines within the 2014-2015 school year. They will address Student Learning Objectives (SLOs) for FCS teachers.

***D. Student Panel—Oral Presentation of Research and Poster Sessions***

Join undergraduate and graduate students as they present original research and creative work.

**E. *Essential Tai Chi: An Evidence Based Format for Instant Group Practice* 1.0 CFCS PDU**

**Peter A. Gryffin, PhD, MS, Assistant Professor, UW-Stevens Point**

A repeat session; see March 29, 10:00 – 11:00 a.m. for description.

**F. *What About My Stuff?* 1.0 CFCS PDU**

**Diane Klemme, PhD, CFCS, Professor, Family and Consumer Sciences Education Program Director, UW-Stout**

As a consumer, how does your behavior impact the environment? What are the hidden consequences of what you buy? Explore ways you might embrace and change your consumer behavior as you learn about Daniel Goleman's Ecological Intelligence.

12:30p - 1:30p	Mentoring and Networking Luncheon Barbara George, WAFCS President, Presiding	<b>0.5 CFCS &amp; CPFFE PDU</b>
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1:30p	Student Service Project Presentation <ul style="list-style-type: none"><li>• WICFR</li><li>• WAFCS</li></ul> 2015 Conference Announcement Door Prizes
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2:30p	Adjourn
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9:00a - 9:00p	Waterpark Open
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