



The MAFCS E-Newsletter January 2018

Minnesota Association of Family and Consumer Sciences

Levinski named ACF Educator of the Year!



ACF Educator of the Year award pays tribute to an active culinary educator whose knowledge, skills and expertise have enhanced the image of the professional chef, and who, by example, has given leadership, guidance and direction to students seeking a career in the culinary profession. This person demonstrates the ability to help students define and develop their careers by using their skills and abilities to provide a strong foundation for their future success.



Chef Chris Dwyer, President of the Minneapolis chapter of the ACF presents Mary with the award at the banquet January 21, 2018

Lori Brumbaugh named MnACTE Teacher of the Year

Lori Brumbaugh has been selected as the 2018 MnACTE Teacher of the Year. She is a finalist in Region 3 and will hopefully be competing in the national competition next year!

Congratulations!



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A note from our president,
Lois Lewis

The beginning of the year seems to bring about countless encouragements to “make resolutions” to improve one’s behavior in some way. However, I recently saw a statement in a popular magazine that I liked better than the thought of behavior modification: “What gift of adventure did you give yourself this year?” I started thinking about the adventures of the past year and what I would like to experience in 2018--some travel, a concert, a rodeo, visiting with friends I haven’t seen for awhile, maybe ziplining? Exhilarating thoughts. I also realized that a lot of my adventures last year involved professional travel and connections with colleagues, such as at our summer MAFCS officer retreat at Rainy Lake.

Which leads me to my next thought. I received a holiday e-mail from the AAFCS President, Jacqueline Holland containing the question, “What will you do [this year] to support yourself professionally?”

Have you thought about this question? Evaluating our professional goals and experience each year is important in determining our priorities and what kind of support we will need. Our profession offers many possibilities for professional support, such as the MAFCS annual conference and officer leadership opportunities, FACS to the MAX in Mankato, geographic community events, AAFCS annual conference, CTE Works! and many other experiences related to specific subject matter areas, such as the ProStart Summer Institute.

It is my hope that you will give yourself the gift of adventure this year, and that some of your adventures will include supporting yourself professionally and making connections with colleagues.

Will I see you at the MAFCS state conference in Rochester? Let’s get this year off to a good start!

Happy New Year!



Editor’s Note: Mary Levinski

Are You Committed to Your Professional Organization?

What does it mean to be a member of MAFCS? What kind of commitment are you making to the success of the organization?

WHY DO WE NEED COMMITMENT?

Commitment is the backbone of a group or organization. It is what gives a group its strength.

Here are several reasons it is important:

The more committed people there are, the more effective they are in influencing others. If a whole group acts with determination and commitment, great numbers of people will really pay attention.

- People who are committed are the ones who don't take discouragement seriously -- they don't give up. They hold out for the rewards of success.
- People cooperate at a higher level when they share commitment. Commitment fosters camaraderie, trust, and caring -- the stuff a group needs to keep it going for the long run.

If people are committed to an effort for a period of time, they will learn what they need to know to be more effective.

Support one another's leadership, have fun and play together, overcome obstacles, hold each other to high principles, AND appreciate and respect one another

Commitment grows when people: work together, feel successful at what they do, make decisions together, work through conflicts, take the next step, build relationships, experience victory, learn from mistakes, and see their leaders model commitment.

HOW CAN WE SUSTAIN COMMITMENT?

First, let's think about why people become involved in and committed to a group or organization. Start with yourself: Why are you are committed to your project or organization?

What is most important to you?

The goals of your group?
Your vision of what is possible?
The people with whom you work?
The length of time you've invested in this group?
Your role in your group or organization?
What you've learned in this group?
The satisfaction you get from doing significant work?
Other reasons?

People commit to a group or organization because they gain something important from their involvement. We invite them to become involved, not only asking for their help, but offering them an opportunity to:

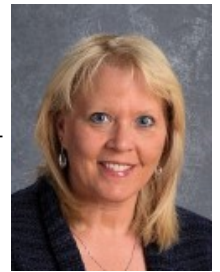
Work on an issue that is important to them
Benefit the community
Meet and spend time with like-minded people
Expand their skills
Be a part of a team
Learn how to lead
Rise to a challenge
Meet high standards
Accomplish something significant

When we invite people to be committed to our organization, we are not imposing on them; we are offering them something of value.

Commitment is contagious.

In the words of John Gardner, "Commitment requires hard work in the heat of the day; it requires faithful exertion in behalf of chosen purposes and the enhancement of chosen values."

