



2014
Winter &
Conference
Newsletter

President's Message

Embracing & Managing Change Through Family and Consumer Sciences

Change is continually around us—personal, family, professional, social, political, climate—all kinds of change. Family and Consumer Sciences is the perfect avenue to help individuals and families navigate that change. What better way to embrace that pathway in life than by attending the MAFCS Annual Conference at Buck's T4 on April 9 – 11?!? As you look through the agenda, you will find the planning committee has been working diligently to organize a super conference. I am sure you will find plenty to interest you. Save that date and send in your registration!

As you prepare for conference, please remember to submit nominations for awards. We have many dedicated and exceptional professionals and supporters in our state that deserve recognition for their hard work. We sometimes feel we may have not done anything outstanding in our job or life, but I feel many people in our state have achievements equal to those that have been recognized on a national level. Contact Karen Durbin at kdurbin@lewistown.k12.mt.us; 406-535-2321, ext. 118 for further information.

We are also initiating a mentor program for our young professionals. If you are new to FCS or MAFCS and would like someone to help answer your questions, give you advice, listen to your concerns, and just be there for you or if you would like to be that mentor for that person, please contact Jennifer Peabody at jypeabody65@yahoo.com; 406-775-6857.

By attending the MAFCS Annual Conference, you may also choose to receive CEUs (Continuing Education Units) and PDUs (Professional Development Units). Please notify Nancy Kaiser-Nelson directly ASAP at nkaisernelson@gmail.com if you will be needing PDUs as it takes extra paperwork to be submitted and approved by AAFCS.

April is Membership Appreciation month, and NASCO is offering 10% off your order with free shipping. Check your AAFCS email and Fast Facts for the promo code.

With spring comes all types of change, so let MAFCS help you embrace and manage that change. I look forward to seeing everyone at conference!



In FCS Friendship,

Roxanne Christofferson



AAFCS & Montana Awards Program

By: Karen Durbin

Nominations are needed ASAP!!

AAFCS and MAFCS are proud to offer a variety of awards to outstanding family and consumer sciences professionals. These awards honor people whose work has improved the quality of life of others and for their contributions to excellence in the field of Family and Consumer Sciences.

Please submit nominations including the name of award, person nominated, reasons for nomination and your name to *Karen Durbin, 229 Maple, Lewistown, MT 59457* or to kdurbin@lewistown.k12.mt.us. The persons selected will be the official nominee for AAFCS the following year to allow the candidate to complete the application. The Awards Program can be found at www.aafcs.org and include:

New Achievers Award This award recognizes emerging professionals who have exhibited the potential to make making significant contributions in the field of family and consumer sciences. The candidate must have at least three (3), but no more than eight (8) years of service in the field, and be an active member of AAFCS.

Teacher of the Year This award recognizes exemplary teachers who utilize cutting-edge methods, techniques, and activities to provide stimulus and visibility to family and consumer sciences in elementary and secondary education. Candidates must be full-time, permanent, kindergarten through twelfth grade teachers of family and consumer sciences, current members of AAFCS and must have maintained membership for at least the past three years.

Leaders Award This award is to honor family and consumer sciences professionals who have made significant contributions to the field through their involvement with AAFCS. Any AAFCS member who does not belong to the Student Unit* and who has completed more than eight (8) years of service to the field is eligible to receive this award.

Distinguished Service This award is a tribute to members to recognize superior achievements in family and consumer sciences, outstanding contributions to the family and consumer sciences profession, and sustained association leadership at both state and national levels.

Friends of MAFCS This award acknowledges Montana community members whose work has significantly and positively shaped policies that affect the family.

American Association of Family & Consumer Sciences
105TH ANNUAL CONFERENCE & EXPO

June 25-28, 2014

Hyatt Regency St. Louis at the Arch
St. Louis, Missouri



Family and
Consumer Sciences
**Global Gateway
to Healthy and
Sustainable Families**

Friday – April 11

- 6:30-8:00 AM Complimentary Breakfast with Room – Yellowstone Room
8:00-9:00 Business Meeting – Montana Room
9:00-10:00 Selena Ahmad, MSU, “Bringing Sustainable Food System Lessons into the Classroom: A Case-study on Tea Farms in China” – Montana Room
10:00-10:10 Morning Break (Check Auction Items) – Montana Room
10:10-11:00 Breakout Sessions Round 3: (Choose 1 of the following options, locations TBD)
Option #1: Koy Hoover, Stifel Nicolas, “Retirement Outlook”
Option #2: Lynn Paul, MSU Nutrition, “Health At Every Size”
Option #3: Jodi Smith, FVCC, “Montana Superhost”
11:10-12:00 PM Breakout Sessions Round 4 (Choose 1 of the following options, locations TBD)
Option #1: Koy Hoover, Stifel Nicolas, “Retirement Outlook”
Option #2: Lynn Paul, MSU Nutrition, “Health At Every Size”
Option #3: Jodi Smith, FVCC, “Montana Superhost”
12:00 -1:30 PM Lunch Buffet and Silent Auction Conclusion – Montana Room

