



# Family and Consumer Science Educators of Michigan

*A Family and Consumer Science Professional Organization  
Promoting Strong Families, Positive Parenting Skills & Healthy Lifestyles*

Winter Edition 2013

PROFESSIONAL DEVELOPMENT HIGHLIGHTS, UPDATES, AND FUTURE STEPS...

## A message from the President: Elizabeth Galimore



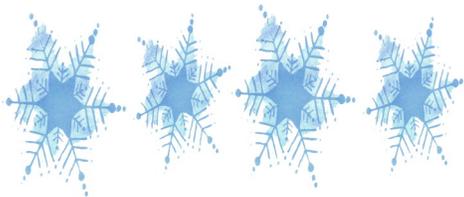
Greetings and Happy New Year!

By now, our school year is in full swing – and we are busy, busy, busy! Our FCSEM conference committee is in full swing, finalizing the details for our summer conference (July 30-August 1) in Frankenmuth. Please consider joining us for one day or the whole conference. I have found it is so much easier to attend in the summer without writing lesson plans for the subs or worrying about the many details that go along with my job. Sitting outside on a warm summer evening with fellow educators from around the state, catching up on our lives and discussing new trends in our field is priceless.

Other important dates this year for us are April 17-19<sup>th</sup> in Midland. FCCLA is holding the Annual State Leadership conference. If you have ever wondered what happens at this event or wondered what the competition is all about, take time this year and join us. Evaluators are always needed. You can join us for one day, Thursday, when the competition is in full swing. As a judge, you will see firsthand what the students do for their competition. If you are interested in judging, please contact Elette Collins at (734) 487- 8657.

Your FCSEM Board is actively involved with many activities to keep us updated and visible. Our website, under the competent hands of Terri Kubiny, is currently being updated. Our brochure has been updated to reflect My Plate rather than My Pyramid. The brochure is on our website and can be easily downloaded to print for promoting your department within your school or community. We are still in the process of updating our membership list to reflect who is teaching Family & Consumer Sciences around the state. Under the leadership of Cindy Salfate, a group of Family & Consumer Science Educators visited the State Capital with students to promote our department. It was a most exciting day! Please consider contacting Cindy (sulfate@durand.k12.mi.us) for information on how to set up a visit.

Together, we can use our talents and voices to keep our departments afloat and provide our students with the most current and important life skills information they need now and in their future!



SAVE THE DATE:



Deadline for FCS Certified Teachers Contact Information February 15, 2013

FCCLA Annual State Leadership Conference April 17-19, 2013

FCSEM Annual Summer Conference July 30-August 1, 2013



## *Family and Consumer Science Educators of Michigan*

*Save This FCSEM Date:*

*Family and Consumer Science Educators of Michigan Annual Conference*

*July 30 – August 1, 2013*

*Bavarian Lodge Inn and Conference Center, Frankenmuth, Michigan*

The FCSEM Board has selected Kay Reed, Executive Director of the Dibble Institute, to be the keynote speaker for the 2013 annual conference. Her keynote address will be "Our Love Lives Are Not Neutral" - *how family connections matter more than you think*. Kay says "romantic relationships – we often think of them as private – yet they also impact our society at large." Join Kay Reed as she covers current trends and resulting outcomes in dating, hooking up, child bearing, cohabitation, marriage, and family connections with special attention to how FCS teachers can make a difference. In addition, Kay's breakout session, "Connecting Healthy Teen Relationships to Teen Wellness," reads, "Troubled dating relationships disrupt the social and economic path for teens and young adults and thereby increase later risks to the mental, physical, and social well-being for children as well as adult partners."

Nancy Lenk, former FCS Teacher from Missouri and FCCLA Specialist with the Dibble Institute, will present, "Kick Your Classroom & FCCLA Chapter into Gear with Excitement and Energy! Change gears from neutral to racing into the 2013-14 school year... by integrating relationship education activities to add fun ways for building relevant skills students need to take the lead in their families, careers, and communities."

Su Nottingham has agreed to be the entertainment on Tuesday evening.

Michelle Hiscock will present "More FCS Technology."

Three FCS teachers have sessions on "How I Teach It": Dede Rush, "Parenting Today"; Angie Szymczak, "Personal Power"; and Dawn Farrell, "Interior Design." And, if you are looking for math integration, Dawn's session will provide it.

