



The MAFCS E-Newsletter May 2017

Minnesota Association of Family and Consumer Sciences



2017 MAFCS GALA Medina Ballroom



Eleanor was honored as the longest standing member of MAFCS - 67 years!

Eleanor Kracker was a TOY and a national top 10 when there was a lot of competition. She was early into occupational home economics and developed courses at the Duluth Vocational center. We believe Eleanor was also instrumental in starting the Arrowhead Home Economists, a group that still has attendance of 75 at meetings.



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SPECIAL POINTS OF INTEREST

- Successful Gala Awards Retirements
- Summer Plans

**Greetings from your
President, Sue Boehland**

It is beginning to feel like summer after some much needed rain in my part of the state. Teachers are finishing the 2017 school year and many of you are preparing for your jobs to continue day to day.

I am looking forward to seeing some of you in Dallas for the AAFCS Annual Conference, June 25th – 28th. The theme is “FINANCIAL FITNESS”. If you are planning to attend we will have a Minnesota gathering one of the evenings. Please let me know if you will be at the Conference. Email me at: sueb@arvig.net. The agenda looks exciting and there is plenty of content for all.

I was unable to attend the Gala this year. I hear it was great as usual. Thank you to Donna Butterfield and Julene Swenson for the time and effort to plan and make the event a success. Look elsewhere in this newsletter for news on the Gala.

FACS teachers have two wonderful opportunities for training this summer. To assist in preparing the next generation of teachers, FACS teachers can participate in the TEACHER CADET training in early August. Mary Levinski and Max Peterson will also be offering SERVE SAFE training. See details on both in this newsletter.

Take time to enjoy summer. It will soon be time for MAFCS' next Officer Retreat and we will begin a new year for your organization. ent's comments



**Editor's Note:
By Mary Levinski**

The school year is coming to a close and I for one am ready to relax and get some things done at home that I have put off due to my busy schedule.



I believe this past year has been one of many milestones for FACS. The initiatives from the Dept. of Ed in FACS with Max Peterson leading the way is putting FACS in the spotlight. She continues to have us as classroom teachers build into our curriculums, the World's Best Workforce and career pathways. These are the things that are building programs as well as driving the need for more CTE teacher, especially FACS.

Take this time to reflect on the great accomplishments of the past year but also think about what awaits us in the fall. Consider the opportunities for professional development this summer, such as the Teacher Cadet or the ServSafe training being done through the Dept. of Ed. Maybe consider a ProStart Educator training or an Education MN seminar.

Summer is upon us and it is a great time to relax and refresh ourselves before the demands of another school year but don't forget the importance of spending a small amount of time learning and building networks to help your professional needs too.

To all of you going to Dallas, enjoy and I hope you come away with much to share with the membership when you return. Have a great summer!



Gala Speaker—"Capturing Your Memories"

Our speaker, Gloria VanDemmeltraadt, did a wonderful interactive presentation with the attendees being asked to write several things on 4" X 6" note cards which could possibly be the beginning of writing their own memoirs for their families.

Gloria, as well as her husband Onno, have written several books and spent some time chatting with Gala attendees about the work they have done and also signed books for those who purchased one of their books.

Gloria's new book on Capturing Your Memories will be available soon. All of the things she covered during her presentation at the Gala will be in her new book along with more ways to capture your memories and leave a legacy for your family.

Comments from attendees:

"I loved the Gala! The speaker really enlightened me on the power of writing stories down! It really inspired the many memories of my youth!"

"Thanks to our speaker for encouraging us to make the process of downsizing personal history a meaningful activity before precious family personal history is destroyed. You are giving those meaningful times real purpose"

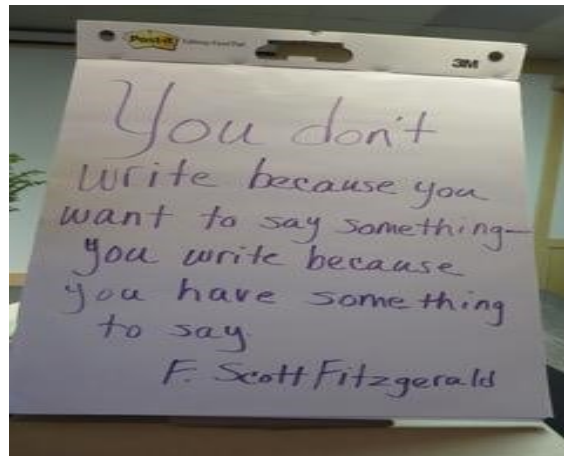
"Thank you for inspiring us to write down our stories as we all have interesting and valuable stories to share."