DESCRIPTIONS OF SESSIONS

Wednesday Night – April 9

Opening Social – Lone Mountain Ranch – 750 Lone Mountain Ranch Rd, Big Sky



Executive Chef Nick Steen of the Lone Mountain Ranch in Big Sky brings 13 years of culinary experience to your table. An adventurous chef, Nick combines local Montana sources with molecular gastronomy with that will tantalize your taste buds. Join us from 6:00 – 8:00 PM on Wednesday evening at the Lone Mountain Ranch for adventurous appetizers and conversation. Cost is \$15.00.

Thursday – April 10

Florence Dunkel, MSU, “Entomophagy”

Dr. Dunkel is an Associate Professor of Entomology in the Department of Plant Sciences and Plant Pathology, Montana State University-Bozeman with a Ph. D., M.S. and B.S. from the University of Wisconsin-Madison. Her research focuses on plant-based natural products for insect management, particularly related to post-harvest ecosystems worldwide. Florence's current research products include use of natural products in the holistic management of grasshoppers in Montana and of malaria in West African (Malian) villages. Food insects and an insect feast have been part of her curriculum in Entomology for 23 years after a tasty introduction to sautéed brown locusts while working in Rwanda. This presentation is not to be missed as she comes highly recommended!

Sue Butler, Capitol High School, “Traveling with Students”

Each summer, Sue Butler travels to Europe with her design students, FREE! How you ask? Great question! Sue, a FCS teacher at Capitol High School in Helena, will share information on her curriculum which includes three levels of fashion and design, which students travel each year, their eligibility, the fundraising aspect and how this can prepare students for future career plans and goals.

Nicole Wanago, Montana FCCLA State Director, “Integrating FCCLA into the FCS Curriculum”

Looking for lesson plan ideas? This interactive workshop will explore ways educators have utilized FCCLA programming and competitive events resources as a way to enhance their instruction. In addition, we will explore Montana FCCLA’s new programming opportunities including new awards, more leadership training for students, and more professional development for advisers. Attendees will share best practices and receive ready-to-teach activities they can implement in their chapter.

Joan Leik, Montana ProStart, "Adding ProStart to the FCS Curriculum"

Are you an educator thinking of adding the ProStart curriculum to your district? An overview of the curriculum, textbook and materials review, events and scholarship opportunities for students and certifications and endorsements for the teachers will be covered. The ProStart curriculum is an excellent opportunity to align your classroom with industry standards and post-secondary requirements for culinary schools. Current ProStart educators will be available for questions and testimony of the program. Chuck Schommer, co-owner of Buck's T-4 will present the mentor's responsibilities.

Mike Jetty, OPI, "FCS & IEFA Culturally Relevant Connections"

This session will provide background information regarding Indian Education for All and an overview of the Essential Understandings Regarding Montana Indians. The Essential Understandings provide a foundation for implementing Indian Education for All. Ideas, resources and strategies for implementing IEFA will be shared. IEFA can be used as a medium to support culturally relevant standards based FCS instruction.

Friday – April 11

Selena Ahmed, MSU, "Bringing Sustainable Food System Lessons into the Classroom: A Case-study on Tea Farms in China"

What are sustainable food systems and how can we incorporate sustainability lessons into the classroom? In this talk, join Selena Ahmed, co-author of the book *Tea Horse Road: China's Ancient Trade Road to Tibet*, in a review of the fundamentals of sustainability and sustainable food systems. We will apply the sustainable food systems concepts that we learn about to explore a case study on smallholder tea farms in China. Tea is a plant with a long history of cultivation, trade, and consumption to support community wellbeing. Our journey will start in the motherland of the tea plant in Yunnan Province of China. Here, we will learn about the relationship of tea to community wellbeing from an environmental, cultural, and economic perspective. Our journey will continue along the Tea Horse Road, the world's oldest and highest tea trade route across the Himalaya as we learn about the role of tea in community nutrition and health. The audience gets to know the plants and people, the lives and landscapes experienced through the production, exchange, and consumption of tea. Enjoy spectacular photographs of this journey by co-author and award-winning photographer Michael Freeman. Participants will be provided with tangible learning objectives that can be incorporated into Grades K-12 curriculum.

