



Volume 47, Number 1
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Letter from the President – Michelle Krehbiel

“I don’t like decisions, they are scary.” This quote is from a young eighth grade boy I had while I was student teaching. When I first heard the young man make this statement, I laughed but after thinking about it for several minutes I concluded that he was brilliant. Decisions are scary. Making decisions can open new doors and close others, that is the scary part or depending on how you look at it that is the opportunity.

Our state association is facing some decisions. How do we continue to operate as an association with declining membership and declining revenues (since our association’s budget is mainly made up of membership dues)? Simply, our resources of human capital and financial means are now more limited than before. Given this reality how do we function as an association? What becomes our priority given our resources? What is essential to ensure that the association will be present for the next 100 hundred years?

This past year as president, I have challenged the executive council to answer those questions and think about our sustainability. Addressing the questions has not been easy and probably will not get any easier over time. The executive council has examined the council’s structure and members, purpose of the association, and the elimination of the executive secretary position. These conversations have been rich; however, we need more voices.

These topics were discussed at the annual meeting held in Norfolk on March 24th and 25th. The board invites you to attend the annual meeting and specifically the business meeting to hear your feedback about the future of the association. In the meantime, I welcome your input about the future of the association. Please, contact me by email at mkrehbiel@unl.edu or by phone at 402-472-9020. I look forward to having conversations with you about how to strengthen the Nebraska Association of Family and Consumer Sciences so we remain a leader in serving Nebraska families.

- ✓ Email: mkrehbiel2@unl.edu
- ✓ Telephone: 402-472-9020

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Annual Meeting Highlights Nebraska & South Dakota Joint Conference

This year our state association planned the spring conference in Norfolk on March 24th & 25th with the South Dakota affiliate. The meeting took place at The Norfolk Lodge and Suites Conference Center with 28 professionals from Nebraska and ___ from South Dakota. The keynote address was presented by Duane Whitbeck, the National President for AAFCS for 2016-2017. He addressed the differences we make within our profession related to Advocacy and Collaboration, Education and Recognition, and Research and Innovation. The AAFCS Signature Initiatives include the FCS Day/Dining In on December 3rd, the FCS*fit* Initiative that has spanned for the past three years, and the “Say YES to FCS” *Filling the Pipeline* planning meetings and work. Duane suggested all of our members to lead, mentor and inspire as part of our professional work.

The second keynote speaker was Dr. Sarah Newcomb of Morningstar Financial. Dr. Newcomb addressed the way to rethink our own financial health, focusing on our internal locus of control. She shared results of stress research that points to financial stability as being the most common answer within the research. A futuristic approach to thinking and planning about money for the next 20 years represents a more healthy approach. The financial fitness theme is also the national conference in June of this year.

Additional sessions on Friday included:

- “Food, Fitness, and Families” by Dr. Michelle Krehbiel and Dr. Lisa Franzen-Castle (UNL Extension)
- “Examining the FCS Teacher Shortage Efforts to Recruit and Prepare New Teachers” by Dr. Duane Whitbeck (Pittsburgh State University), Dr. Debra DeBates (South Dakota State University), Sheree Moser (UNL), Yvonne Moody (Chadron State), Carol Erwin (Wayne State)
- “Step Up to Quality—Nebraska’s Quality Rating and Improvement System” by

Lauri Cimino from NE Department of Education Office of Early Childhood

- “Financial Considerations of Later-Life Romantic Relationships” by Dr. Nicole Graves from South Dakota State University
- “FCS—A Fundamental Building Block for Community Vitality” by Carroll Welte, UNL Extension
- “Sex Trafficking in the Heartland” by Anna Brewer from the Women’s Fund of Omaha
- “Financial Wellness: Needs of High School Personal Finance Teachers” by Dr. Lorna Saboe-Wounded Head from South Dakota State University
- “Service Learning for Community Wellness” by Dr. Nicole Graves from South Dakota State University
- “Preschool Lifestyle Dining – Reggio Inspired” by Lee Sherry and LaDonna Werth, UNL Extension
- “Wellness Across the Lifespan” by Yvonne Moody from Chadron State College

The Awards Banquet was held on Friday evening, with two members getting recognized for their contributions to our organization. The **Teacher of the Year** award was presented to Camelle Kinney from Lincoln North Star High School and the **Service Award** was presented to Kathy Kneifl for her work as our Public Relations chair for the past four years (pictured below).



