

The MAFCS E-Newsletter

Minnesota Association of Family and Consumer Sciences

October 2018



Amanda Herman

MAFCS Teacher of the Year

Amanda Herman is no stranger to earning state recognition. But she acknowledges it's a little strange to be in the limelight.

"It's hard to talk about yourself, but on the same hand, it's a real honor to get this award," she said.



Amanda is a Family and Consumer Sciences (FCS) teacher at Northdale Middle School (NMS) in Coon Rapids, and over the summer, was named the 2019 Minnesota Association of Family and Consumer Sciences Teacher of the Year.

"To be nominated was exciting, but to win — it's just amazing," she said. "So many teachers around the state are deserving and go beyond every day for their students just like I try to. So it's really validating. I try to do what's best for kids."

Amanda also received recognition from the Minnesota Association of Family and Consumer Sciences when she earned the group's 2014 Outstanding Professional Award and the 2017 Outstanding Service Award.

NMS Principal Jeff Leach said there probably isn't a more dedicated teacher at the school than Amanda.

"She's just a superstar in so many ways," he said. "She works with kids in a variety of ways before and after school. She organizes our Unity Day, and plays a key role in honoring veterans at our school. And that's on top of her regular teaching duties. She's an all-around great teacher."

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President's Message

by Debbie Larson

We as Family and Consumer Sciences (FCS) Professionals have made so much progress in the past three years, but as we start another year I'm amazed at how much work there is still left to do. As a visionary person I see things we need to do to give our area of FCS strength and lead us to becoming leaders in preparing all members of our society to function in a family unit, as well as educating them for career and college readiness.

Ways to help us accomplish this goal are:

- to build partnerships with business and industry, secondary and post-secondary educational facilities, and professional organizations
- to build capacity in our MAFCS membership

This is the focus of our year. I truly believe if we work on these two things, other issues we have will fall into place.

As many of us are reaching retirement age or have retired, we see many new faces taking over where we left off. We are reminded that nothing stays the same and changes are always on the horizon. Some changes will be good, some we like, some we don't like, some we have seen before, and some will not continue, but there will be hurdles to jump to reach our goals.

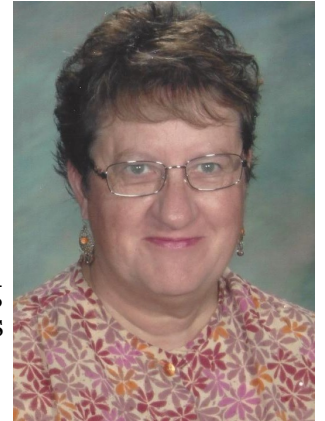
In order for us to go forward, I'm reminded of a story I read in the business section of the Star Tribune written by Harvey Mackey:

"It was a cold winter. A group of hedgehogs, realizing the situation, decided to bunch together to keep warm. However the quills from each hedgehog pierced their next-door neighbors, so they decided to move apart. But then they started to freeze and die alone, so they made the decision to cuddle back together and live with the little piercings caused by the close connection with their companions in order to receive the heat that came from the group. This allowed them to survive. And that, my friends, is the perfect definition of teamwork."

Housekeeping issues that we need to address this year are many with ways of communicating to members, conferences and staff development, and creating ways to make funds to keep our organization afloat. We need teamwork. Andrew Carnegie said, "Teamwork is the ability to work together toward a common vision, and the ability to direct individual accomplishments toward organizational objectives." No team is composed entirely of perfect people. Whether you are a superstar or a benchwarmer, you are an important member of the team. Please consider becoming a member of our team to reach our goals.

As Helen Keller said,

"Alone we can do so little; together we can do so much."



Editor's Note: By Mary Levinski

"Without your involvement you can't succeed.

