

# The MAFCS E-Newsletter

February 2019

Minnesota Association of Family and Consumer Sciences



## Members Recognized For Their Contributions at MAFCS Symposium on February 5, 2019



Marian Dombrock was presented the **Outstanding Professional Award**. She has taught or volunteered in numerous FACS classrooms for 50 years. Marian has served on many MAFCS & AAFCS committees. She has been Membership Chair, planned the Gala and coordinated many silent auctions. She has volunteered to teach in Rwanda at the White Dove School and teach in Uganda at an orphanage of 50+ children from birth to age 5.

Cherry Cramer also received the **Outstanding Professional Award**. Cherry has been a member of MAFCS since 1981 and continues to give of herself within our organization. She has served as Networking chairperson, Recording Secretary, Vice President of Education, President and currently Treasurer. There is rich networking and professional development that happens being a member of a professional organization.



Marie Winker was honored as the **Outstanding Service Award** Recipient. Marie has been a MAFCS member for 44 years serving as Secretary and nominating chair. She has taught at Archbishop Brady High School, Humboldt Senior High and Hill Murray. She has read recipes for the Pillsbury Bake-Off, worked for the Land O'Lakes Holiday Bake-Off, and currently volunteers with VEAP assisting people at the largest food shelf in the state. Marie volunteered in Eastern Kentucky with the Appalachian Project in health, food & nutrition.

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### SPECIAL POINTS OF INTEREST

- Symposium Reports
- Invitation to Annual Meeting
- Revitalize Professional community

## President's Message

by Debbie Larson



### The Future of MAFCS

As I reflect on our professional organization, I feel it is necessary for us to look at strategic planning for the future of MAFCS. When I started as President this year for the 3<sup>rd</sup> time, I realized that we are scrambling for leadership and member commitment which is crucial for us to survive. Although we have made much progress in the past 5 years, we are in need of “human capital” to keep us going. This was very evident this year by not having anyone come forward to plan our annual conference which is the crux of our staff development for many professionals and a service our professional organization needs to provide. Thus this task fell to other officers to plan our conference. This is not just our problem, it is happening to all professional organizations. Please take a look at the following link as it reinforces what is happening nationwide. <http://michaelbrand.org/why-our-service-clubs-are-dying/> So we need to ask ourselves the 3 essential questions:

What is working?

What are we missing?

What do we need to do to sustain our professional organization?

For those of us that have been committed members for years, we find it hard to understand why everyone doesn't become a member. We have a bank of reasons why it has been vital to our survival in our jobs, friendships, leadership, and development as a professional and a valued human being. But for many they don't share our sediments. We know many things have worked well for many years and there is a lot of heart-felt labor that has been put into the success of our Minnesota Association of Family and Consumer Sciences. After all, we are passionate about our profession, families, and friendships. So where do we go from here?

I believe we need to put together a strategic plan. This needs to include new young professionals, professionals that have been in the field for 10 years or so, working and retired or what I call the people who have made our organization what it is today. However we all know that we will not survive if we don't invest in our young professionals who are the future. So how do we increase membership and increase involvement that fosters us as community?

With all of that being said I want to highlight the following invitation. Our annual meeting will be held **Saturday April 6<sup>th</sup>. It will be held at the Edina Country Club from 9:00 AM -12:00.** Please save the date and plan to attend. I encourage as many to come as possible as we have secured the speaker **Michael Brand** who will be speaking about the very things I have mentioned. Investing in ourselves and our profession is investing in the legacy of our future and our families. Please see more information on page 8, the registration form on page 10 and plan to attend!

Editor's Note: By: Mary Levinski  
Is Adulthood the New Home Economics (FCS)



I sometimes have to wonder if changing our name from Home Economics to Family and Consumer Science helped or hurt our cause. I believe that all students should be required to take a basic life skills class before graduation in order to transition into adulthood with skills necessary to succeed. However, over the course of history people thought that home economics was fluff and not necessary – how wrong they were! Now as a result of some poor decisions made by those in higher positions, we now are facing a crisis, where basic skills are lacking and therefore, we have classes being offered outside of the typical school, called adulthood.

"Adulthood" – it's not usually a verb, but the word has become a part of pop culture. It's usually used to describe the mundane tasks associated with being grown-up. Some tasks, like filing taxes, budgeting, sewing on a button and cooking many people struggle to learn.