Are you willing to step up and become involved in MAFCS? We are your professional organization and we need you to become active members in the accomplishment of our mission. **Make this your New Year's resolution to be more involved in MAFCS. Join us, will you?**



Notes from Wendy Amborse, Executive Director of FCCLA

FACS teacher honored in National search in an inspirational video challenge.

Morris Morrison, a motivational speaker from Greensboro North Carolina put out a challenge on his facebook. He had been a speaker for MN FCCLA and has many national followers. He said he was making this challenge to honor educators because he said "When you realize that your opportunities were made possible because of someone else!" [#GreatEducators#Edchat](#)

He asked; "Who changed your life?" - Tell that story in 60 seconds or less.... Kelly Leibold did this video post about her FACS teacher Margie Berg. Morris Morrison wanted to honor amazing educators who change lives!. He promised to give away an amazing prize to an educator who changed a life. As a professional keynote speaker, he wanted to give back by giving \$1000 to the educator nominated who he selected in the national search. Morris claims that educators saved his life! Kelly Leibold, MN FCCLA alumni State Officer posted her video talking about her FACS teacher Margie Berg, from Pine Island HS. Morris chose that video and ended up flying to Minnesota to deliver the prize.

<https://www.facebook.com/kelly.sue.leibold/videos/10203908860638461/>

He delivered his \$1000 to Margie Berg from Pine Island High School, a FACS teacher and FCCLA adviser. Kelly Leibold nominated her as a person who changed her life. Kelly, a very creative person, was a MN FCCLA State VP of Public Relations who at 19 years old became her city Chamber of Commerce Director and then discovered she had brain tumor. She now has had surgery and treatments and is now back to work. A FACS teacher became the recipient of this honor for Kelly's video. He flew into Minnesota and Pine Island High School, and delivered it at a school assembly. We thank Morris Morrison from West Virginia for honoring educators.

FCCLA State Conference

April 19-21, 2018 is the annual State FCCLA Conference with the theme "To Leadership and Beyond". It will be over 1100 people including students from throughout Minnesota doing STAR Event competitions, hearing leadership speakers, presenting service-learning projects and showing us what they have learned in FCCLA this year. MN FCCLA will have Kyle Scheele, Rhett Laubauch, Evelyn Vonn Banks, and other speakers to challenge youth to use their experiences for further career exploration. The State Officer team from Fulda, Kasson-Mantorville, New Ulm, Badger, Spring Lake Park and Russell-Tyler Ruthton will plan and lead the conference. Over 50 STAR Event categories and 10 Skill Events will be available competitions to students.

National FCCLA Conference

The National FCCLA Conference will be held in Atlanta, GA immediately following the AAFCS conference June 28—July 2. We invite MAFCS members to stay over an extra day and help evaluate a national STAR Event category. The Conference is usually about 8000 youth and advisers from throughout the nation.

MN FCCLA rises to excellence in service-learning

Youth Service America notified MN FCCLA that they are a Lead State Agency for Global Youth Service Day in April 2018. This distinction is a competitive grant to become a campaign leader for promoting youth to do service in April. This is MN FCCLA's 18th year as a Lead State Agency. We will use Lead2 Feed and We Walk 4 Water as global issues to combat food insecurity and clean water with many service efforts throughout Minnesota and at the State Conference. FCCLA is also working with WE Day national staff to develop some methods FACS classes, FCCLA and Advisers can utilize the WE Day momentum with FCCLA programs.

SRRHS culinary to participate in the Taste of the NFL

By: Anna Saldana, Sauk Rapids Herald

SAUK RAPIDS – Eighteen Sauk Rapids-Rice High School culinary students are getting a once-in-a-lifetime opportunity Feb. 2-3 – cooking with famous chefs and being around famous celebrities at the Taste of the NFL event.

The Taste of the NFL is a charity event that takes place on Super Bowl Eve at the St. Paul RiverCentre. The event is in Minnesota in conjunction with Super Bowl LII.

“I knew the Super Bowl was coming to Minnesota, but I didn’t think we’d have anything to do with it,” said advisor Mary Levinski. “It’s such an exciting thing to be a part of and truly a once-in-a-lifetime experience for the kids.”

During the event, students will be working alongside famous chefs to create food for the event. The Taste of the NFL event is an event attended by famous celebrities, NFL football players and business elite throughout the country and raises money to fight hunger. Each year, proceeds are donated to Feeding America affiliated food banks in each of the 32 NFL team cities, as well as other select hunger relief organizations.