With your involvement you can't fail." A.P.J Abdul Kalam

As I reflect on the above quote, I realize that the many groups to which I belong have contributed to my success as a teacher but have also given me so much inspiration in which to do my job. The MN Association of Family and Consumer Sciences is the base of my success. Becoming a member of our professional organization is way to give back to your profession but to also get so much in return. By becoming a member of the American Association of Family & Consumer Sciences (AAFCS), you automatically become a member of your state affiliate (Minnesota Association of Family & Consumer Sciences – MAFCS). One membership fee covers **both** your national and state membership!

What Are the Benefits of Belonging to a Professional Organization? Professional organizations abound; there are multiple groups for our field and they exist at the local, state and national level. Belonging to a professional organization has slight drawbacks, including paying membership dues and fulfilling responsibilities such as voting or volunteering when you're already busy with other career responsibilities. But the benefits of belonging to a professional organization far outweigh these small disadvantages.

Professionalism Belonging to a professional organization helps establish legitimacy when you're first starting out in the field; this is especially true for newly hired teachers and those who have changed careers because you're lacking the professional umbrella of a well-known company name or employer. Being a member of a professional organization carries a degree of respectability when applying for jobs or presenting credentials to potential clients.

Networking Another benefit in belonging to a professional organization includes networking. Attending events or functions in a professional organization related to our field will help you get to know colleagues better, interact with companies and build relationships with potential mentors. At events you'll be able to chat about current trends, innovations and upcoming trainings.

Career Opportunities Professional organizations can provide steppingstones into additional career opportunities, especially when linked with networking. You may have access to the organization's database of available jobs, or learn of jobs before they're officially posted by talking with colleagues working for other companies. Assuming responsibilities within the professional organization can add points to your resume, making you more viable as a job candidate.

Grants Professional organizations sometimes offer grants, scholarships or other resources to members. These financial, resource or mentorship awards can help you pay for additional training or pursue preferred projects related to your teaching or career field. Listing your grant award or other recognition on resumes can also enhance your marketability.

Training Professional organizations sometimes sponsor trainings and workshops that can help you develop your career skills. More importantly, volunteering for various responsibilities within the group can provide informal training and experience, plus the opportunity to work closely with respected industry professionals.

Advocacy Some people belong to professional organizations because of a dedication to advocacy within their field. Groups sometimes coalesce around legislation, social causes or scholarships for students wanting to enter the field. Working toward a common goal with professionals in your industry can be a rewarding way to give back.

Socializing **Because professional organizations sometimes** host luncheons, fundraisers or public speaker events, social interaction can be another membership benefit. You can make friends with professionals who share common interests or share engaging conversations with colleagues about your field.

Considerations Belonging to a professional organization can be a rewarding experience, but joining multiple professional organizations can be a financial strain or somewhat stressful in keeping up with news and events. Some people may find they cannot participate in numerous professional organizations; hone your choices to a few groups -- or one group -- that hold special interest or value for your career before committing time and energy.

Not sure – check out the member benefits at www.aafcs.org. I highly recommend reviewing all perks. Not to mention discounts on conferences and your chance to be recognized for all the great things you are doing. Just know that we need and want you to become part of our organization



Hilary Birdsell & Lynsee Mattson

FACS DAY at the MN State Fair on August 23, 2018



Amanda Herman & Lori Brumbaugh

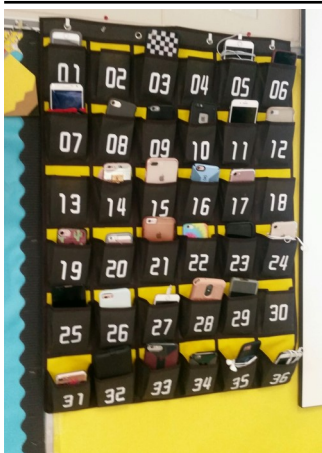
Thank you to the volunteers who battled limited parking and walking through the crowd with all our props. The Minnesota Education booth drew quite a line waiting to spin the wheel. Many people stopped by to spin the wheel and answer questions on topics in Family and Consumer Sciences and earn a FCS pencil. It was unbelievable how many former students of FCS classes visited the booth. There were even young college students that are attending FCS Education programs. We also had a surprise visit by Clo Pease, retired, dedicated FCS teacher! A fun day at the fair!