Koy Hoover, Stifel Nicolas, "Planning for a Comfortable Retirement"

Koy Hoover, Vice President and Investment Advisor at Stifel Nicolas and a member of the Bozeman High School FCS Advisory Council, will lead a discussion on the following topics: retirement statistics in the US, income sources at retirement, saving and investing now for income later, benefits of starting early and effects of taxes on you retirement.

Lynn Paul, MSU Extension, "Health At Every Size (HAES)"

This presentation and discussion on Health At Every Size (HAES) will provide a new approach to weight and health based on the following HAES principles: 1) Accepting and respecting the diversity of body shapes and sizes; 2) Recognizing that health and well-being are multi-dimensional and that they include physical, social, spiritual, occupational, emotional, and intellectual aspects; 3) Promoting all aspects of health and well-being for people of all sizes. 4) Promoting eating in a manner which balances individual nutritional needs, hunger, satiety, appetite, and pleasure; and 5) Promoting individually appropriate, enjoyable, life-enhancing physical activity, rather than exercise that is focused on a goal of weight loss. Strategies for integrating this approach into your teaching will be provided.

Jodi Smith, Flathead Valley Community College, "Montana Superhost"

Are you familiar with the Montana Superhost program? If you said no, then this is your chance to learn more about this statewide resource. Jodi Smith, the Montana Superhost Statewide Coordinator, will provide an overview of the Superhost program, an update on state resources and how to utilize the information in your classroom for Hospitality & Tourism units or classes.

ADDITIONAL CONFERENCE INFORMATION

Casual Attire Evening: For the Awards Dinner on Thursday night, we'll be dining on a pulled pork dinner sponsored by the Montana Pork Producers. Please wear your blue jeans & your "kickers!"

Breakfast: Breakfast is included in your room cost, and it is served from 6:30 – 8:00 AM each morning in the Yellowstone Room.

Auction Items: Don't forget to bring your silent auction items! The Silent Auction will conclude on Friday after lunch, and money we raise goes to help pay the expenses for the Teacher of the Year winner to attend the National AAFCS Conference.

Bingo: B-I-N-G-O! Bring your luck dauber and your dollars to play bingo! If you don't have one, daubers will be available for your use Thursday night. Proceeds benefit the MSU FCS Education students to help cover the cost of attending the conference.



ACCOMMODATIONS AT BUCK'S T-4 LODGE

Lodging and accommodations are being offered by Buck's T-4 in Big Sky. Be sure to mention you are booking your reservation for the MAFCS conference. All room rates include a hot buffet breakfast and are subject to a 3% resort tax and a 7% lodging tax. Cutoff date for reservations is **March 26, 2014**.

The room rates are as follows:

Room Type	Singles	Doubles	Triple	Quad
Deluxe 1 Queen	99.00	99.00	119.00	139.00
Deluxe 2 Queen	99.00	99.00	119.00	139.00
Special Access Mini Suite	109.00	109.00	129.00	149.00
King Mini Suite	109.00	109.00	129.00	149.00
King Honeymoon	119.00	119.00	139.00	159.00
HOSP Suite	229.00	229.00	249.00	269.00
Kitchenette Suite 2 bedrooms	159.00	159.00	179.00	199.00

Buck's T-4 Lodge

PO Box 160279

Big Sky, MT 59716

406.995.4111

800.822.4484 (Reservations)



Check-in/Check-out

Check-in time at Bucks T-4 will be 4 PM

Check-out time is 1:00 PM

Reservation/Cancellation Policy

At the time of booking, all reservations will be *require a credit card deposit for one night's lodging* unless prior arrangements have been made with Bucks T-4 management. Cancellation policy for all reservations is as follows: Cancel **one week** prior to event to avoid charges to Individual's/Event Group credit card collected at time of the reservation.



2014 MAFCS Annual Conference

April 9 - 11, 2014

Buck's T-4, Big Sky, MT



FCS: Global Gateway to Healthy & Sustainable Families

Name: _____ Employer: _____

Address: _____

City, State, Zip Code: _____

Phone: _____ Email: _____

AAFCS Member (<u>early bird registration by 3/26/2014</u>)	\$125.00	_____
Non Member	\$135.00	_____
Late Registration (<u>after 3/26/2014</u>)	\$135.00	_____
First time member attending	\$115.00	_____
Student	\$55.00	_____
Retired FCS Professional	\$115.00	_____
Lone Mountain Ranch Social (Wed. Night)	\$15.00	_____
AAFCS Annual Membership (please send form available at aafcs.org with registration)	\$135.00	_____
TOTAL REGISTRATION COST		_____

Payment Method: Check # _____ PO# _____ (Please include with registration)

Special Meal Requests: _____

Please make checks payable to **Montana Association of Family and Consumer Sciences.**

No refunds will be available at the conference.