Holly Swyers, an associate professor of anthropology at Lake Forest College who has researched adulthood, said this stress goes back generations. She said part of the problem is that classes that teach life skills, like home economics, aren't emphasized and there is no dedicated place to learn adult skills.

According to the Dallas News, "It's a failing of our educational system that students don't leave high school with this basic understanding, among other things. How cool would it be if our kids knew how to shop for groceries and stay within a budget? Wouldn't parents feel a sense of relief if their kids understood how interest accrues on their credit cards? And shouldn't everyone have one great go-to meal they could cook if guests pop in?"

"These are the skills we learned in high school home economics, the skills all kids should have, whether they are college bound or heading straight into the workforce."

But high school is the perfect time to introduce life's basics. Students are beginning to feel like adults. They can see the light at the end of the high-school tunnel. They're thinking about what life will be like for them. Home economics signals to them that we know they're growing up and we want to help them along in life's journey.

Our high school curriculum needs to step up for students. Yes, english, history, algebra and science are important. But what good are they if you don't know how to cook dinner or figure out how a FICO score affects interest on credit cards? How impressed would a potential employer be if a young job applicant could discuss killer time management skills?

This is where we could capitalize and promote our professional skills in teaching these classes. We have a rich history in teaching basic life skills and we are the best suited to teach these "adulthood" courses. If our legislators can mandate graduation requirements, then we need to lobby them to require a basic skills classes for graduation that reach all students and give them the basic skills required for life. Why should people have to pay for these classes when the schools are equipped to teach such courses?

Knowledge is power. It's time to pass that power on to the next generation.

### **Another Way to Contribute——**

Do you have a traditional SEP Individual Retirement Account (IRA)? Are you at least 70 ½ years of age? If you answered "Yes" to both questions you need to take a Required Minimum Distribution (RMD) from your IRA(s) each year. This does not apply to Roth IRA's.

The amount you are required to withdraw is based on the amount of money you have in your IRA divided by the years of average life expectancy. The life expectancy table and a worksheet to determine your RMD distribution can be found on the IRS website under RMD.

There is GOOD NEWS. Any money withdrawn from this RMD can be used to contribute to a charitable organization without paying federal and state income taxes on the amount contributed to a qualifying organization. MAFCS is a qualifying organization for a RMD contribution. If you choose to use this to contribute to MAFCS, you may also designate how the organization uses the funds it receives. It is a good way to support the Scholarship fund, HUGS, or whatever you may choose.

Since I have reached this magical age, I have chosen to use this tax free RMD to support MAFCS, MPR, Public Television, United Way, my Church, and other qualifying charitable organizations. I work with my financial advisor to complete the paperwork. If you do not have a financial advisor, contact the financial company who holds your IRA to find out their process to access your IRA to utilize the Required Minimum Distribution for charitable organizations. It is a way to support MAFCS and take advantage of this tax free option in doing so.

Have faith. Spring will come.

Submitted by Sue Boehland, MAFCS member, retired





## MAFCS 2019 Award Winners



**Outstanding Friend of  
MAFCS**—Department of Family  
Consumer Science, Minnesota State  
University



**Teacher of the Year 2019**  
Amanda Herman –Anoka District  
Award presented by Lynsee Mattson  
2018 Teacher of the Year



**New Achiever**  
Krysten Dane, Teacher at Glencoe-  
Silver Lake School District



**MAFCS Scholarship Award**  
Holly Hokenson, Teacher at  
Arlington School District



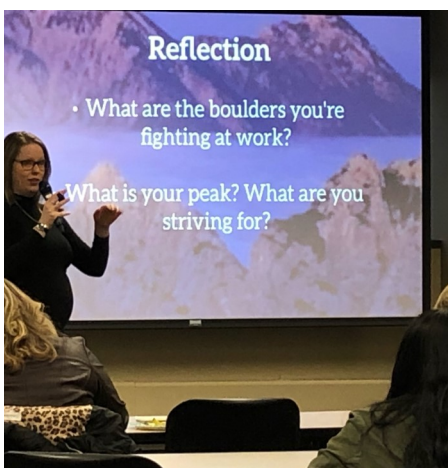
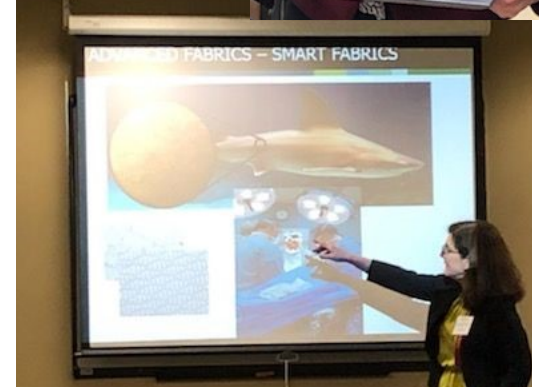
**MAFCS Scholarship Award**  
Ashley Lostetter, Teacher at  
Buffalo School District