Saturday’s sessions included:

- “How Do Financial Experiences as a Teenager influence Money Management Skills in College?” by Dr. Lorna Saboe-Wounded Head and Soo Hyun Cho from South Dakota State University

- **“Sustaining the Profession through Distance Learning and Creative Collaboration”** by Dr. Debra DeBates from South Dakota State University
- **“ProStart—a Professional Start to Restaurant Management, Hospitality and Culinary Arts: The Recipe for Taking Your Culinary Arts Program to the Next Level”** by Louise Dornhusch from Papillion-LaVista South High School (NAFCS 2016 Teacher of the Year)
- **“Conscious Consumerism: Navigating Our Purchasing Choices for a More Sustainable Future”** by Emily Roberson from the Youth Garden Project
- **“The Story of Grain Place Foods”** by Dave Vetter, Marquette, NE
- **“P is for Progress”** by Tina Collision, Personal Trainer and Fitness Instructor at Norfolk YMCA
- **“Gratitude”** by Joan Anderson, Retired FCS teacher and FCCLA adviser, Mitchell, South Dakota

New and repeating officers for this coming year include Michelle Krehbiel as our acting President, Camelle Kinney as the incoming President-Elect, Carmen Warner as Recording Secretary, Brittany Knudsen, Beth Cosentino, and Sarah Smith on the Nominations Committee, and Kathy Gifford as Recognition Chair. Carol Erwin is acting as chair for the position of Treasurer. There are still opportunities for more members to participate on the Annual Meeting Planning Committee and Nominations Committee for this coming year. Contact Michelle Krehbiel if you are interested.

Our hope is that you look at what has gone into this planning to create a wonderful experience for professionals within Family and Consumer Sciences. We look forward to creating an equally informative and exciting conference next year in Lincoln. Look for the plans to be included within future newsletters and website postings.



“Pack the Purse” Student Unit Project

The Student Unit Project for this year was called “Pack the Purse”. Members were asked to bring hygiene products in purses or bags to donate to local women’s shelters in Wayne and South Dakota. The Nebraska participants donated more than 16 bags filled with items and the 10 students delivered them to Haven House in Wayne. The South Dakota chapter took about 4 bags back with them to donate within their local communities.



Eva Ortiz and another Wayne State student with the donations for the “Pack a Purse” project.



NAFCS State Conference 2018
March 23 & 24 in Lincoln at
The Hilton Garden Inn



Cleaning Our Professional House

Several of our members got together to clean out the boxes and boxes of files and paperwork that has been saved during the years that our association has been in existence. Carla Robinson, Sheran Cramer, Shirley Baum, Susan Carlson, Michelle Krehbiel, Melanie Kellogg, Nancy Brandt, and Priscilla White and Ashton Mazour (UNL graduate assistants) got together to plan and document the cleaning up of our archives.

Between the boxes that have been stored at Carla's home since she took over the position of executive secretary and some stored on campus within the Home Economics building, there were about 20 boxes of records to sort. The group first had to determine how to organize the work that needed to be done and which documents would be valuable for archiving. Then they looked on the web to find out the usual categories to use to organize the files. Labels were created for the categories and the sorting began.

By the end of the first 8-hour day, every box except for membership materials had been emptied, many unneeded materials had been discarded and the saved materials had been categorized. Priscilla started scanning the materials and the *NAFCS Archives* began to take shape. Day two involved organizing the Executive Board and Council minutes and newsletters. Duplicate copies of minutes were tossed and organized by date. The final stack was about 12 inches high. The second task of eliminating the extra newsletters and sorting them by date was accomplished as well. Other materials were then organized and labeled including

promotional and project materials, student member section information, historical information from 1921—1970 and other miscellaneous information.

Priscilla continued to work on scanning the materials and the group was able to begin to see organized content which had been digitized for archival purposes. Now we will be able to retrieve pieces of information easily which may be helpful for masters or doctoral students who would like to use it within their research in the future. The last day involved more sorting and labeling, with Priscilla continuing to scan and organizing the digitized materials.

There is still much more to do, so some of the tasks that are planned include:

- Meeting with Gwen Newkirk, Melinda Holcombe and Kathleen Lodl to look through pictures and try to label people and events.
- Michelle Krehbiel will look through the Home Economists in Business (HEIB) materials and the decision was made after the state conference not to save them.
- The HEIB scrapbook will remain in the historical archives.

Future plans will include Julie and Michelle keeping tabs on the progress that Priscilla makes this summer scanning and organizing the electronic files created. Julie will serve as ad hoc historian for the next year to help the organization manage this work. A plan will be developed for creating a permanent place to archive materials each year that will be consistent and sustainable.



There will also be continual updates via this newsletter, the NAFCS website and discussions or presentations at our annual conference.

