

The MAFCS E-Newsletter

December 2017

Minnesota Association of Family and Consumer Sciences



Nostalgic Memories Across Minnesota

My 26 first cousins, aunts, uncles, parents, grandparents and I celebrated a joyfully crowded Christmas together in a one room, red brick 1912 school house. Beth Smith, Big Lake

In 1996, we won KATE Radio's "Home for the Holidays" contest and our daughter and family came for Christmas from Seattle after 10 years. Katie Koziolk, Freeborn

I remember one Christmas where the snow was very deep. My siblings, cousins, and friends played "pie" tag in the snow after nightfall in the falling snow. Beth Widell, Coon Rapids

We have lots of fond memories of going to church on Christmas Eve and enjoying a relaxing seafood meal. On Christmas Day, we open gifts and have a big family celebration in the afternoon with a visit from Santa! Lori V. Brumbaugh, Champlin

I remember attending church services on Christmas Eve with all my dad's extended family and then going to the local café for a swiss steak supper. Later at my grandparent's house all the kids would perform music, readings, skits, and songs. Paula Miller, Red Lake Falls

Christmas Eve - going to Grandma's house for oyster stew, then singing Christmas carols including "I Am So Glad Each Christmas Eve" in Norwegian. Norma Dissmore, Park Rapids

When I was young, we would go on a toboggan ride (Dad & Mom pulled us) to neighbors and shut-in people and sang carols. Of course, Mom always had to go back in the house to get something. When we came home Santa had been there. Before bed we always had oyster stew to calm us. In the morning we got our stockings. Diane Fortney, Onamia

INSIDE THIS ISSUE

President's Message	2
Editor's Note	2
Baking for Good	4
Melanie Nelson Award.....	5
MAFCS Conference.....	6
FCCLA Training	7
ServSafe information.....	7
Registration form.....	8
CTE Works	9
Joint Meeting	9

Special points of interest

- Nominate people for Awards by Contacting Karen Smith or Jane Hinrichsen
- Apply for Best Practice Grants
- Register for Conference in Rochester in February!

Hello MAFCS Professionals:

November was a busy month with the stellar CTE Works! Conference in Bloomington, the enjoyable Joint Meeting of MAFCS, TCHC, and FCSP at Becketwood, and then, the Thanksgiving holiday. Even though Thanksgiving is now behind us, I hope you were able to spend it with family or friends.



But, if you weren't able to, you had an excellent opportunity to throw your own party on Sunday, December 3—"Dine In Day" also known as "Family & Consumer Sciences Day." (Governor Dayton signed a proclamation for FCS Day which was sent out on our listserv.) I would like to thank Julene Swenson for promoting the "Dine In Day" with the Power Up organization she is a part of and sending out ideas for activities to membership. (At the event which I hosted at my house, we played a little FACS trivia!) This day was a perfect way to promote family togetherness, so I hope you were able to fit it into your schedule.

At the moment, I'm not dreaming of a white Christmas, because the snow has already hit, so I know that part is taken care of. I can check that off my list. There's one other item, though, that I still need to take care of before the end of the year—sending a gift to MAFCS.

Soon, a holiday card will be coming to you from me, asking you to also consider giving to this professional association. Although we have a wonderful annual state conference which is our major fundraiser, additional funds are often needed to provide the support for our general fund. Please take time to show your support for this vibrant organization which champions what we believe in as Family & Consumer Sciences professionals.

Speaking of the annual conference, remember to register soon for "The Heartbeat for Your Life" which will be happening in Rochester, MN during February 7-9. Our conference program committee is planning some extraordinary things for this year's event, so don't miss out! Registration materials are available on our website, www.mnafcs.com.

Lastly, I would like to thank all of you for your friendship and support and wish you the happiest of holidays! Enjoy!

Sincerely,

Lois Lewis
2017-18 MAFCS President



Editor's Note – Mary Levinski

Merry Christmas and Happy Holidays to all of you. As we draw 2017 to a close I hope you embarked on a great "Dine-In" Day with your family or classes, that you are looking forward to a joyous Christmas season and to a 2018 year of excitement for Family and Consumer Sciences.