Other program highlights include:

- Norma Tims, MDE Consultant, "Navigator"
- Pam Kies-Lowe, MDE Consultant, "Our Invisible Students: Homeless Children and Youth"
- Kathy Scott, Department of Human Services, "The Responsibility of Parenting, RU Ready?"
- Lois Gibbons and Glenna Fritz, "The New Financial Literacy, Apps and All"
- "Shop Talk/Sharing" – Teachers will group and openly share ideas, concerns, lessons, etc.

Schedule updates and registration will be available mid-January at [www.fcsem.org](http://www.fcsem.org).

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### **The New Teacher Sharing – “Shop Talk”**

The 2013 FCSEM Conference Teacher Sharing will have a new look and model this year. During the allotted hour and fifteen minutes, participants will choose four topic areas in which they can brainstorm, network, and problem solve. A tentative list of topics is:

#### Classroom Issues:

Classroom organization: General  
Classroom organization: Cooking  
Classroom organization: Sewing  
Ticket in – Ticket out strategies  
Managing bullying in the classroom  
Handling “off- topics” scenarios in the Life Skills classroom

#### Student Issues:

Cooking safety  
Discipline  
Attitude issues  
Working in real-life resources for those who need it  
Grading — Second chances? Make up work?  
Instilling responsibility and ownership of work and grades  
Bullies — Individually

#### Program Issues

The value of Life Skills  
Promoting your program  
Aligning curriculum with common core  
Grants and program funding sources  
Program resources

While venting to your peers within your district may be a short-term solution, having authentic solutions as an objective can come from honest sharing and brainstorming at the highly interactive Shop Talk Session at this year’s upcoming annual FCSEM 2013 Conference in July. Designed like a speed dating encounter, but it may not that quick, participants will engage in directed conversation during a short-time to share successes, challenges, and brainstorm solutions in a series of mini-workshops. The topics will vary from promoting your FCS program to bullying in the classroom and from cooking safety to dealing with those naysayer students.

Please e-mail session facilitator, Cheryl Ririe-Kurz at: [rkwriter@sbcglobal.net](mailto:rkwriter@sbcglobal.net) with your favorite topics from the list above and to generate any additions to the list of topics. Obviously not every topic will be included, but those of most interest will be addressed.

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## *Family and Consumer Science Educators of Michigan*

### **Your Assistance Is Needed!**

#### ***Looking for Family & Consumer Science Teachers***



The FCSEM board is updating the state list of Family and Consumer Science (FCS) certified teachers. We are asking that every FCS teacher send his or her information as listed below. The information you send will be checked against our current records to make changes or verify that what was on the state document is correct.

You are encouraged to help by forwarding the same information for other FCS colleagues in your district. It would also help to have the information for FCS teachers in your CEPD and friends who teach FCS courses in other Michigan school districts.

The goal is to have a completed document before the upcoming spring newsletter. Please send the information to: [cynthiasimmons515@gmail.com](mailto:cynthiasimmons515@gmail.com) within the next 2 weeks. Your help is greatly appreciated!

#### **A. Professional Contact Information:**

Name: \_\_\_\_\_ Former name: \_\_\_\_\_

Grades currently teaching: \_\_\_\_\_

Building name: \_\_\_\_\_

District name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

School email address: \_\_\_\_\_

School phone number: \_\_\_\_ - \_\_\_\_ - \_\_\_\_ X \_\_\_\_\_

Optional categories: *College student, college instructor, substitute teacher, not employed, or other (explain)*

#### **B.\*Personal Contact Information:**

Mailing address: \_\_\_\_\_

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

Phone number: \_\_\_\_ - \_\_\_\_ - \_\_\_\_

#### **C. Do you prefer to receive mailings and updates at your school or personal address?**

**(Choose only one)**

\*Supplying personal contact information is optional. However, there have been instances when the information has been useful when a FCSEM board member or conference coordinator needed to speak with a FCS teacher outside of normal school hours or days. When teachers cannot be reached through their school contact information that is on file, the personal information is used. The FCSEM board has not approved the practice of giving personal information to other organizations or businesses, thus it will remain confidential.