As Reported by Dr. Julie Johnson



Update on Social Media Connections

Last year after the state conference meeting, the Executive Council discussed of the importance of incorporating social media more on behalf of our organization. After the meeting, two students from UNL (Beth Cosentino and Sarah Smith) got busy and created a Facebook page and started working on connecting more online with our members. The Facebook page became popular quickly with over 115 members currently subscribed.

Several members of the Executive Council will be going to work to keep growing our membership, so please feel free to add anyone involved within FCS. This includes the students from UNL, Wayne & Chadron, as well as the membership and newsletter chairs. By using Facebook, the council hopes to get information out to people faster and at an everyday convenience. We will be looking forward to meeting everyone that follows our Facebook page at next year's conference! Remember to connect with us on Facebook via this link:

<https://www.facebook.com/groups/309408125751530/>



Future FACS Teacher Dinner

The 3rd Annual Future Family and Consumer Sciences Teacher Dinner was held again this spring on the first Monday in April. Twenty-eight teachers and students from 13 districts attended the event to hear about the state of our profession related to education. The original sign-up included a total of 37, so we will continue to

work on improving the recruitment efforts for this event to get as many people there as possible. Here is the list of participants:

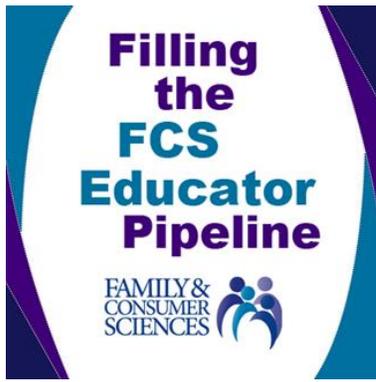
- Jamie Janousek, Jr. at Platteview Public Schools (Teacher: Nicki Pedeliski)
- Danika Cumming, Jr. at Maxwell Public Schools (Teacher: Jerlyn Hohnholt)
- Kendall Wiseman, Jr. and Tia Smith, Sr. at Neligh-Oakdale High School (Teacher: Kimberly Scarborough)
- Lydia Haselhorst, Sr. at Randolph High School (Teacher: Melissa Davis)
- Sarah Pracek, Sr. at Omaha Burke High School (Teacher: Andrea Burton)
- Andrew Christ, Sr. and Jenna Nuss, Sr. at Sutton Public Schools (Teacher: Nancy Schlautman)
- Amanda Jaixen, Sr. at Lakeview Public Schools (Teacher: Paige Rambour)
- Thomas Hynes, Jr. at Elmwood-Murdock High School (Teacher: Lisa Hynes)
- McKayla Ward, Jr. at Logan View High School (Teacher: Pat Kassmeier)
- Briana Schneider, Sr. at Lincoln Southwest High School (Teacher: Tracy Way)
- Josee Hotz, Sr. at Gothenburg High School (Teacher: Dee Weaver)

Other participants included:

- Kathy Gifford, Kearney Public Schools Board Member
- Marcia Fouraker, Fremont, NE
- Sheree Moser, UNL
- Carol Erwin, Wayne State
- Yvonne Moody, Chadron State

Students received gifts from the University of Nebraska-Lincoln, Wayne State College and Nebraska FCCLA. Donations to support the event were received via the Retired FACS Teachers network and included \$525 towards the dinners for the students and teachers attending. We look forward to sponsoring the event every year and enjoy meeting all of the students who attended. If you would like to be a part of the retired FACS teacher network, Contact Sheree Moser at smoser2@unl.edu or (402) 890-3997 and we will send you a letter with additional details.

Submitted by Sheree Moser, Student Unit Co-Chair



Filling the Pipeline Workshop “Say **YES** to FCS”

For the past two years I have attended the “Filling the Pipeline” sessions at the National Conference and Expo to participate in the planning and activities to recruit future professionals. The committee includes some leaders within FCS Education around the country and more than 70 additional professionals showed up to participate during three different workshops. This is the article that was posted in the July edition of the Fast FACS Newsletter from AAFCS:

Attendees Make 2017-18 "Say Yes to FCS" Educator Recruitment Plans at the Annual Conference!

