

The MAFCS E-Newsletter

December 2018

Minnesota Association of Family and Consumer Sciences



NOURISHING
FCS SUSTAINABILITY



2019 MAFCS Symposium February 4th-5th, 2019

We are trying something new this year and are inviting you to join us for two days of action packed experiences that will enhance your professional growth while rewarding you with PDU's and CEUs. Instead of a two-day conference, we are replacing it with a one-day "Nourishing FCS Sustainability" Symposium. It's scheduled for Tuesday, February 5, 2019, at the Minnesota Department of Education complex. The one-day event is overflowing with learning opportunities and powerful, thought provoking presenters.

An Educational Excursion is being planned for the preconference day. It's scheduled for 9:00am - 4:30pm on Monday, February 4.

Reserve the days (February 4 & 5) on your calendar now, as you will not be disappointed in excursion stops and our Nourishing FCS Sustainability Symposium.

Soon you will receive detailed information about our
February Educational Excursion and
Nourishing FCS Sustainability Symposium.

Committee members are Deb Larson, Max Peterson, Jill Conlon, Marlys Eikmeier, Stephanie Love, Gerry Luepke, Janel Simmons, Julene Swenson, and Shawna Wilson.

Registration fee includes light breakfast and lunch.

CEU's will be available.

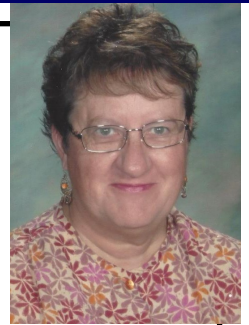
Registration form is on Page 5.

INSIDE THIS ISSUE

President's message	2
Editor's message	3
Journey in MAFCS	4
Symposium registration	5
Awards	6
Awards	7
Dine In Day	8
Gift of Membership.....	8
MAFCS Outreach.....	9
Sauk Rapids Student.....	10

President's Message

by Debbie Larson



Mindfulness! This is a term that we are hearing quite often these days.

One definition is: *Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.*

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

In a recent conversation I had with two of our colleagues Kelly Bast and Lois Lewis, I realized that we all need to be mindful of how we address parents, students, administrators and the public on what we teach. Kelly teaches an 8th grade required FCS class and was teaching a unit on clothing/sewing. A parent confronted her and said this was not a class her son should have to take. Her response took a whole different approach and was received with caution by the parent. She took the approach that this was probably the first time her son has actually learned how to use a piece of equipment that required safety procedures as well as operating a machine to make a finished product. In fact Kelly said "a sewing machine sounds like a car engine and most kids are very excited when learning to use it."

They are using technology, as well as safety procedures that would be required when operating equipment in a place of employment. With STEM/STEAM being such a focus as well as career exploration and skills for jobs this was an excellent way to approach the parent.

Being mindful of how we respond and showcase our profession will definitely give us the value and validity we need and deserve when teaching our family and consumer sciences subject matter.



On another note

I want to wish everyone a very Merry Christmas and Happy New Year.



Symposium registration
due 1/22/19!

Editor's Message by
Mary Levinski

Reclaiming Our Calling; The
New Book from
Brad Gustafson



I heard this quote the other day (author unknown):
What you don't know is more than what you know.

It was a reminder of the importance of growing and developing as learners, but also having humility on the journey. Those two reminders for me were evident in Brad Gustafson's new book from "**Reclaiming Our Calling: Hold onto Your Heart, Mind and Hope of Education**"

The way Brad weaves in stories of *why* we teach with amazing examples of his growth while sharing the stories of learners at all levels that have inspired him, was a powerful reminder that if we only teach students the curriculum, we have failed them.

This book provides hope, and strategy, on how we can honor our students while still doing the requirements of the job. Brad reminds us that teaching the *whole learner* doesn't mean we ignore academic needs, but it is about going beyond:

"Teaching and leading from the high ground ensures we see value in tested and untested things, such as social-emotional learning, creativity, exercise, and movement in our schools. Teaching the whole learner involves clear content standards and a clear path to student passions.

Teaching the whole learner doesn't mean we disregard academic achievement; it just means we refuse to disregard everything else important.

Brad shares his "Big 3" items that he wants to impart upon his school community along with actionable ways to make them happen:

Scholarship applications are due 1/4/19!