“I’m just so excited,” Levinski said. “We are the only school in the area selected to participate and our school has the largest representation from any school in the state with 18 kids.”

Celebrity chefs in attendance at the event will include Bobby Flay, who is one of the founding chefs of the Taste of the NFL event, Jeff Bridges, Ted Allen, Adam Richman, Buddy Valastro, Andrew Zimmeran and Alex Guarnaschelli. Football players such as Randall McDaniel, Matt Stafford and Andre Reed will be at the event as well.



The Sauk Rapids Herald caught up with two students who will be working at the event to hear about their excitement.

“I’m most looking forward to meeting the NFL players and chefs,” said Jerad Schlichting. “I hope to meet anyone and everyone because everyone who is going to be there will have experience in either the culinary industry or the NFL. It’s indescribable knowing I was selected to cook among famous chefs. It’s crazy to think I’m getting this opportunity – to be among these people and gain culinary skills that I can hopefully use when I’m older.”

Braden Tretter shares a similar excitement.

“Just seeing all the famous athletes and chefs and being around their presence will be incredible,” Tretter said. “I hope to just meet and talk to anyone with experience in the NFL and ask questions of what they did differently than everyone else. It’s an unbelievable honor to be selected to go to such an event. I hope to pick up anything from athletes or chefs that I can go home and perform differently to better myself.”

Six of the SRR students will travel to St. Paul the day prior to the event to help the chefs with cooking the food. Each of the chefs – including the chef from each of the NFL teams – will be required to produce 3,000 plates for the event. The SRR students will assist in that process.

On the day of the event, all 18 students will be in St. Paul to help with preparing any remaining plates and serving food to those in attendance. Each student will receive a Taste of the NFL jacket embroidered with their name and school to work at the event, but then the students get to keep the jackets as a souvenir of their experience.

“It’s pretty cool that they get that kind of keepsake,” Levinski said. “I’m sure many of them will be bringing a Sharpie so they can have people sign their jackets. I’m excited that kids from our school get to have this kind of experience.”

Levinski said the students are excited for the experience, but also hopes they get a lot more out of it than just being in the same room as famous athletes and chefs.

“I hope they realize that this is going to be a lot of hard work,” Levinski said. “But knowing the purpose and working with people of familiarity in the industry will be a rewarding experience. Even if these students don’t go into the culinary industry, it will be a great resume-builder when people see they were part of this event. It is truly a once-in-a-lifetime experience so I hope these students get the most they can out of it.”

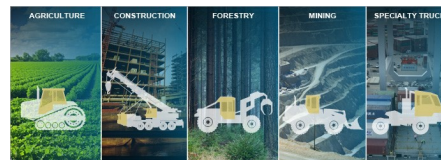
2018 MAFCS Annual Conference Excursion is going to be phenomenal!

We'll cruise about town in a comfy motor coach driven by a professional driver.

Excursion will depart from the Kahler Grand Hotel at 9:15 am and return to the same hotel at approximately 4:15pm. Specific excursion details will be emailed to all registrants. When boarding the motor coach participants will be given a swag bag. PDUs and CEUs will be awarded to excursion participants.

You will not be disappointed with our expert session, lunch and tour at the Mayo Dan Abraham Clinic Healthy Living Center. Lots to see learn and experience. The Participation Kitchen is extra special. See ideas for your new or re-modeled FACS classroom. <https://healthyliving.mayoclinic.org/>

Crenlo - Manufacturer of Cab and Enclosure Products is another excursion stop. Crenlo is a leading manufacturer of cab and enclosure products designed to protect people and electronics. <https://www.crenlo.com/> To participate in this excursion stop, plan to wear closed toe shoes.



Gallery manager, Jessica Markley will be our hostess & Cambria expert at the Cambria® Gallery. <https://www.cambriausa.com/>



Day will conclude with a wine tasting and learning at Tessa's Office, a wine boutique. <http://tessasofficemn.com>. Tessa Leung delights in bringing unusual small-lot products you won't find anywhere else to her store. You'll also have the opportunity to visit Grand Rounds Brewing Company. <https://grandroundsbrewing.com>.

Excursion spots are filling quickly. Register today if you plan to participate.

Tessa's

If you have questions about the excursion, please contact Marlys Eikmeier at marlys.eikmeier@gmail.com or Gerry Luepke at gluepke@icloud.com

Here's your MAFCS Board working together on a Saturday morning in January at Sauk Rapids-Rice High School. We really enjoy getting together and working hard for all of our members and the betterment of our profession! It is amazing what we can all accomplish when we put our heads together. Please consider joining us!