**Best Practice Grant**—Lisa Krause from  
Becker School District



## Behind the Lens—Highlights of the Symposium



Silent  
Auction  
Items





## Geris Excursion by Sue Kuseske and other participants

On a rather cold, icy, and blustery day, Geri's Excursions took off from the Minnesota Department of Education building with Steve, the bus driver, at the helm. We are always assured of an event packed day with many different sites and a great time for lunch. This article is going to be a little different than in years past as I am going to let the people who were on the tour to give their thoughts on the day.



**First Stop:** St. Paul College which is a 2 year community college that offers many opportunities for students to learn and have hands-on-experiences to prepare them for the world of work.

Comments: So many opportunities for students, Serves the needs of people from 38 countries (Betty Brandt), a tour guide who allowed us to talk to the Culinary Arts instructor/chef about the program and restaurant operated by the students (Alice Lysaker), NCIC/Surgical center

with emphasis on high quality and real life training for CNA's, which there is an extreme shortage of workers. (Lori Young)

**Next stop:** Capitol Art Tour where a Historical Society guide gave us a tour of the renovated art work and stories associated with them within the capital.

Comments: The tour guide was knowledgeable and shared interesting info I would not have thought to ask about the building. The artwork is beautiful and outstanding. (Beth Widell). There is so much art history at the Capitol. I



really enjoyed getting to know more about the renovations and understanding where the gopher symbol of Minnesota came about (Cindy Huesman)



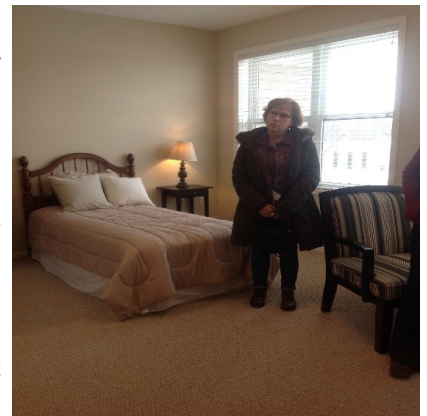
**Third stop:** Keg and Case 1<sup>st</sup> Street Market. (Voted Best New Food Hall of 2019) A renovated building with many unique shops and eateries inside. An open design building.

Comments: Fun and creative new shopping place. Great food, beer, ice cream and coffee. Upon entering we were assailed by wonderful food smells, unique shops and products. The Reviv-

al Smoked Meats displayed their products that were wood smoked. Generous portions of sandwiches and other foods. (Betty Brandt).

**Fourth stop:** Cardigan Ridge Senior Living facility which has apartments for people over 55. Units were available for independent living, assisted living, and memory.

Comments: Had many perks. I loved the view over the pond, the aviary, activities for the residents, fitness center, a wood workshop and more. (Cherry Cramer) Lovely new facility. Great to see current housing options and activities available. Warm &



welcoming. Great coffee and cookies.

**Last stop:** Marjorie McNeely Conservatory. A great ending to a very busy day.

Comments: Loved the flowers. So much to see.

Ending the day at the conservatory was so comforting to be among flowers, plants, and trees. Nice to have a warm respite on a blustery day. A breath of fresh air anytime of the year. Green flowers especially in the winter. A time to relax and reflect on the day with so many plants, flowers and trees with an inviting sense of calm.

A special thanks to Geri Luepke for arranging another unique tour. We are always delighted with the stops you have arranged for us during our day.



# The Argument for Fabric Art Classes

**Fabric arts class at Anoka Middle School for the Arts offers students new skills, lessons in life and business**

Eighth graders at Anoka Middle School for the Arts (AMSA) are learning how to launch their own clothing label, and not only are the garments they're creating one-of-a-kind, but they're going to benefit children in need.

Students in AMSA's fabric arts III class are wrapping up an immersive service learning project this trimester that has had the class work together to learn more about clothing design, from creating a brand and label, to individually sketching unique clothing designs, to manufacturing a final, one-of-a-kind garment. And the end result will have the clothing the students make being donated to a shelter or foundation that provides clothing to children in need.