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2013

## **Happy New Year FCSEM Members!**

I hope that 2013 proves to be a year of health and happiness for you and yours! As FCS teachers you are no doubt finding yourself knee-deep in lesson planning, paper grading, and FCCLA advising at the start of this new year. I encourage you to carve some time out of your busy schedule in the coming weeks to reflect on a few questions:

- § Have I recently reviewed the FCSEM website ([www.fcsem.org](http://www.fcsem.org)) for up-to-date professional resources?
- § Have I renewed my FCSEM membership for 2012-2013?
- § Have I encouraged other FCS teachers to get involved in FCSEM?
- § Have I put the FCSEM annual meeting (July 30-August 1) on my calendar?

I sincerely look forward to this new year with FCSEM and to seeing you all in the months ahead. Please do not hesitate to contact me with membership questions or concerns ([lawillerick@romulus.k12.mi.us](mailto:lawillerick@romulus.k12.mi.us)).

All Best,  
Lisa Willerick  
FSCSM Membership Chair

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## **Paula Gray visits Saline Area Schools for Bread Making Lessons**

Before, Tuesday, December 4<sup>th</sup>, Brooke Stoica and Jon Okarski weren't exactly sure what went into making a loaf of bread. Now, the Heritage Elementary students are experts. And the baking lessons they have learned will help feed some of Washtenaw County's less fortunate residents.

Fifth through seventh graders were a part of a Life Skills Bread Baking Program presented by Vermont's King Arthur Flour. Brooke and Jon helped in a hands-on demonstration in measuring, mixing, kneading and shaping loaves of bread.

"Baking is really math and science," said Paula Gray, the King Arthur Flour representative who led the program. "But what you're going to do with this skill is really important. You're going to help people in your community." Following the demonstration, each student took home a bag of supplies donated by King Arthur flour, so they could make two loaves of bread. Students kept one loaf for their family and brought the other one back to school to donate to the Ann Arbor Salvation Army. The students donated over 800 loaves of bread!

"The project fits in well with the FCCLA's focus on community service," said Liz Galimore, the Saline Chapter Advisor. "This is a terrific project for the high school students to participate with the younger students. They also were responsible for packaging the 1200 bags of supplies and delivering the bread to the Salvation Army (along with students from the Teen Leadership class.)"

The demonstrations are free and schools interested can apply on the King Arthur Flour website at [www.kingarthur.com](http://www.kingarthur.com). "The company likes to combine visits to neighboring schools into one trip," Paula said, "so the more schools that apply, the better the chance is of receiving a demonstration."



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# Thank You!

On Tuesday, July 31, 2012, the Family and Consumer Science Educators of Michigan (FCSEM) met for the annual conference held at the Bavarian Inn Lodge and Conference Center in Frankenmuth.

I want to thank the members of our organization for working so diligently to make each conference more enjoyable and educational than the previous year. As expected, it was phenomenal to see so many familiar faces along with so many new and enthusiastic FCSEM members attending. Thank you especially to Louise Bombyk and Carol Lile who put forth a tremendous amount of effort again this year. We enjoyed excellent speakers and presenters. Those who participated came away with much more knowledge, many ideas and materials to use in our classrooms, and an overall positive experience. In addition, the pace of the conference was relaxing and enlightening. I consider myself and other FCSEM members blessed that Louise and Carol and the FCSEM Board invests their time, energy, efforts, and talents to better the Michigan Family and Consumer Science Educators.

Our keynote speaker, Tim Cusack, actor and motivational speaker of “One More Moment Please,” was outstanding. He provided such enthusiasm and energy along with insight on how to enjoy teaching, which helps reduce burnout and do what we do best—inspire and support students. Many of the goals of our presenters went way beyond the realm of education. I found many educational tools and treasures for my classroom from many of this year’s presenters and exhibitors. Teacher Sharing is always the highlight of the conference for me because it offers so many new and innovative ideas to incorporate the Michigan Merit Curriculum and now the national Core Curriculum, yet it still makes the curriculum life-oriented and fun. All of our presenters had a sound presence and significant message to give us a positive direction in our personal lives and careers. In addition, this conference assisted us in getting energized for the coming school year, allowing us time to incorporate the new activities in to our curriculum.

I am very proud that I chose Family and Consumer Science education, along with the many other teachers of FCSEM, for we strive for service and to educate our youth to be healthy, happy, and successful.

We are grateful for the continuous support of our FCSEM Board to keep us inspired and renewed. Again, awesome job!

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