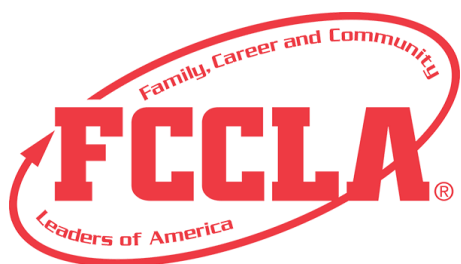
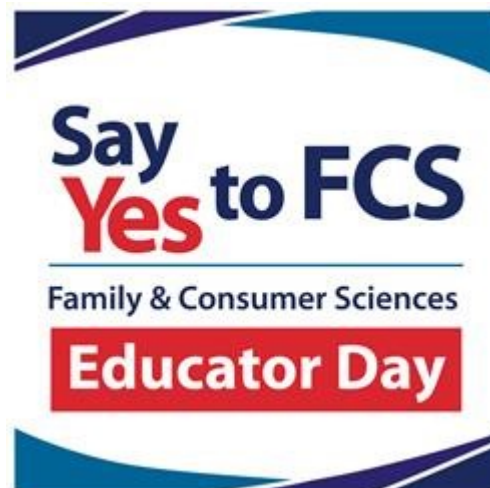


Row 1: Julie Mundahl, Melissa Findlay-Lampkin, Amanda Herman, Sue Scherr, Marlys Eikmeier, Lori Brumbaugh. Row 2: Cherry Cramer, Wendy Ambrose, Max Peterson, Katie Brumbaugh, Sue Boehland, Lois Lewis and Mary Levinski

Family & Consumer Sciences Educator Day

Feb 13, 2018

Following the theme, “Making a Difference Through Family and Consumer Sciences,” the celebration showcases the value and importance of family and consumer sciences education and its educators. “National Family & Consumer Sciences Educator Day is one way to pay tribute to the positive impact that family and consumer sciences educators have on individuals, families, and communities every day, while encouraging individuals to pursue a career in FCS education.” In secondary education alone, more than 27,000 family and consumer sciences educators are teaching more than 3 million students personal development and career preparation skills in critical areas, such as nutrition and wellness, healthy food preparation, child and family development, environmental design, consumer decision making, and personal finance. This year’s events takes place during FCCLA Week.



2018 FCCLA Week February 12 – 16, 2018

Monday, February 12

FCCLA Promo Day –

Tuesday, February 13

**Careers in Action –
FCS Educator Day is February 13th.**

WEDNESDAY, FEBRUARY 14

Say Thanks

Thursday, February 15

Make an Impact –

FRIDAY, FEBRUARY 16

Unite in Red

February is also Career and Technical Education Month and the Association of Career and Technical Education would love for you to be part of it! For more information visit, www.acteonline.org.

WHY Now?

There is an established and growing shortage of family and consumer sciences professionals to serve in educator positions in secondary education, higher education, and Extension education. Shortages of family and consumer sciences educators and those enrolled in family and consumer sciences educator preparation programs too often result in program closures. HOW Can I Help? Everyone can help! Whether you are a current or former family and consumer sciences educator or another advocate for family and consumer sciences education, you can make a difference. Here are some ways to get started:

1. Visit www.aafcs.org/SayYes for information and links to items below!
2. Commit to recruiting family and consumer sciences educators using the online commitment form. Your commitment pin will show on our interactive map!
3. Download and use the tools on our campaign page that work best for your recruitment efforts.
4. Get involved in the “Say Yes to FCS” social media campaign each month.
5. Talk with potential family and consumer sciences educators about career opportunities and share the website for resources to guide their career path!
6. Participate in Family & Consumer Sciences Educator Day.



If not me, who? If not now, when?

Participation is the key to a successful democracy. Do your part by attending your precinct caucus on Tuesday, February 6, 2018 at 7 pm. Find your caucus location by going to www.mnvotes.org

Minnesota's political parties run the meetings. Generally, there are four main activities at a caucus:

1. Choose volunteers who will organize political activities in the precinct.
2. Vote for the person you want the party to support for Governor and Lt. Governor.
3. Discuss issues and ideas for the party to support. Resolutions* are presented in written form.
4. Choose delegates who will endorse candidates at future conventions.

Check caucus basics at

<http://www.sos.state.mn.us/elections-voting/how-elections-work/precinct-caucuses/>

*A resolution brings attention to an issue, suggests support for a common concern, and helps sway public opinion. A resolution defines the position of MAFCS or AAFCS on a given issue i.e. data privacy, identity theft.