"Appreciated the various ideas for organizing my memories, especially the list. MAFCS - another great Gala"

From the Gala Committee:

A special thank you to the MAFCS members who attended the 2017 Gala. Several members also brought family or friends along. [It is our hope that everyone enjoyed the afternoon and are truly inspired to write down those special moments in their lives so they might leave a legacy for their family members.](#) A fun fact from the Gala Registration Roster, and counting only the MAFCS members present, a total of 725 years of service have been directed toward MAFCS and Family and Consumer Sciences.

Thank you to the attendees who contributed to our Fund Raising activity, the Silent Auction. This is always a fun event and helps support the activity and goals of MAFCS.





My greatest
challenge has
been ...



MAFCS Members Receive Awards at the May Meeting of Food Consumer Science Professionals

Marie Winker received “**Behind-the-Scenes-Star Award**”.

Faithfully and with expertise, accuracy and in a timely manner, Marie prepares PDU's and CEU's for FCS Professionals. The offering of PDU's and CEU's help to build meeting attendance. Marie has been doing this service for several years! Programming is most appreciative. Members and guests collecting PDU's and CEU's are also thankful for the benefit.

The Continuing Education Unit (CEU) is a national recognized measure of participation in an approved non-credit continuing education program. The Professional Development Unit (PDU) is part of the certification program for AAFCS. Marie is given meeting information and immediately goes to work accurately preparing form - absolutely no follow up is ever needed! The task is always done on time and done so accurately.

Marie is a quiet soul. She never boosts and never brags! Because of her quiet ways, members don't know the important role she consistently fulfills.

Marie's kindness, professionalism, and support of FCS Professionals is admirable.

The first recipient of the "FCS Professional's Spirit Award" was Karen Smith!

This award recognizes a member that's shown championing behavior! Karen's nomination was unique in format - it was like a fluid tick-list.

KAREN SMITH

- Is an enthusiastic and energetic member
 - Owns a kindred spirit
 - Possesses team spirit characteristics
 - Always speaks positively about organization
 - Suggests changes in positive & helpful ways
 - Shares ideas & concerns
 - Engages family members in meeting learnings & together with her family, takes action
 - Has brought husband Rob and daughters to meetings
 - Invites and brings other guests to meetings
 - Writes and submits articles for Direction and Blog without being asked
 - Reaches out to speakers and they in turn visit her classroom and have filmed her school garden. One was Bobby Jensen & Belinda. Segment made TV. WOW!
 - Is a member that organizations dream about having
 - Wherever she goes, she shines with professionalism, poise, femininity, and caring ways!
 - Has her class & style perfectly aligned!
 - Participates actively at FCS Professionals meetings. Asks appropriate questions.
 - Actively participating in FCS Professionals Mentoring program.
 - Has secured thousands of dollars in grants and donations for school gardens
 - Previous MAFCS Teacher of the Year
 - Successfully & continually betters her best
 - Importance of family ranks high with this FCS Professional member
- Has stated that she's the “Luckiest woman in the world being Robbie Smith's other half and the mother of two beautiful girls.”
- A teacher & community leader that effectively makes things happen
 - Retiring from teaching this spring and assuming a marketing role for Healthy Oilseeds, LLC
 - Gave a presentation at 2017 MAFCS State Conference on Healthy Oilseeds
 - She knows the paths of happiness, opportunity, success, prosperity and enjoyment!
 - Member is our brilliant shining star — always an enthusiastic and energetic member!



Trudy's Retirement Party Excerpts from Anupama Pasricha's address May 11, 2017



Today we are here to celebrate 30 years of teaching and service of Associate Professor Trudy Landgren, 40 years of our Fashion Merchandising Program, and 15 years of Apparel Design program that Trudy and Dr. Sue Hendricks wrote together!