"The students have been really thoughtful about everything, from the design of the clothing label all the way to the decisions they made about the clothing they created," said Connie Reski, teacher of the class. "I'm so proud of the kids. They've worked so hard and they have such big hearts. It's inspiring."

Reski said the project is totally new to her and her class, and came as the result of a summertime brainstorm session with AMSA curriculum integrator Jolanda Dranchak. The two had gotten feedback from last year's fabric arts III students who suggested a previous version of the project needed to be changed.

"We took the feedback to heart, listened to the students, and then we wondered, 'instead, what if we did a service learning project and donated the final product to children in need?'" Dranchak said. "That's how it started."

Ultimately, Reski and Dranchak put together a project that would have the students start a nonprofit clothing label from the ground up. Create a clothing label — name and logo — then design a slew of garments for all different ages, then manufacture them by hand, and finally donate them to children in need.

Eighth-grader Erin Schommer said she has really enjoyed that the project has been both collaborative and independent. "At first we worked together a lot, especially in teams, to create a name for the label," she said. "But then we got to design something we like, and then make it ourselves, so it's been a lot of fun."

When the project kicked off, the students worked together to create a clothing label and brand. "We told the class the clothing label had to be kid-friendly and artsy," Reski joked. "Something that would resonate with customers buying clothes for kids aged two through seven."

The 30-student class split into groups of three or four and brainstormed ideas. The groups picked the best ideas, and then those were put up to a class-wide vote. That's how *'the little things'* was born," Reski said. (Emphasis on lowercase *the little things*.)



Once the name was settled on, Dranchak went to another eighth-grade class at AMSA — digital productions III — and asked the class to design a logo. "I told them they needed to design a logo for an anonymous nonprofit," she said. "It wasn't until way later that the kids learned they were designing a logo for the fabrics class."

Once the logos were made, the fabric arts class voted on a logo for *the little things*, and the winner was eighth-grader Mathilda Kaweck's design.

"The cross-disciplinary part of the project was really unique," Dranchak said. "Having two classes work together on a project like this was great."

With a logo and label name in hand, Reski said the groups then began the process of designing garments and learning how to dye fabrics. Then each group of students were assigned a type of garment

to create. While the students each would have their own design, the groups would have to stick to the same kind of garment, and same season, such as a boys Fourth of July T-shirt, or a back-to-school dress for girls.

The projects themselves are nearly done, Reski said, and soon the class will be deciding on a charity or foundation to donate the clothing to, which the students are excited for.

In January three designers from Target who work on their corporate Cat & Jack children's clothing line visited the class to discuss the project. In February the entire class will visit Target headquarters in Minneapolis to meet with the entire Cat & Jack design team.







## MEMBERSHIP IN MAFCS by Geri Luepke

Membership is looking for your assistance in expanding our membership roster! Who do you know that would benefit from belonging to MAFCS & AAFCS? Just MAFCS? Is it possible to add 10 new MAFCS members the next 30 days?

To accomplish this goal, each MAFCS member is being asked to promote membership and share membership materials with one other person? Might MAFCS grow by 20 new members in 30 days? The sky is the limit! Who will you ask and recruit?

By becoming a member of the American Association of Family & Consumer Sciences (AAFCS), you automatically become a member of Minnesota Association of Family & Consumer Sciences – MAFCS. One membership fee covers both national and state membership!

Wondering if joining AAFCS/MAFCS is the right fit for your friend or coworker? Check out some of these reasons for joining: <http://www.aafcs.org/Membership/Benefits.asp>

It is permissible to just join MAFCS? Yes! Info is available at [www.mnafcs.com/membership-benefits/](http://www.mnafcs.com/membership-benefits/)

We all know networking is key for the movers and shakers of our communities! Making connections is critical, and joining an organization like MAFCS gives countless opportunities for connecting. Belonging to MAFCS helps in making lifelong friends.

MAFCS allows you an opportunity to develop skills as a leader, and this is important not only for your personal growth but also for your resume/vitae.

Joining MAFCS will contribute to continuing being inspired & motivated. Belonging to MAFCS gives access to an established support system of experienced people who are determined to get things done.

Both MAFCS & AAFCS offer webinars, meetings, conferences and symposiums to aid in keeping members current on FACS topics. CEUs and PDUs are given for attendance and participation.