In 2014 MAFCS members took the resolution "Re-instating Junior High School FCS as a Minnesota Education Requirement" to precinct caucuses. Lists of past resolutions approved by AAFCS and MAFCS can be introduced at precinct caucuses on February 6.

For resolution copies contact **Julene Swenson** jswen@iphouse.com

What have you done? What could you do?

Getting involved with public policy is easy when you collaborate.

Minnesotans for Healthy Kids Coalition is recommending these policies for 2018.

\$School Nutrition: support improving free breakfast reimbursement and provide additional funding for the school lunch program.

\$Healthy Food Financing: support \$10 million/year for the Good Food Access Program for loans, grants and technical assistance through the MN Dept. of Agriculture.

\$Farm to School: support additional reimbursement to schools who purchase from local farmers and to U of M for three extension positions.

Children's Defense Fund-Minnesota has five policy priorities for state-wide legislation in 2018.

*Working Families & Economic Stability: help every child thrive to secure prosperity of MN.

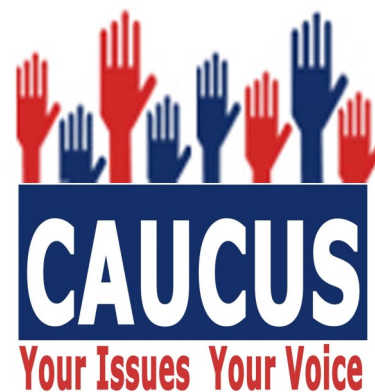
*Early Childhood Development: set the foundation for future learning, behavior and health.

*Child Care: access to affordable, high-quality and reliable child care.

*Juvenile Justice: systemic reform to ensure fair and appropriate treatment.

*Children's Health: access to quality, culturally-competent health care.

For current policy updates contact **Julene Swenson** jswen@iphouse.com



Minnesota Legislature is in session February 20 to May 21

Minnesota Family and Consumer Sciences supports those who are looking to make a future as a Family and Consumer Sciences teacher.

Last year thirteen Family and Consumer Sciences undergraduate and graduate students and New Professionals (NPS) received HUGS (Helping Undergraduate and Graduates Support) funding to come to the annual MAFCS. The students were able to participate in the conference, build their FACS network, and gain perspective on belonging to a professional organization that will provide resources as they enter into the FACS profession. Scholarships were given to students in FACS and FACS related education programs. These funds are used by students to pay for their college education. Once again our professional organization plans to support students who plan to attend the MAFCS Annual Conference in Rochester, MN February 7-9, 2018. We hope to see a turn out as strong as last year.

HUGS, NPS and scholarship support is possible through the generosity of current FACS professionals who believe in the future of FACS students and Family and Consumer Sciences. If you would like to support the future of FACS through our students, complete the HUGS donation form by February 1 and send the form along with a check made out to MAFCS to Cherry Cramer, 3931 Westbury Trail, Eagan, MN or bring them to the MAFCS Conference at the Kahler Hotel in Rochester, MN. Look for Stephanie Love who will be organizing the HUGS and Scholarships donation table. Thank you in advance for your support for students!

Opportunities to Support MAFCS MINNESOTA HUG\$ & NEW PROFESSIONAL SUPPORT

TO SUPPORT AND ENCOURAGE THE MAFCS PREPROFESSIONAL UNDERGRADUATE AND
GRADUATE STUDENT MEMBER AND NEW PROFESSIONALS

PLEASE CONSIDER A CONTRIBUTION TO SPONSOR A STUDENT OR NEW PROFESSIONAL WHO WILL AT-
TEND THE MAFCS AND AAFCS CONFERENCES

The HUG\$ and New Professional Support fund will pay a portion of student or New Professional costs to MAFCS or AAFCS Conferences. The cost of the MAFCS and AAFCS Conferences vary from year to year and is available on the MAFCS or AAFCS website.

A New Professional is defined as an individual in the first three years of an entry level FACS or FACS related membership. Funds will be reimbursed to New Professional applicants based on donations received and requests for reimbursement.

A HUG\$ student is defined as an individual enrolled in a FACS or FACS related post-secondary education program. Student registration for the MAFCS and AAFCS Conferences vary from year to year and can be found on the MAFCS or AAFCS websites. Funds will be reimbursed to student members based on donations received and requests for reimbursement.

How YOU Can Contribute to MAFCS Scholarships!