What did you do for "Dine-In" Day on December 3rd? I assigned all my students to create a meal with their family, take pictures and post to the "Dine-In" social media site. I had one hundred percent participation from my three culinary classes and parents who think this should be at least a weekly assignment. Share your stories with us for the next newsletter.

As we turn the corner to 2018, we can look forward to an outstanding conference to be held in Rochester. Look for more information in the newsletter and also at our website. I know that conference committee has worked tirelessly to bring the best sessions and speakers to help us build our programs. Don't forget to register.

Finally, I look forward to the Christmas season to reflect on the past year, its challenges and triumphs, but also to give thanks to God for his continued blessings in my life and those around me. Merry Christmas to all of you and may you find joy and peace this holiday season.



Remember to nominate someone for the New Achiever's Award. Go to mnafcs.com or email Karen Smith at Karenhealthyoilseeds@gmail.com

By 1/5/18

Nostalgic Memories continued

On Christmas Eve we went to a midnight candlelight service when a Norwegian man would sing "I am so glad each Christmas Eve" until he died at 99 years. We always lit real candles. Our kids choir sang with battery candles, and as teens we used them in creative ways.

Marsha Chizek, Big Lake

Christmas Eve, we proceeded bringing the figures for the Nativity while singing Christmas carols. The youngest (once my daughter at 18 months) placed baby Jesus.

Marie Winker, Burnsville

A Christmas Eve tradition began the meal with rice soup, dished up in the kitchen. One bowl contains a hidden almond. It represents good luck for the coming year. The finder usually also receives a small prize.

Kathleen Norquist, Wyoming

As a child, Santa would always come to our house while we were at church on Christmas Eve. It took a while for me to figure out what Mom was up to as she was always the last one out of the house for Christmas Eve services.

Denise Lage, Owatonna

Santa always, always seemed to come on Christmas Eve while my Dad, sister, brother, and I were picking up our aunt! Alice Lysaker, Andover

Lots of cookie baking like Spritz, Thumb-prints and Mexican Wedding Cakes! Singing carols at the piano as Melanie played. Home-made gifts, many "partially completed!" Always lots of memories of past Christmases to share!

Melanie Nelson, Owatonna

Outreach Officer Julene Swenson * recalls "Singing German Christmas carols like 'O Tannenbaum' and 'Stille Nacht' as we traveled across the Iowa country roads to celebrate with extended family." Stillwater

Outreach Officer Sue Kuseske * remembers "On Christmas Eve we would go to Church for our Sunday School program and then home to open presents with family and to hang stockings." Villard

***MAFCS Outreach Officers wish you the beauty of a peaceful holiday season!**

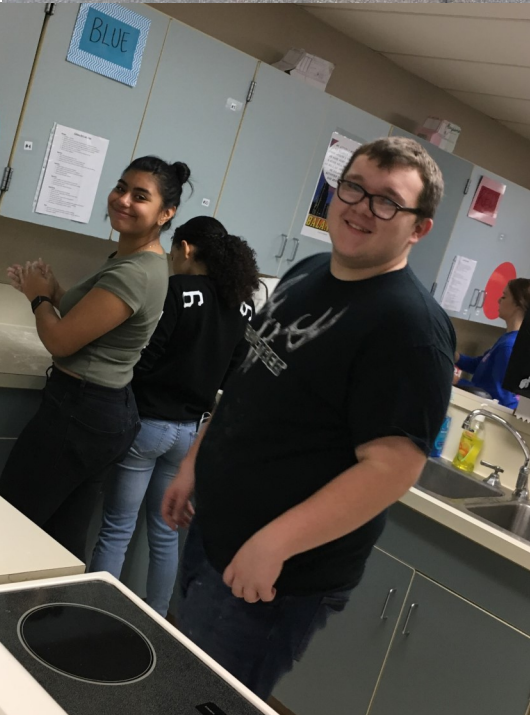


Remember to nominate someone for the Outstanding Friend. Go to mnafcs.com or email Karen Smith at Karenhealthyoilseeds@gmail.com