Lori Young & Leanne Buettner



Kaylee Wiens



Cell Phone Rack Picture:

A great way to help students focus on class lessons, cooperative learning and test taking. I actually numbered the desks so each student has an assigned pocket. I can use this rack for taking attendance, as well. An added feature is to have a charging station available as students are pleased to be able to charge their phones. Lori Brumbaugh, Champlin Park

Teacher of the year (continued)

As an FCS teacher, Amanda educates her seventh and eighth graders in things like financial literacy and managing money, nutrition and wellness, communication, child development, careers, digital citizenship and how to sew.

“It’s not just home-ec anymore,” she joked. “In FCS we teach the skills to be successful in life outside of school — stuff students will use in their everyday life. Former students come back and tell me, ‘I have to say, thanks for the life skills you taught us.’”

Amanda is busy in the classroom, but also outside of it, as Leach alluded to. She’s helped write the district’s FCS curriculum, is active in local Beyond the Yellow Ribbon groups in addition to the work she does at NMS to help honor veterans, and has helped students get their FCS work submitted for awards at the Minnesota State Fair. But her most impactful work might be as the advisor to the NMS FCS Club.

“We have made fleece tie blankets, scarves, mittens and chemo caps for Children’s Minnesota – Minneapolis Hospital, Gillette Children’s Specialty Healthcare, residents and Veterans at a Coon Rapids nursing home, homeless families in our district, Coon Rapids and Blaine High School seniors entering the military, a service-member facing cancer, and Jackson Middle School and NMS families affected by cancer,” she said. The fabric for the venture is funded with donations and money from a Thrivent Action Team Grant she earned that goes toward the purchase of the fabric.

By winning the state award, Amanda is now eligible for the national FCS Teacher of the Year award from the American Association of Family and Consumer Sciences. She’ll need to apply to be considered for that award, which will be announced next summer. In the meantime, by winning the state award, Amanda will be representing the FCS teaching profession at professional events around Minnesota over the next year.

“Amanda was nominated by her FCS peers in the state based on her dedication to her students in the classroom and her profession at the state level,” said Lynsee Mattson, an FCS teacher with South Saint Paul Public Schools, and who was last year’s Teacher of the Year winner. “The FCS community is very proud of Amanda and her hard work and dedication to the profession and her students.”



Lori Brumbaugh honored as Region III Teacher of the Year

MnACTE

The Minnesota Association for Career and Technical Education (MnACTE) is pleased to announce that Ms. Lori Brumbaugh, Family and Consumer Sciences (FCS) teacher at Champlin Park High School (CPHS), has received the ACTE/Region III Teacher of the Year Award for 2018.

Nominated by the Minnesota Association for Career and Technical Education (MnACTE), Lori Brumbaugh was selected above other candidates from Region III (Illinois, Indiana, Iowa, Missouri, and Wisconsin). This award recognizes the finest career and technical teachers at the middle/secondary school level who have demonstrated innovation in the classroom, commitment to their students and dedication to the improvement of CTE in their institutions and communities.

- Lori has taught FCS for 32 years, 25 of those years in the Anoka-Hennepin School District. She is recognized as a strong curriculum leader at the local, regional, and state level. Recently she worked with her colleagues on the district FCS courses, cross-walking the national FCS standards and aligning Minnesota State Frameworks to course outcomes. She has also led curriculum workshops for other FCS teachers throughout the state.

- Lori offers her students many experiential learning opportunities through field trips to two-year community colleges and internship connections with local schools and businesses. Courses in this program are articulated with two four-year universities and five two-year community colleges in Minnesota and Wisconsin.