Family and Consumer Sciences professionals are needed today more than ever. Contribute to the future of your profession. Help promising students pay for escalating educational costs.

MAFCS Scholarship Program:

Recognizes scholastic ability, leadership and professional promise.
Encourages students to continue in their studies.
Provides financial assistance

All financial contributions are tax-deductible.

THANK YOU FOR SUPPORTING THE FUTURE OF MAFCS!

YES! I would like to support:

_____ HUG\$ & New Professional Support \$ _____

(Please use this gift to support the following student or New Professional _____)

_____ MAFCS Scholarship \$ _____

TOTAL \$ _____ (Make checks payable to MAFCS)

Name _____ Email _____

Address _____ City _____ State _____

_____ Zip _____

Please bring with you to the MAFCS Conference or mail by February 1 to:
Cherry Cramer, 3931 Westbury Trail Eagan, MN 55123

ProStart students from Indus are involved in community service!



ProStart students helped culinary students at Hibbing Community/Technical College to prepare a community holiday buffet in December.



Students from Indus school used their culinary training while assisting the Backus Community Center in International Falls with making over 1200 egg rolls for a fundraiser.

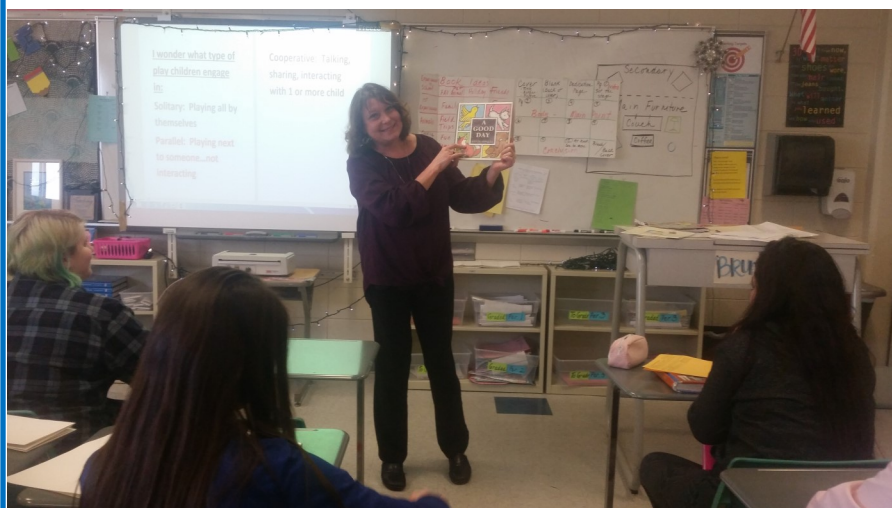
It is a "Good Day" in CTE!!

We have so much to look forward to! As Max always says, "We are CTE first!" Let's all celebrate the great lessons we are teaching and our students are learning by spreading the word in our schools and community during February which is CTE Month.

Ideas to promote CTE Month:

Advocate for CTE - Arrange presentations to school counselors, administration, school board members and local businesses of the awesome CTE Pathways you provide in your school and the value of community partnerships.

Contact media about showcase events in your classroom.



Distribute copies of materials that feature your program to parent groups, school counselors and at parent-teacher conferences.

Invite speakers in to share about various areas of CTE and how their training in middle school and high school made a difference!

Awards of Participation - Provide all students with a certificate who participate in CTE Month.

Create a display or bulletin board of the projects and activities.

Social Media - Post highlights of CTE Month on your schools social media accounts. Consider writing a blog about the great CTE opportunities available.

Lori V. Brumbaugh
MNACTE 2018 Teacher of the Year

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

Dates to remember:

February—CTE Month

February 7-9, 2018—MAFCS Conference –
Rochester, MN

February 9, 2018 —MAFCS Annual Meeting

February 12-16-2018—FCCLA Week

February 13, 2018 —FACS Educator Day

March 16, 2018—Newsletter Deadline

April 13, 2018—FACS to the MAX—
Mankato, MN

April 19-22—21, 2018 —FCCLA Conference –
Bloomington,

May 6, 2018 MAFCS Gala—Medina, MN

June 24-27, 2018 AAFCS Conference— Atlanta, GA



FAMILY & CONSUMER SCIENCES
THE HEARTBEAT FOR YOUR LIFE



Get Your Annual Check-Up With MAFCS
MAFCS Annual Conference
February 7-9, 2018
Rochester, MN



CELEBRATE TODAY,
OWN TOMORROW!