BIG 3	ACTION IDEAS
EVERY PERSON A PASSIONATE READER	CREATE MONTHLY BOOKTALK VIDEOS TO SHARE MY PASSION FOR READING EMPOWER STUDENTS TO CREATE A PODCAST OR YOUTUBE CHANNEL SHARING BOOKS THEY'RE READING
EVERY LEARNER AN INNOVATOR	RESERVE A LINE ITEM IN OUR SCHOOL'S BUDGET TO SUPPORT INNOVATION; CONNECT DOLLARS TO STUDENT IDEAS
EACH LEARNER'S TALENTS UNLEASHED	PAIR A MENTOR WITH STUDENTS TO NURTURE THEIR PASSIONS AND UNEARTH HIDDEN TALENTS. (START SMALL WITH ONE OR TWO STUDENTS, AND GROW THE EFFORT OVER TIME) BE MORE INTENTIONAL ABOUT TAPPING INTO STUDENTS' TALENTS IN EVERY ASPECT OF SCHOOL, INCLUDING ASSEMBLIES, OFFICE COMMUNICATIONS, AND P.D.
HOW MIGHT YOU EMBED YOUR BIG 3 INTO WORK YOU'RE ALREADY DOING?	

He inspires others to figure out their way and create actionable ways to achieve them.

What I love about this book is the way it is brought together. Stories and actionable ideas are woven throughout the book which makes it feel like part novel and part motivational guide. Brad's focus on relationships and their importance are highlighted throughout:

"The most gifted educators connect in a manner that's meaningful to **the other person.**"

As I read this, it reminded me of what drives me as an educator, and I know it will do the same for those who have the chance to read it.

My Journey in MAFCS by Cherry Cramer

My first year as student MHEA member (Minnesota Home Economics) was in 1981 at Concordia College. I became a member at the encouragement of the Home Economics teachers, Winnie Sandal and Margaret Tabbut. As a student member, I had great fun traveling to Mankato State University for my first Student MHEA Conference.

During my first years of teaching at Breckenridge, MN I participated in regional home economics meetings at NDSU in Fargo, ND. After moving to Truman, MN I became involved in the MHEA meeting at the University of Minnesota- St Paul campus. Over the years, MHEA evolved into MAFCS (Minnesota Association of Family and Consumer Sciences) and the officers from ten MHEA have served as my mentors encouraging my continued involvement in MAFCS. After moving to Eagan, MN I continued to belong to MAFCS for professional growth and the excitement of networking with other FACS professionals who have become long-time professional friends. One of my most honored moments was to represent Minnesota as the 1998 MHEA Teacher of the Year at AHEA (American Home Economics Association) at the AHEA Annual Conference in Atlanta, GA. That was the beginning of attending the Annual Conferences which not only provided professional development, but have given me an opportunity to travel throughout the United States.

Over the years of membership in MAFCS, I have served in many leadership roles including Networking Chairperson, Recording Secretary, Vice President of Education, President and currently am serving as Treasurer. I have developed leadership skills that have given me the opportunity to serve as MAFCS President, represented FACS teachers and family and consumer sciences while meeting with political leaders of Minnesota and have served in leadership roles in my school district, teachers union and faith life. As treasurer, I have developed computer skills in Excel and QuickBooks. I have gained skills in small non-profit bookkeeping operations. I feel confident enough in my skills, that I could see an opportunity in bookkeeping after retiring from teaching when I get to that point in my life.

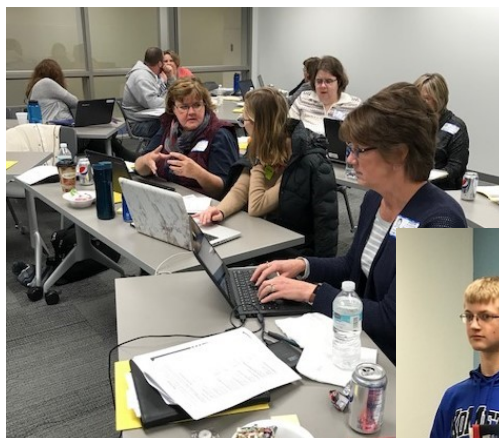
I recommend that all FACS teachers not only become a member of AAFCS-MAFCS (American Association of Family and Consumer Sciences and Minnesota Association of Family and Consumer Sciences) but become involved as an officer. Being an officer of the organization will impact your professional growth and development in innumerable ways and you will develop multi generational friendships that will carry you through your professional life!

Geographic Community 4

Greetings from Geographic Community 4! On Friday Oct. 12, SE MN FCS teachers gathered from 9 AM - 2 PM at Kasson-Mantorville High School, for a work day to implement Phase III of our Frameworks. Attached some pictures. The students pictured are from Kasson-Mantorville and are State FCCLA officers who came to speak to us during our day.