Share your MAFCS/AAFCS story and invite someone to join today. Our membership roster will grow and thrive with your assistance. Thank you for your help in expanding membership.

Contact our MAFCS Executive Secretary, Marlys, for any membership questions/concerns at [marlys.eikmeier@gmail.com](mailto:marlys.eikmeier@gmail.com).



### "Revitalize Your Professional Community"

**April 6<sup>th</sup> 2019**

**Time: 9:00 AM – 12:00**

**Where: Edina Country Club 5100 Wooddale Ave Edina, MN 55424**

**Sponsored by Minnesota Association of Family and Consumer Sciences**

You're invited to participate in an inspirational day with Michael Brand, renowned speaker presenting "engaging programs for sustainability." To learn more go to his website: <http://michaelbrand.org/>.

You may also want to read the following article: <http://michaelbrand.org/why-our-service-clubs-are-dying/>

Come and learn ways to prevent membership decline. Registering for this event will give you tools to make differences in your professional & other community organizations while learning ways to keep organizations strong.

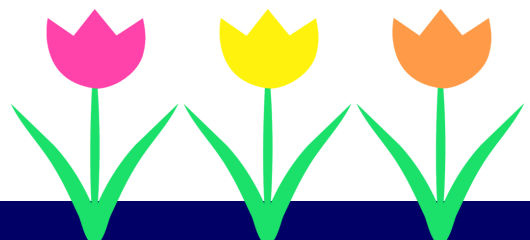
This will be an interactive event with a lunch being served. The cost of the event is \$25.00.

MAFCS annual meeting will follow the speaker presentation and lunch. Registrants are welcome to attend. Registrations are due on or before Monday, April 1.

"PDUs & CEUs" will be offered.

Register on line at [www.mnafcs.com](http://www.mnafcs.com).

Registration form on page 10.





## MAFCS OUTREACH 2018-19



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

**Bulletin!!** The legislative session is in full swing. This year we have several bills that are in the committee process; Farm to School, Water quality for all, and Equality for women to name a few. This is an opportunity for each of us to stay informed. Here are a few tips that may help you navigate this process. If you are wondering who your representatives and senators are, below is a link to find out and sign up. The site is self-explanatory. <https://www.gis.leg.mn/iMaps/districts/>. Enter your address and you are on your way. You will also be able to sign up to get updates from your legislators and be able to send them messages. They like to hear from their constituents. **Remember your voice counts.**

### **GET INVOLVED!!!**

2019 Committee deadlines:

March 15 to act favorably on bills on the house of origin.

March 29 to act favorably on bills that met the first deadline in the other house.

April 12 to act favorably on major appropriation and finance bills.

Use this link for the information: <https://www.leg.state.mn.us/leg/deadlines>

One is also able to track the bills by going to <https://www.leg.us/leg/trackbill>.

The Easter/Passover break is Sat. April 13 through Mon. April 22. Perfect time to make more contacts with your legislators; better yet, if they have a town meeting attend and make your voice heard.



MWC is the oldest and largest statewide collective working to close gender based- disparities. It was created in 1980 to advance equity and justice for all women through advocacy and collaboration. MAFCS has been a member since 1988.

We are a collective of 100 organizations and over 2,500 subscribers ensuring women's voices and experiences are represented in practices and policies impacting our lives.

Current activities include:

Girls Rock! The Capitol to introduce girls ages 13-18 to government, legacy and policymaking.

Status of Women in MN report.

Issue-based roundtables to share ideas and develop collaborations.

Bi-weekly e-consortium notes with news, opportunities & updates from member organizations & partners.

Internship programs to introduce and support emerging leaders to policy advocacy that advances women.

Affinity groups to represent community voices and issues.

Community Input Sessions to develop a 2019 Women's Legislative Agenda.

MAFCS Outreach VP's: [skuseske@gmail.com](mailto:skuseske@gmail.com) and [jswen@iphouse.com](mailto:jswen@iphouse.com)

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

## Register for the Annual Meeting and the speaker at the Edina Country Club on April 6, 2019

Register on line at [www.mnafcs.com](http://www.mnafcs.com). Its also permissible to register via US Mail. Mail your registration form along with check payable to MAFCS to

Marlys Eikmeier  
24992 Halfman Rd.  
St. Cloud MN 56301

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone/cell \_\_\_\_\_

Professional organization you are representing:  
\_\_\_\_\_

Registration Fee: \_\_\_\_ \$25.00 enclosed