Family and consumer sciences (FCS) professionals from all practice settings spent time at the recent AAFCS Annual Conference in Dallas working to fill the Family & Consumer Sciences Educator Pipeline to address educator shortages in secondary, post-secondary and Extension settings across the country. Since 2015, collaborative actions taken by FCS professionals, organizations, and stakeholders have included a very successful social media campaign and the creation of numerous, usable, resources for state/local/institutional recruitment efforts, along with supportive educational materials. During the conference, professionals met on Sunday night for an update on the campaign and to identify targeted areas for potential growth and implementation:

- Branding of FCS
- Educating and Leveraging Support

- through Stakeholders
- Reaching All Professionals
- Impacting Legislation/National Policy
- Making a Difference – Recruitment Efforts
- Utilizing/Strengthening Social Media
- Promoting and Advancing Research Efforts and Initiatives

Small work groups were formed to brainstorm ideas and strategies and develop action plans for outlining the work of the 2017-18 year. The sessions culminated on Wednesday morning with a reporting/sharing time for each group to present their plans. Stay tuned to the website for updates on these initiatives to continue the growth of the campaign! If you were unable to attend the conference sessions but would still like to be involved in one of these areas, please [contact AAFCS](#).



Each month the group identified a theme that will be published via email and listserv messages to have educators incorporate within lessons. The group identified some ways to focus further to build additional relationships to support the initiative, including:

- Identifying and implementing stakeholder support
- Disseminating FCCLA and “Say YES to FCS” logos and guidelines
- Connecting to higher education institutions
- Identifying ways to connect to all professionals related to subject areas within FCS
- Plans to connect continually throughout the year via shared documents for consistency and follow-through

More information will be shared about all of these items as the documents are developed and shared on the national website. Here is where all of the information about the initiative is located: <http://www.aafcs.org/FCSEdPipeline.asp#OverviewCamp>

Respectfully Submitted by Sheree Moser
Newsletter Editor



Dear Membership,

Too much time has definitely passed since I have been able to complete a newsletter for all of you. The addition of coursework to earn an Educational Doctorate has proven to be the straw that has broken this camel's back. My goal for this semester (as I am taking 7 hours of credit and teaching five courses) is to find some support via other members or students to help with the newsletter this year. Hopefully this will result in more editions, as well as some new voices to the information shared, formatting, and news they find important.

The conferences this year were truly amazing and informative. The joint state conference in Norfolk had some excellent sessions (as you can see). The planning committee did an excellent job of addressing the national theme of **FCSfit**. I'm excited to see what they come up with next year at the Hilton Garden Inn in Lincoln. The National Conference and Expo in Dallas was excellent as well and the number and variety of sessions was over-the-top. I was honored to get to spend time with two Wayne State students during the conference, and look forward to having additional contacts between campuses as we work with the student affiliate to build membership within our state organization.

[NAFCS Conference Picture Gallery:](#)

Our state board has also been working on some updates and changes to improve the functioning of our organization here in Nebraska. So far these have included condensing the number of chair positions to truly reflect the work needing to be completed each year on the behalf of our members. The chair positions affected include: nominations (changing to 1-year terms); elected officers (president, recording secretary, treasurer, and nominations); reducing committees to 3 (annual meeting, by-laws, and student representation); adding updated committee (communications to also include membership, possibly 2-3 people on this one committee); and changing president's term to 2 years. All of these proposals will be brought to the members as By-Law changes within this coming year, so we will be sure to send out more information as these are developed.

As the school year is beginning, I hope we can all see how this organization serves our profession in a positive and supportive resource. The student unit groups are growing at each of the post-secondary institutions and these young members are bringing new and innovative ideas into the organization. Social media is a great tool for increasing the way we share what we do and improve our image, as well as increasing the exposure of the great things professionals are doing within their careers. There is great talents and promise for some very exciting updates, so stay tuned!

Respectfully Submitted,
Sheree M. Moser, Newsletter Chair

**NAFCS State Conference
March 23-24, 2018
Lincoln Hilton Garden Inn**





Dr. Wayne Whitbeck, AAFCS President



Dr. Julie Johnson (AAFCS Legent), Dr. Whitbeck, and Dr. Sheran Cramer (50-year member)



Dr. Whitbeck and Student Participants



Teacher Recruitment Panel

AAFCS Annual Conference & Expo Picture Gallery:



View of Dallas from the Conference Center



Hannah Smith, Sheree Moser & Lauren Meseji at the Round-Up Welcome (Students from Wayne State)



Textiles Display Example



The famous "Red Flying Horse"

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INSIDE THIS ISSUE....



- Letter from the President, Michelle Kriehbel
- Annual Meeting Highlights: Nebraska & South Dakota Joint Conference
- “Pack the Purse” Student Unit Project
- Cleaning Our Professional House
- Update on Social Media Connections
- Future FACS Teacher Dinner
- Filling the Pipeline Workshop “Say YES to FCS”
- From the Editor...
- NAFCS Conference Picture Gallery
- AAFCS Annual Conference & Expo Picture Gallery
- Nebraska Mystery Foods Events
- NAFCS 2017-2018 Executive Council

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*COPY DEADLINE for next newsletter: **November 30, 2017**