- Lori has worked hard with a team to set-up a program in which she will teach FCS in the world-renowned International Baccalaureate Career Program at CPHS to be launched during 2019-20 academic year. Courses in Child and Human Development, Early Childhood Careers, Education, Teaching, and Training/Foundations of Education and the IB FACS/FCCLA Internship Program will be offered

Brumbaugh will be competing against 4 other regional winners for the national ACTE 2018 Teacher of the Year Award at the ACTE Career Vision Conference in San Antonio, Texas to be held November 28 to December 2, 2018. She will also be recognized at the Minnesota Career and Technical Education CTE Works Conference at the MACTA/MnACTE Awards Banquet on October 30, 2018 at the Minneapolis Marriott Northwest Hotel in Brooklyn Park.

Congratulations! Lori!

Scholarship & Grant Opportunities

2018-19 \$1000 MAFCS SCHOLARSHIP FOR SPECIALIZATION IN FAMILY AND CONSUMER SCIENCES PROGRAMS

Purposes:

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

2018-19 \$500.00 SCHOLARSHIP FOR SPECIALIZATION IN FAMILY AND CONSUMER SCIENCES EDUCATION

Purposes:

- To recognize scholastic ability, leadership, and professional promise/experience
- To encourage students to continue their study for a degree in Family & Consumer Sciences Education
- To provide financial assistance

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.

For more information and applications go to mnaafcs.com

Any questions should be directed to the MAFCS Scholarship Coordinators, Jane Hinrichsen jane.hinrichsen@gmail.com or Karen Smith karenhealthyoilseeds@gmail.com.

1st Annual FCS Summer Career Pathways Institute focusing on Early Childhood and Education/Training on July 11, 2018 at MN Department of Education

The 1st Annual Family and Consumer Sciences (FACS) Summer Career Pathway Institute focusing on Early Childhood Education and Education/Training was supported by the Minnesota Department of Education - Office of Career and College Success and Career and Technical Education. This one day workshop focused on strategies and opportunities available to address the teacher shortage in our country. This workshop aimed to close the skills gap for educators from the early childhood classroom through the post-secondary classroom. A large variety of presenters provided information on industry recognized credentials, earning a Child Development Associate's degree (CDA) and a potential Bachelor's degree by applying concurrent and/or articulated college credit in high school. The keynote speakers highlighted business and industry partnerships with a focus on action steps needed to address the teacher shortage and scholarships available for our students. Numerous exhibitors and vendors presented the latest products available to enhance classroom lessons. Over 15 representatives from two and four year institutions featured their incredible early childhood and education programs. Breakout sessions highlighted FCS initiatives including, Teacher Cadet updates and trainings, embedding student leadership components including FCCLA and Educators Rising, career readiness, career explorations, and experiential learning ideas and best practice teaching strategies.

This workshop was a vision in action created by Maxine Peterson. Co-planners were Jeanne Bymark, Hibbing, MN and Lori Brumbaugh, Champlin, MN. Look for information for next years summer program that will focus on the Culinary Area! This is going to be a HUGE workshop as culinary is the largest area of enrollment in FCS statewide!!



Planners: Lori Brumbaugh, Jeanne Bymark, Maxine Peterson

Jeanne with the Door Prizes



Serv Safe Class with Mary Levinski:

A goal for FCS statewide is to have everyone Serv Safe Trained by 2020. No matter what areas of FCS you teach, it is still very important to know the Serv Safe practices to be reinforced around food prep of any kind.

Mary Levinski has trained over 240 FCS staff throughout the 2017-18 school year! —with a 100% passing rate!



AAFCSMEMBERSHIP

What are your suggestions for new member identification? Membership in our organization provides networking opportunities, timely electronic communications, legislative updates, employment leads, and other pertinent info regarding our field.