By 1/5/18

SSPS Bake for Good by Lynsee Mattson

South St Paul collaborated with King Arthur Flour and the City of South Saint Paul to bring the Bake for Good project to our community. Almost 220 students in the Culinary Arts program at South Saint Paul Secondary learned about yeast breads and applied that knowledge to create almost 1,200 rolls that were donated into the community! Students worked for a week on this project and delivered the rolls to a community Thanksgiving meal at Luther Memorial Church and to the residents of the Nan McKay and John Carroll Senior Living Apartments. King Arthur Flour donated 100 pounds of flour and 50 packets of yeast for students to create and donate the rolls! Leftover flour and yeast was used by students to create from-scratch pizzas as a celebration of their hard work on this community service project.



Remember to nominate a teacher for the next MAFCS Teacher of the Year! Go to mnafcs.com or email Lynsee Mattson at lmattson@sspps.org

By 1-5-18



EPES Recognizes Melanie Nelson as its Most Committed Supporter

Today EPES Hualpén named its Community Hall for Melanie Nelson

November 23, 2017

On Thanksgiving Day, the EPES Foundation found a meaningful way to thank its most energetic and committed supporter.

"In gratitude for sharing our dreams and helping to create spaces for organizing, educating, and promoting people's health and dignity," reads the plaque that was installed today in recognition of Melanie Nelson at EPES Foundation's community hall in Hualpen, southern Chile." The area where meetings, workshops and gatherings with social organizations and women take place now honors the name of EPES's major supporter.

Karen Anderson, EPES founder and International Training Program Director, praised Melanie Nelson's solidarity and solid commitment to EPES, which since 1982 fosters the organization and mobilization of working class people to improve their living conditions and health, while also upholding the rights and dignity of women.

The recognition arises as a delegation from Trinity Lutheran Church from Owatonna, Minnesota and Christ the King, Mankato, Minnesota concludes a week-long visit to Chile. Melanie Nelson was the driving force behind the delegation's visit, striving yet again to contribute to the sustainability of EPES's work in Chile.

Melanie Nelson is founder and CEO of the Learning ZoneXpress, an Owatonna, Minnesota-based business she created in 1997 to produce and distribute educational material that promotes healthy nutrition, child development and literacy.

This is not the first time Melanie Nelson's work has been honored. In 2007 Ernst & Young named her finalist of its prestigious Businessperson of the Year Award. In 2008 she was recognized as Businessperson of the Year by the American Association of Family and Consumer Services Conference. In March 2011, EPES presented Melanie with the keys to EPES in symbolic gratitude as its most passionate and committed supporter.



GET YOUR ANNUAL CHECK-UP WITH MAFCS

LEARN * CONNECT * GROW * INNOVATE

We look forward to seeing you at the conference! Reserve your spot today!



Reserve Your Room Today at the Kahler Grand!



A limited room block is available for the conference under the MAFCS room block. **Please reserve your rooms early**, the Kahler is located right across the street from Mayo Hospital and frequently experiences capacity during the week. Rooms are \$109 + tax per night.

507-280-6200

3 FULL DAYS OF CONFERENCE! CHECK OUT OUR DETAILED SCHEDULE

New this year- we have fully detailed our **agenda online**. Check out our keynote, breakout speakers, exhibitors, sponsors and more!

<http://www.mnafcs.com/2017-conference/>

Some of our breakout sessions, such as our executive chef kitchen tour have **limited space**. Sign up as an attendee and reserve your spot in each session online! **Those who have an online reserved spot will have priority.**

Note- you will be able to choose two breakouts per breakout round! Most of the breakout sessions this year will be 25 minute sessions presented twice. With the exception of business tours and those marked as hour sessions.

Silent Auction!

Bring items to the registration table.

This year there will be prizes awarded for creativity and the donation that brings in the most money for our organization!