Please send payment and registration to:

Bethany Ringer
2926 Meah Lane
Bozeman, MT 59718

Questions? Contact Bethany via phone at 406.570.5371 or email

mafcs2014conference@gmail.com.

CONFERENCE REQUEST FOR PROPOSALS



Annual Montana Association of Family and Consumer Sciences Conference

April 9 – 11, 2014

Buck's T-4 Lodge

Big Sky, MT

Please accept our invitation to submit a proposal to have your research/resources considered for presentation. All proposal submissions are due by March 17, 2014 by midnight and should be submitted electronically to mafcs2014conference@gmail.com. Acceptance of proposals will be announced by March 26, 2014.

About Us: The Montana Association of Family and Consumer Sciences (MAFCS) is a state affiliate of the American Association of Family and Consumer Sciences (one of the oldest professional organizations in the United States!)

Our Vision: Individuals, families, and communities are achieving optimal quality of life assisted by competent, caring professionals whose expertise is continually updated through AAFCS.

Our Mission: To provide leadership and support for professionals whose work assists individuals, families, and communities in making informed decisions about their well-being, relationships, and resources to achieve optimal quality of life.

Our Core Values:

Association members

- ~ Believe in the family as a fundamental unit of society.
- ~ Embrace diversity and value all people.
- ~ Support life-long learning and diverse scholarship.
- ~ Exemplify integrity and ethical behavior.
- ~ Seek new ideas and initiatives and embrace change.
- ~ Promote an integrative and holistic approach, aligned with the FCS body of knowledge, to support professionals who work with individuals, families, and communities.

For more information about the Association, please visit <http://www.aafcs.org/AboutUs/index.asp>.

REQUEST FOR ROUNDTABLE PRESENTATIONS

This fast-paced learning environment requires speakers to talk to a group of seven participants for about 15 minutes about their topic and then that group of participants will move onto another roundtable and the process will begin again. Presenters will present the same information five times. Please submit an abstract of your roundtable discussion idea to be considered for selection.

REQUEST FOR POSTER SESSIONS

This approach is highly popular in other associations and is a new feature this year for MAFCS. Posters can highlight student work, program information, be informational about a content topic or pedagogical idea, share an entrepreneurial success, or highlight a group's activity. Please submit an abstract of your poster idea to be considered for selection. Suggestions for posters include but are not limited to FCCLA Projects, Best Practices, and student work samples.

Helpful information on developing a poster is available at:

- ✓ <http://www.udel.edu/research/presenting/posters.html>
- ✓ <http://www.ncsu.edu/project/posters>

Criteria for Poster and Roundtable Idea Submissions:

General

- ✓ Alignment with MAFCS Vision, Mission and Core Values
- ✓ Of interest to MAFCS's conference attendees
- ✓ Timeliness
- ✓ Significance of motivation and background
- ✓ Implications and contributions to family and consumer well-being

Originality of research

- ✓ Quality of Proposal
- ✓ Clarity of purpose
- ✓ Theoretical and/or educational framework
- ✓ Treatment of relevant previous research
- ✓ Appropriateness of conclusions and policy implications

For more information, contact a member of the MAFCS 2014 Planning Committee by emailing: mafcs2014conference@gmail.com.

MAFCS MEMBERSHIP

How do you become a member of the Montana Association of Family & Consumer Sciences? By joining AAFCS – the American Association of Family & Consumer Sciences!

AAFCS members have a wide range of professional expertise in the field of family and consumer sciences (founded as home economics). Our members are educators, counselors, nutritionists, scientists, researchers, designers, administrators and consultants, to name a few! What our members all share is a commitment to achieving optimum well-being for families and individuals.

Membership Categories & Annual Dues

- Active \$135 (*special introductory rate for the first year of Active Membership for only year only at \$100*)
- Ellen Richards Sustaining \$250
- Associate \$115
- Emeritus \$95
- Student (Collegiate/Postsecondary) \$60

Membership Benefits

Journal of Family & Consumer Sciences
Conference Discounts
Insurance Plans

Networking and Leadership Opportunities
Publication and Product Discounts
Advocacy for Public Policy and more!

For more information and for membership forms, please visit <http://www.aafcs.org/Membership/index.asp>.