The fashion students have been organizing a fashion show since 1992, a total of 25 Years of fashion shows. But we started the big evening event Katwalk in 2004. Next Thursday we have our 14th annual Katwalk, a first ever in which the University's President is modeling in the show. VIP tickets already sold out and general and student tickets are going fast.

With Trudy's retirement, 2017 marks the end of an era. She is longest standing department faculty member. From 1972 to today, Trudy has a long meaningful history with St. Kate's.

Awards received: Teaching and Advising Award in 2007, finalist in 2016 Educators for Socially Responsible Apparel Business Award in Sustainability for Local Vegetable Fur caplet design entry in 2010, conference in Montreal, Canada. Outstanding Service Award from MAFCS 2011

Mentorship Program or Collaborative Undergraduate Research. Her commitment to social justice in both personal and professional front is inspiring. She has been the advisor for Fashion Association since its inception. In 2016, she received Club Award in recognition of valuable contributions as an outstanding advisor: "unmatched care for students has a lasting influence on me."

Her selfless dedication and work ethic paired with perceptiveness have transformed countless Katie's whose lives she has touched. Her biggest accomplishment is delivering the mission of St. Kate's through her various roles. Trudy, we are going to miss you! You will be in our mind and heart and will continue guiding us. Personally, I would always think how would Trudy have done this...or how would she respond.






Ann Jans wowed the group with her amazing array of hats and vintage clothing.



MN State Fair:

 Please consider signing up to volunteer for at the MN State fair representing MAFCS in the Education Building. The possible dates are August 24, Sept. 2 or Sept. 3. More information will follow as we learn which dates MAFCS has been assigned! This is a wonderful opportunity to network and promote the wonderful world of Family and Consumer Sciences!

Lori Young's 8th grade classes, during 4th quarter, each made a quilt square. Lori then sewed them into a quilt top, then knotted and hemmed it. The students collectively chose to donate it to a fundraiser for a sophomore student at Albany High school battling a form of anemia and waiting on a bone marrow transplant.

Although a relatively new curriculum, every quarter Lori has 8th grade, depending on the number of students she has, the class votes to donate a single to queen size quilt top to a charity of their choice. In the past, they have donated quilts to the VA hospital in St. Cloud, and the Mother of Mercy Nursing Home Axillary in Albany has receive a few as well.

Lori Young from Albany High School Albany, MN



Highlights of the Year:

One of the goals of my high school programs is to offer career-related and hands-on experiences to students. This year, my ProStart classes had several exciting highlights or experiences: 1) They visited Thunderbird Lodge on Rainy Lake where a chef mentor conducted a tour of the commercial kitchen; 2) They helped to prepare a Thanksgiving dinner for 300 community members at Hibbing Technical College, along with college students taking the culinary arts program there; 3) They attended Concordia Language Villages Culinary Camp and had a wonderful experience working alongside chefs and learning; new techniques; 4) They participated in the Sysco Cooking Invitational with a culinary team and a first year management team--which came in third place; 5) They prepared a native cooking demonstration at Voyageurs National Park during National Parks Week.

In addition, three students in my Personal Finance/Consumer Education class participated in an online competition through the MN Council on Economic Education and qualified for a state Personal Finance Decathlon, which they went to in April. They analyzed a case study, then presented their financial analysis to a group of judges. They also had a tour of the Federal Reserve Bank in Minneapolis.

Students in four of my classes were given end-of-year assessment exams this year. Two of the exams were for ProStart, Levels I and II, and one was for Personal Finance. It is the first year I have given a national exam to the Child Development class.

Food Skills Assessment:

During the past year, I have been participating in a University of Minnesota "Healthy Foods, Healthy Lives Institute" food skills assessment work group. Most of the meetings have been held through virtual communication avenues.

Our task is to develop a Food Skills Assessment for a target population (probably school children, though exact ages/grades are being determined). The work group is meeting monthly and attempting to "develop a validated screener to effectively assess food skills among youth . . . and to help promote food skills in schools, ensuring that all students graduating from high school in Minnesota have a basic proficiency in preparing food," according to a recently developed rationale of the group.

Kristine Igo, a HFHL coordinator who spoke at the MAFCS conference in Brainerd a year ago, is interested in including Family & Consumer Sciences as a key player in promoting healthy living and food skills in schools.