SE MN FCS has scheduled our Spring Social Gathering for Thursday, April 4. Location and time - after school - TBD.

It is our hope to continue to have a Fall working meeting during the day and a Spring social gathering, after school, in order to keep us united, informed and excited about FCS here in SE MN.





2019 MAFCS Symposium

Fill out fields below and mail to:

Marlys Eikmeier, MAFCS Secretary, 24992 Halfman Road, St. Cloud MN 56301

Payments should be made payable to: MAFCS

CONFERENCE OPTIONS

\$80.00	Pre-Symposium Educational Excursion (Monday, February 4, 2019)		
\$ _____	Symposium "Nourishing FCS Sustainability" (Tuesday, February 5, 2019)		
	\$110/Members	\$135/NonMembers	\$55/Students Before 1/22/19
After 1/23/19	\$135/Members	\$160/NonMembers	\$80/Students

\$ _____ TOTAL PAYMENT FOR SYMPOSIUM

Participant Information

Each attendee must complete a separate registration form. Multiple registrations may be paid in a single payment.

Name: _____ Address: _____
City, State, Zip _____ Phone: _____
School or Business Name: _____ Address: _____
City, State, Zip code: _____ School or Business Phone: _____
School or Business Email: _____

Questions: Please contact Marlys Eikmeier at 320-493-5468 or Email: marlys.eikmeier@gmail.com

Note: *If not registering online, please include your payment with registration information.*

Cancellation and refund policy: *A 50% refund will be issued for cancellations prior to January 22nd, 2019 and will be charged a \$25 processing fee. No refunds will be issued after January 22nd, 2019.*

2018-2019 MAFCS SCHOLARSHIP FOR SPECIALIZATION IN FAMILY AND CONSUMER SCIENCES PROGRAMS

The Minnesota Association of Family and Consumer Sciences (MAFCS) specialization scholarship awards. The scholarships will be awarded at the 2019 MAFCS Conference and Meeting.

Purposes:

- To recognize scholastic ability, leadership and professional experience
- To encourage students to continue their study in the field
- To provide financial assistance

MAFCS-EDUCATION COMMUNITY BEST PRACTICE GRANTS

What is a MAFCS-EDUCATION Best Practice Grant?

The MAFCS-Education Community has funds to award to FACS teachers for use in their classroom to support best practice projects that engage and motivate students and/or improve student learning.

Who can apply for a MAFCS-EDUCATION Best Practice Grant?

Best Practice Grants are for use by MAFCS members in education/teaching

Application forms are available on line at www.mnafcs.com

Application deadline is January 4, 2019

Questions? Contact Karen Smith 2328 Eastwood Circle Monticello, MN 55362

E-mail Karen Smith at karenhealthyoilseeds@gmail.com MAFCS Awards & Recognition Committee

As a Family and Consumer Sciences teacher we can be proud of so many of our colleagues as we had 4 Family and Consumer Sciences teachers receive awards this fall from other Professional organizations. Debbie Larson, President

ACTE VISION TEACHER of the Year Finalist

Lori Brumbaugh goes on to represent Minnesota Association for Career and Technical (MnACTE), and Region III as Teacher of the Year at the national level for Career and Technical Education. She was honored at the "VISION" conference held in San Antonio Texas at the end of November. Although she didn't receive the National Award, she was a finalist and represented our FCS profession well. She has been instrumental in developing and working on career pathways for children, child development, and education. I have had the pleasure of working with Lori as a colleague in Anoka-Hennepin for 20 some years and also working with her as a professional in MAFCS, MnACTE, and many other adventures. She is such a hard worker and good friend and never "gives up" when it comes to Family and Consumer Sciences. Lori is a credit to our profession and I value her enthusiasm as a teacher, mentor, and friend.

Congratulations Lori!



Lori Brumbaugh & her daughter
Katie Lechleither

Outstanding Educator Award

From Minnesota Association for Career and Technical Administrators (MACTA)



Lori Brumbaugh, Max Peterson,
Debbie Larson & Stephanie Ebert

**Best Practice Grant
Applications due
1/4/19!**

Stephanie Ebert was honored at the CTE Awards banquet in October. She received the award for creating an education pathway at Wayzata High School. In light of the teacher shortage, Stephanie thought it was imperative to give high school students opportunities for experiences in education to see if it was a good fit for them prior to their postsecondary education. Over the last three years, she has partnered with Normandale Community College to offer three concurrent enrollment courses in education. Students take Introduction to Education which is an introduction to the field and then students complete their field experience hours. Students have the opportunity to work with elementary students at all of the elementary schools in our district or work with students with special needs at the high school in a team taught class between Family and Consumer Sciences and Art. Students in both field experience classes first observe the instructor and work with the students and by the end of the course the high school students turn into the teachers to practice their skills. Stephanie is one of 8 Family and Consumer Sciences teachers at Wayzata High School. Wayzata offers a variety of courses and career pathways. Their courses fit into three career pathways, which include Education and Human Services, Visual and Culinary Arts, and Personal Skills Development. **Congratulations** to Stephanie for her outstanding dedication and work that give validity to our Family and Consumer Sciences.