Think crafts, cooking equipment, wine, chocolate, vacations, gift cards, antiques, jewelry, food. You get the idea!



Understand the “Why do FCCLA?” The “How to do FCCLA?” and discover “What’s Possible!”

The FCCLA Adviser Cadet Training is a pre conference designed for new and seasoned Family and Consumer Sciences Education instructors looking to develop best practices FACS classroom with FCCLA. The pre conference event offers a comprehensive educational experience to enhance classroom instruction through engaging sessions on a variety of topics with expert speakers, best practices sessions and networking opportunities. Facilitated by MN FCCLA, conference sessions will be presented by best practice advisers, current on educational trends and needs with a variety of backgrounds in communications and marketing, education, and business.

The content and insight received while attending the FCCLA Adviser Cadet Training will help you to gain key strategies and tools to perform your job more effectively and impact student performance. The widened professional network gained through attendance is an unparalleled collaborative tool that will enhance your performance in the classroom and improve student connections. The professional development knowledge and skills you will acquire are applicable to current projects such as: Stop the Violence, Student Body, Families Acting for Community Traffic Safety, Financial Fitness, Career Connections, Power of One, Families First. Community Service and Say Yes to FACS.

- As a new adviser or potential adviser you may want to know how to start an FCCLA program to meet CTE Program Approval or strengthen your FACS program. Use a phase approach and FCCLA can be done in the classroom.

- As a seasoned FCCLA Adviser, there is always a new approach you could utilize to your FCCLA program. This training will help you update your approach to a phased approach, taking baby steps or add new ideas to your existing program of FCCLA.

Content of the pre-conference training:

The “Why”? Youth development, Your teaching philosophy and the Advisers role

Benefits of FCCLA to your FACS programs-Membership benefits and affiliation

A phased approach: Providing classroom FCCLA leadership, assessments and projects

Classroom lesson plans and assessments you can use with FCCLA

Developing strong community and parent support with FCCLA successes

Best practices for FCCLA integration of career pathways

Leadership development activities and structures

Service-learning and FCCLA

\$30- Includes Lunch and full day pre-conference training- register at MAFCS.com

Remember to nominate someone for the Outstanding Professional Award.

Go to www.mnafcs.com or email Karen Smith at

Karenhealthyoilseeds@gmail.com

Do You Know What Your ServSafe Manager’s Certification Means?

The MN Department of Education has recommended that all FACS teachers in MN who teach any foods classes get their ServSafe certification. What does this mean? If you take the 8-hour course and pass the test it means that you are certified in food safety and receive a certification as a food safety manager. It does not however, allow you to proctor the ServSafe test in your classroom unless you complete the dual role manager/proctor certification application online at servsafe.com. There is no additional fee to complete the dual role and if you teach ProStart or other foods classes, it allows you to give the ServSafe test to your students.

If you run a restaurant out of your classroom or if you cater, I recommend that after taking the ServSafe test and passing it that you apply for the MN Dept. of Health Food Managers License. The fee for this license is \$35 and renews every three years. You must complete 4 hours of classroom instruction to update this license, whereas, your ServSafe certification must be renewed every 5 years. To renew your ServSafe certification, however, you must take another 8-hour course and take another test. There is a difference between ServSafe and the MN Dept. of Health Food Managers License. Minnesota is holding hearings in early January on the new food code which will have changes to our food safety requirements here in Minnesota. Stay tuned how those changes could impact you and your classes.

If you should have any questions on ServSafe do not hesitate to reach out to me via email with your questions. I am more than happy to help you all live food safe.