At present, I am the only currently teaching secondary FACS teacher in the work group, and the rest of the members are comprised of people from the MN Department of Health, the University of Minnesota, and other economics, education, research, or non-profit organizations (including inner-city farm operations). Maxine Peterson, our FACS representative at the MN Department of Education, is also serving on this work group. The Minnesota Food Charter Network and the Cargill Foundation are collaborating with this project, too.

It is exciting to be included in a group where FACS is given a "seat at the table" and looked at as a key player in improving food skills as educators of youth. Meetings are currently scheduled through the end of this year.

Lois J. Lewis

Family & Consumer Sciences Educator - Indus School
AAFCS - ESAE Community Co-Leader
2016 MAFCS Outstanding Service Award
2014 ProStart Educator of Excellence

Best Summer Ever by Gerry Luepke

Summer is right around the corner. I absolutely love the longer days! Longer days means packing more in my day. Summer 2017 will be my best ever! My summer bucket list:

Enjoy the scent of freshly mowed grass & hay.

Find a hammock & take a nap.

Work with Melissa Findlay-Lampkin on MAFCS membership!

Have a Summer Solstice party on the Lofts deck commencing at 5:00 am. Observing the sunrise over the scenic St Croix River will be magnificent.

Say no to closed-toed shoes.

Watch 3rd of July fireworks with family on Lake Tainter.

Visit farmer markets looking for the best corn on the cob.

Go boating and just....drift (ahh).

Stand at the river/lake edge until feet are buried under cool, wet soothing sand.

Listen to the frogs/crickets and watch lightning bugs.

Grill peaches & pears and veggies too.

Be a tourist in my own town (Stillwater).

Watch sunrises and sunsets.

Write goals/objectives for my year as president for Food Consumer Science Professionals.

Entertain (bridal shower, dinner parties) with candles, tablecloths, and the whole shebang!

Play with Miss Lucy and Uptown Violet. Fetch with Lucy!

Breathe in the cool, clean air after a thunderstorm.

Take many country drives watching the corn grow.

Sprinkle in a tad of housework.

Admire and care for one pot of deck flowers.

Vacation at Lake of the Ozarks!

Thoroughly clean/declutter cabinets and closets.

Organize an excursion for Hudson Home & Garden Club to Minnesota Arboretum.

Figure out how to get rid of that darn spinning beach ball on my MacBook Pro (I welcome your suggestions and help).

Mary Levinksi's summer plans:

I am teaching ServSafe classes throughout the summer and plan to spend my free time reading, quilting and catching up on the household needs.

Summer Plans by Lori Brumbaugh:

I am looking forward to attending the AAFCS National Conference in Dallas, Texas as the MN FACS Teacher of the Year from June 25 to 28. I am proud to be able to represent all the MAFCS members and the FACS teachers in the state. I will do my best to inform the rest of the country of the awesome initiatives in FACS in the State of MN. Through the help of many, I have an entire presentation ready to go! Once back from Dallas, my family has several camping trips planned!

Of course, there are many projects to tackle on my house and a wedding to plan for 2018.

Minnesota Association of Family
and Consumer Science

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*Connecting Professionals
Touching Lives*

stamp

Mailing address

Line 2

Line 3

Summer Dates to Remember:

June 3rd-Annual Meeting Great River Regional Library St. Cloud, MN

AAFCS June 25-28, 2017 Dallas, TX

ServSafe Training June 27, 2017

Teacher Cadet Training August 1-3, 2017

State Fair—As usual MAFCS will be in charge of manning the Education Minnesota booth at the State Fair for one day. Once we know the date we are assigned, we will send out an email to ask for volunteers to work. Please consider taking a shift. We would like the Teacher of the year to take one of the times, first or last shift normally is best so they can set up their display or take it down. Also if any one knows where the "wheel" is that was used many years back, they are asking us to have something engaging for interacting with the state fair participants.

June 19: Minnesota Women's Consortium and the Office on the Economic Status of Women are again co-sponsoring a **legislative wrap-up session**: Gender Equity Style from 5:30 to 7:30 pm in Room 5 of the State Office Building. This is open to all. If you would like more information, contact **Julene Swenson**

jswen@iphouse.com