I recently attended the Minnesota Rural Education Association (MREA) where we had two FCS members honored for their exceptional programs and teaching skills. Aitkin High School received an Award of Excellence for their Culinary Arts program which was started and is taught by **Kelly Bast**. She has been instrumental in building this program in the Central Lakes area. Wondering what an advisory committee can do for you? **See Kelly's story below:**

When I started in Aitkin 4 years ago, I had a vision to bring ProStart to an already successful culinary program. It seemed like the logical step to bring it up to date and to be relevant to the needs in our community and area, but I didn't know how I was going to do it. That same year I was contacted by Ruttgers Bay Lake Lodge and asked if I wanted to join an area initiative to bring ProStart to 5 area high schools. I said YES! I attended the initial meetings along with my principal. It was truly a collaborative effort.

We met many times and collaborated over how to make it happen. The Brainerd Chamber of Commerce procured a \$60,000 grant for us to purchase equipment and to send the teachers from these high schools to the week-long ProStart Training in Madison, WI. The high schools included are Aitkin, Brainerd, Pillager, Pequot Lakes and Staples-Motley. We continue to meet through the next year and work towards meeting the needs of our area. The support from the resort owners, area restaurants, Bridges Career and Workplace Connections, and Central Lakes College has been fantastic. Each high school is partnered with a resort. Aitkin is partnered with Ruttgers Bay Lake Lodge. We tour there once a year, the chefs come in and work with our students, their other staff has come in and trained our students in customer service, how to take orders, communication between the front-of-the-house and the back-of-the-house, etc. It has been awesome.

Chris Ruttger and Paula Soderberg (from Ruttgers Lodge) are on my advisory board along with other restaurant and small business owners and a school board member. They have been very supportive in this process. Even though Aitkin has had some spending cuts, the culinary program was not on the hit list. The community loves the program; we serve a lot of seniors and the downtown business community.

Crosby-Ironton has just been added to the list of ProStart schools. I think they will be starting the program next fall.

If you would like to read more about this program, click on the link to an article in IQ magazine that summarizes the work and efforts that have been done in the Brainerd Lakes Area

<https://www.ifound.org/initiative-quarterly/tackling-trifecta/cooking-opportunities/>

Lois Lewis of the Indus School district received an Award of Excellence for her innovative teaching practices in her classroom. Lois is a one person department and teaches Career Investigations, Child Development and Parenting, Single Survival, Consumer Education, Pro-Start I & II, FACS 8, World of Work, FACS 7, and Fashion and Interior Design. She was given an award for her creativity and getting kids involved in FCS programs that are real life lessons. One of her challenges is exposing students to things that they normally don't get to experiences because of where they live and the distance involved in being able to provide them to new experiences. She is very active in Pro-Start competitions and exposing kids to challenges. Just take a look at her web page and you can feel the passion and expertise that she brings to our profession. Lois was also our National Family and Consumer Sciences Teacher of the Year in 2012 and received an award in 2014 from ProStart as ProStart's Minnesota Educator of Excellence. If you want to know more about Lois's program you can go to the following website:

<https://sites.google.com/a/indus.k12.mn.us/indus/>



Kelly Bast & Lois Lewis

If you are looking for a great panel of classroom speakers, contact Bellis (Formerly Adoption Option).
Lori Brumbaugh Champlin Park HS

BELLIS CLASSROOM PRESENTATIONS

For the past 15 years, Bellis has provided no-cost classroom presentations to high schools. This program continues to grow in demand, and we now have more than 100 trained volunteers who visit classrooms in teams, together with a professional facilitator. What can you expect from our speakers? Engaging, honest, real stories about how adoption has touched their lives – from many perspectives. Our organization has no political or religious affiliations.

Bellis typically speaks with high school students, in both public and private schools. However, we occasionally speak with middle school students, as well. While adoption can be relevant to many different courses, educators are most apt to use Bellis presentations for child & human development, sociology, health, child psychology, and teen survival. One of the best indicators of success is that 100% of teachers who use Bellis say they'll invite our teams back again for their next class. To schedule a speaker contact us at

P.O. Box 75 Elk River, MN 55330
952.944.0866 nfo@mybellis.org

Dine In Day

Students and staff at Albany Middle and High School participated in Dine In day. The district wellness committee promoted it to the staff, students, and the public through their newsletter and the district Facebook page. Lori Young promoted it to all her students in Foods classes.