Mary Levinski mary.levinski@isd47.org

Remember to nominate someone for the Outstanding Service Award. Go to mnafcs.com or email Karen Smith at Karenhealthyoilseeds@gmail.com



Get Your Annual Check-Up With MAFCS

MAFCS Annual Conference
February 7-9, 2018
Rochester, MN

MAFCS Annual State Conference Kahler Grand Hotel, Rochester MN

Pre-Conference: February 7, 2018

Conference: February 8-9, 2018

Registration Form

Please Print

Name: _____

Address: _____ City: _____

State _____ Zip _____ Phone _____ Work Phone: _____

Email: _____ First Time Attendee Y/N _____

Check the MN Geographic Community you live in, if applicable: 1 _____ (Twin Cities) 2 _____ (Northeastern & North Central MN)
3 _____ (Northwestern MN) 4 _____ (Central MN) 5 _____ (Southern MN) 6 _____ (Other)

Choose a Conference Package

1. Full Conference Package: Thursday and Friday (February 8 & 9)

Registration fee includes: Thursday Breakfast, Lunch, Dinner and Friday Breakfast, Lunch, & Conf. Materials

_____ Member (\$225) _____ Non-Member (\$375*) _____ Retired Member - 65+ (\$205) _____ Student (\$0**)

2. Thursday Conference Only (February 8)

Registration fee includes breakfast, lunch, and dinner, snacks, and conference materials.

_____ Member (\$160) _____ Non-Member (\$315*) _____ Retired Member - 65+ (\$150) _____ Student (\$0**)

3. Friday Conference Only (February 9)

Registration fee includes brunch, snacks, and conference materials.

_____ Member (\$120) _____ Non-Member (\$255*) _____ Retired Member - 65+ (\$100) _____ Student (\$0**)

Meal Restrictions: (applied to ALL conference meals (including Thursday's Dinner:))

Vegetarian _____ **Dairy-free** _____ **Gluten-free** _____

Thursday Dinner Choice: (Choose 1 option) Grilled Salmon _____ **or Prime Rib** _____

* Non-Member - Includes free one-year membership in AAFCS/MAFCS

** Student: Additional information needed:

School Name: _____ Student ID# _____

Pre-Conference Options – Wednesday, February 7 (Select choice)

1. _____ Educational Excursion \$80.00 (Includes lunch, bus, PDUs, goodie bag!) – 20 person minimum
2. _____ SERV Safe Training \$200.00 (Includes breakfast, lunch, book, exam, and PDUs) – 10 person minimum
3. _____ Calligraphy Fundraiser \$50.00 (Includes all necessary materials to keep) 7pm
4. _____ AAFCS Certification Test - \$95 (per test) – Register directly for exam with AAFCS at:
<http://www.aafcs.org/CredentialingCenter/achievement.asp> then scroll to the bottom of the page and click on the link at the bottom that reads: "Click here to access an online registration system for candidates who will participate in paper-based testing at special administrations approved by AAFCS." A general certification in Family & Consumer Sciences as well as specialized certifications are available.

CEU & PDU forms available for Wednesday, Thursday, and Friday. Some sessions meet teacher re-certification requirements.

Refund Policy – Written or email cancellations will be accepted through January 17 with a \$25 processing fee. A 50% refund will be issued for cancellations sent between January 18 and January 31, 2018. No refunds will be issued if cancelled within a week prior to the conference.

Inclement Weather Policy – MAFCS maintains a firm policy of hosting the 2018 State Conference regardless of the weather. There will be no refunds for the 2018 Conference due to inclement weather.

BOOK YOUR ROOM SEPARATELY: Call The Kahler Grand at (507) 280-6200 and ask for the MAFCS Conference. Or, find registration online: <https://goo.gl/kVyd9A> Rooms are \$109.00+ tax per night (Standard King/Double Room) \$119.00+ tax per night (Deluxe King/Double) \$169.00+ tax per night (Executive King/Double)

REGISTER ONLINE AT www.mnafcs.com or return registration form and payment **BY MAIL** to: Marlys Eikmeier, MAFCS Executive Secretary, 24992 Halfman Road, St. Cloud, MN 56301. Phone: 320-493-5468 (cell) Email: marlys.eikmeier@gmail.com

Conference Package: _____ Package Price: _____

Pre-Conference Options: _____ Total of Options: _____

Late Fee: Add \$25 after January 24, 2018

TOTAL AMOUNT ENCLOSED: (Make payable to MAFCS) \$ _____ **Receipt? Y/N** _____

CTE WORKS! Conference in Bloomington

The annual Minnesota Career and Technical Education conference, “Soaring to New Heights,” was held at Crowne Plaza Aire in Bloomington, MN on November 2, with great keynote and “SnapShot” speakers, including Captain Barrington Irving of “The Flying Classroom,” (www.flyingclassroom.com) who flies around the “globe to create academically relevant content that engages students,” according to his website. If you weren’t at the conference, you’ll want to check out this website.