Joining AAFCS & MAFCS is easy! The AAFCS membership form can be found at www.aafcs.org by following the links for membership. When joining AAFCS membership to MAFCS is automatic and separate dues are not required. If you'd like a paper membership brochure contact Marlys and she'll send to you via postal mail. If you have questions and/or concerns, please feel free to let either Marlys (marlys.eikmeier@gmail.com) or Gerry Luepke (gluepke@icloud.com),

LAND OF 10,000



November Summit 2018

**MINNESOTA FAMILY AND
CONSUMER SCIENCES
STUDENTS AND ADVISERS**

November 4-5, 2018 - Sunday and Monday
Best Western Kelly Inn
100 4th Ave S. St Cloud, MN 56301
Grand Ballroom, University A and B

Registration form & payment due October 24, 2018
Send to: Minnesota FCCLA
PO 131386, Roseville, MN 55113
Email: wendy.ambrose@mnfccla.org
Check and registration due Dec 1.
Some Scholarships available for select categories of students.

For registration information go to www.mnafcs.com



MAFCS OUTREACH 2018-19

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

2018 ELECTION GUIDE: Creating a Strong Start for Minnesota Children

Children's Defense Fund has provided this nonpartisan election guide to give you the tools you need to have conversations with candidates on the important issues facing our state's children and families. Ask these five questions:

What does a system that supports **child development and quality care** for all Minnesota children look like to you and what needs to be done to achieve it?

What strategies would you suggest expand access to opportunity and reduce our **ethnic and racial disparities**?

How do you plan to both expand and protect access to **children's health care coverage and benefits**, even if the federal government makes harmful cuts or changes to programs or policy?

What will you do to better support children in **immigrant families**?

What do you believe is the best approach to **ensuring workers** can take time off to care for themselves and their families when needed most?

<http://mn.bridgetobenefits.org/Res/CDF-MN%20Electoral%20Guide-2018-final.pdf> has two pages of info and graphs to share with your community. What public policies can help more working families achieve economic stability? **Financial Literacy:** CTE Policy Blog dated September 5, 2018.

What are promising programs in financial services? Within Minnesota's Saint Paul Public Schools Youth Career Connect program, the Academy of Finance (AOF) at Como Park Senior High School offers a career-themed smaller learning community. Students in the academy participate in cohort-based finance courses such as Principles of Finance, Business in a Global Economy and Accounting, as well as in core courses in which finance topics are integrated into the content.

In addition, students benefit from career-focused academic counseling, coordinated wraparound services and work-based learning experiences such as internships with the Federal Reserve Bank of Minneapolis. AOF students have participated in mock interviews, resume building and soft skills refinement activities with leaders from Wells Fargo and Travelers Insurance. Students in the academy can earn up to 16 college credits and a certificate from Saint Paul College.

MAFCS OUTREACH weekly Financial Fridays on September 21, 2018 included the HSFPF (High School Financial Planning Program) 2018 Evaluation. Key Findings confirm financial education increases teens' confidence, knowledge and skills.

Check your e-mails from Jean Knaak, MAFCS Electronic Communications Coordinator, for this new weekly feature. OUTREACH forwards it to you the Monday after publication. The content includes five timely articles and new resources every week.

Minnesota Association of Family
and Consumer Science

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*Connecting Professionals
Touching Lives*

stamp

Mailing address

Line 2

Line 3

Upcoming Events



FCS Professionals Tuesday, October 30, 2018 **The Good Acre** 1790 Larpenteur
Ave W Falcon Heights, MN 55113 <https://thegoodacre.org/>

CTE Works Summit October 29-31, 2018 Minneapolis Marriott Northwest Hotel in Brooklyn Park.



MAFCS Officers Meeting CTE Works Summit October 29, 2018

FCCLA Summit November 4-5, 2018 St. Cloud, MN

MAFCS, TCHC & FCS Professionals Joint Meeting November 10, 2018 in Edina, MN

Becky Yust, Ph.D. Professor of Design, Housing & Apparel talking about unemployment & housing. Brenda Langton, Sr. Fellow U of MN Center for Spirituality & Healing & Chef & Restaurateur of Café Kardema, Café Brenda and Spoon River

FCS Dine IN Day December 3, 2018

Plans are being made for the MAFCS winter meeting.

Check www.mnafcs.com for more information on all the these events!