Give the Gift of Membership—by Gerri Luepke

It's an engaging time of year. It's the most generous time of the year. It's the season for giving. Who's on your list? Are you looking for a gift for a loved one? Your best friend? Coworker? Would these individuals appreciate a membership to AAFCS & MAFCS? Perhaps just MAFCS! Yes, it is permissible to just join MAFCS! We appreciate and love our state only members.

AAFCS's new branding is WOW! It definitely caught my eye. Hop on their website www.aafcs.org and learn more.

I am very proud to be a member of AAFCS! Being part of a group that has a field of study focusing on the science and art of living well in our complex world. It's what I desire and so me!
Join in my quest to increase our membership roster. Give a membership. Convince a friend or coworker to join. Membership provides professional contacts, being with like-minded professionals, opportunity to attend unique & stimulating programs, and opportunities to earn PDUs and CEUs. There is great value belonging to AAFCS & MAFCS. Are you building your resume/bio? AAFCS/MAFCS membership will definitely add depth to these documents. Spread the word encouraging others to join AAFCS & MAFCS. Applications for both organizations are found at mnaafcs.com. When joining AAFCS you automatically become a member of MAFCS. If ever you have membership questions contact either or Marlys Eikmeier marlys.eikmeier@gmail.com or myself gluepke@icloud.com

Membership forms can be found at mnaafcs.com or aafcs.org

MAFCS OUTREACH 2018-19



Geographic Communities
Public Policy and Resolutions
Affiliations/Cooperative Relations
Public Relations/ Marketing

MN FARM TO SCHOOL Is Good for Farmers, Good for Kids, and Good for the Local Economy

MN is one of only 12 states without a statewide policy; it is a priority for 2019 MN Legislature.

Farm to School is a coalition of farm, health, education, business and local advocates dedicated to establishing statewide Farm to School policy, which develops new markets for MN farmers by providing more fruits, vegetables, meat, grain and dairy for MN school children.

Less than 15% of MN 9th graders report eating the recommended servings of fruits and vegetables each day. 83% of local foods served were vegetables.

The proposed state policy would protect current farm-to-school funding while also pursuing increased reimbursements for child nutrition programs when Minnesota-grown foods are purchased, new positions at U of M Extension to support farmers, and a farm-to-school position at MDA.

Investing \$1.00 in Farm to School generates an additional \$2.16 of local economic activity. The lack of coordination and support means our state is missing out on key economic development opportunities, education and health. Learn more at FarmToSchoolMN.org

Minnesotans for Healthy Kids Coalition approved their 2019 state policy agenda to include Farm to School, Good Food Access, SHIP, Water Safety and Breakfast-after-the-Bell at 11.29.2018 meeting. For more information on these policies contact Julene Swenson at jswen@iphouse.com

Minnesota Watershed Districts IMPACT MAFCS Geographic Communities

Every Geographic Community has at least one watershed located within its boundaries. This organization deals with water quality and can provide resources for curriculum in Culinary Foods, Day Care situations, and others. If you need information, please contact Sue Kuseske at skuseske@gmail.com or your local watershed district.

Drinking Water is the world's most important resource. Yet it is one that is largely taken for granted. It's in everyone's interests to increase awareness of drinking water. This includes an understanding that safe drinking water does not happen by accident; that it is the result of the efforts of dedicated professionals in the drinking water industry; and that we must all remain vigilant if we are to continue to have an adequate supply of water that is safe to drink.

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



Sauk Rapids-Rice Culinary Students Get Involved

The SRRHS culinary students have been busy doing many things with their skills. In October, they were invited to help host a "Taste of the NFL Fundraiser for MN" in Minneapolis. They worked with the chefs and even were invited to be part of the program. The students met Sue Zelickson; Chef Andrew Zimmer, and some former MN Vikings players including Bob Lurksema who asked us for a picture. What a great evening for the students.



Students Participate in Bake for Good Program for Central MN Catholic Charities Food Shelf

Students spent several days learning the science of baking bread through the King Arthur Bake for Good Program. Students of the SRRHS culinary program made 90 loaves of bread to be donated to the local food shelf that serves many SRRHS families. The students enjoyed the experience and plan to broaden the scope of the program next year to include more students and provide more service to the community.