The inspirational “SnapShot” speakers included Meredith Crosby, a millennial executive who spoke about changing the world with confidence, communications, and community; Chef Paul Lync, a chef at the Hyatt Regency in Bloomington, who talked about the hard work it takes to become a chef; Kavi Turnbull, a faculty member at Century College and a serial entrepreneur who talked about the “power of cultivating an entrepreneurial mindset.”

The conference also included presentations from some of our FACS colleagues and their networks: “Food Defense and Protection in Action,” by Allison Zaccardi and Stephanie Love; “Connecting with Industry: The Power of Mentorships,” by Monique Sabby and Tom Kavanaugh; “What’s Trending in CTE, Financial Literacy and Community Connections!” by Lori Brumbaugh and Larissa Oliphant.

In addition, Jeralyn Jargo, Minnesota State CTE Director, offered a presentation of the “8 Portals of Influence” (from Seapoint Center for Collaborative Leadership, <https://seapointcenter.com/8-portals-of-influence/>). These included: Character, Expertise, Information, Connectedness, Social Intelligence, Network, Collaboration, Funding, and Courage. For each point, there are questions to ask oneself that lead to having a more effective sphere of influence as a leader.

There were many exhibitors at the conference offering helpful tools for those working as FACS/CTE professionals. Many thanks to all who made this professional development experience possible, including our FACS specialist at MDE, Maxine Peterson and MnACTE President Deb Larson.

For more information, see:

<https://www.cteworksminnesota.org/keynote-speakers/?platform=hootsuite>



Lois Lewis, Captain Barrington

Joint Meeting of MAFCS, TCHC, and FCSP

The joint meeting of FACS-related professional organizations took place under the leadership of Jean Knaak on November 9 at a venue called, Becketwood, in Minneapolis. A wonderful meal that included “to-die-for tender” beef short ribs, sweet potatoes, broccolini, and a chocolate dessert was prepared by Becketwood Chef Jason Brenny, who spoke to the audience about his career as a chef. Two speakers headlined the evening, Dr. Julie Jones, emeritus professor at St. Catherine’s University, and Paul Douglas, a meteorologist who has worked for various stations in Minnesota. Jones’ presentation was entitled “Processed and Ultra Processed Food and the Trend to Fewer Ingredients in These Foods and What that Means.” She noted that all processed foods are not bad. Douglas’ presentation was about “Why Should Everyone Be Concerned About Climate Change?” and included much thought-provoking information to consider.



Paul Douglas

Thanks to all who were on this committee for their contributions to a lovely evening: Helen Grant, Marilyn Rossman, Laurel Syverson, Cherry Cramer, Lois Lewis, Gerry Luepke, Colleen Glenn, and Jean Knaak



Jean Knaak, Chef Jason Brenny



Karen Smith, Rob Smith, Dr. Julie Miller



Julie Miller Jones, PhD, CFS, CNS, FAACC, FICC

Minnesota Association of Family
and Consumer Science

24992 Halfman Road

St. Cloud, MN 56301

*Connecting Professionals
Touching Lives*

stamp

Mailing address

Line 2

Line 3

***Celebrate MAFCS achievements
and gain unique perspectives.***

Attend the GALA on May 6, 2018

Medina Entertainment Center

More info coming in future newsletters!

Need something for your program? Go to mnafcs.com

Apply for a Best Practice Grant \$250.

MAFCS Awards & Recognition Committee c/o Jane Hall Hinrichsen,
7400 Willow Lane, Brooklyn Park, MN 55444 **by 1-5-18**