From the Desk of WAFCS President Karen Bergh: IMAGINE…

As part of the reorganization and strategic direction of the American Association of Family and Consumer Sciences (AAFCS), the first Leadership Council met at the 106th annual meeting in Jacksonville, Florida. The council is made up of two representatives from each state affiliate, and representatives from the AAFCS communities. The morning session was spent identifying leadership styles and developing strategies for increasing leadership capacity. The afternoon session focused on putting the AAFCS strategic direction into action.

IMAGINE… Whatever you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon… must inevitably come to pass. Paul J. Meyer*

The strategic direction, based on our vision, core values, and mission identifies three strategic priorities.

Advocacy and Collaboration
Education and Recognition
Research and Innovation

As the Washington Affiliate engages the AAFCS strategic direction, the 2015-16 Affiliate Action Plan addresses the three strategic priorities through goals related to advocacy, collaboration, education, and innovation. The Washington Affiliate Action plan for 2015-16 can be found on pages 2 & 3, and an invitation to “Commit to Take Action” is on page 4.

As a valued and contributing member of the Washington Affiliate, please join us in imagining and acting upon the vision, mission, and strategic priorities of the Association. Read the plan and identify how you as an individual or as a member of a group can participate in carrying out the plan of action.

*Used with permission by The Meyer Resource Group Inc.

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For more than 100 years, the American Association of Family & Consumer Sciences (AAFCS) has provided leadership and support to 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. As an affiliate, the vision and core values of WAFCS are aligned with AAFCS, as follows:

**Our Vision**

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

**Our Mission**

To provide leadership and services to our members, promote advocacy, and develop partnerships and alliances to empower individuals, strengthen families and enable communities.

**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 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.

<table>
<thead>
<tr>
<th>Outcome 1</th>
<th>Knowledge and Skills are Applied for the Public Good</th>
<th>State Affiliate Action</th>
<th>Group or Personal Action</th>
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</thead>
<tbody>
<tr>
<td><strong>Goal</strong></td>
<td><strong>Objectives</strong></td>
<td><strong>State Affiliate Action</strong></td>
<td><strong>Group or Personal Action</strong></td>
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| Provide leadership in the development and implementation of policies to strengthen individuals, families, and communities. | - Recognize current political issues that impact individuals, families and communities.  
- Support local, state, and federal efforts to address the needs of individuals, families, and communities.  
- Support initiatives to strengthen individuals, families, and communities. | - Track and share legislative issues that affect families.  
- Identify and take action on issues of importance in Washington State by supporting legislative action.  
- Participate in the development, implementation, and evaluation of local, state, and national policies.  
- Plan and execute one project to assist individuals and families improve well-being and quality of life.  
  ○ FCS Day December 3, 2015. Develop two workshops at Fall conference to provide information, materials, lesson plans, and activities for FCS professionals in a variety of settings to be involved in FCS Day.  
  ○ Challenge Annual Conference attendees and members to participate in FCS Day have a pledge form at registration or in the newsletter, and follow up.  
  ○ Document data and stories about how attendees and members participated. | - Interact with legislators and key persons of power to help affect legislative change.  
- Prepare and host an information board with FACSE and FCCLA at a legislative event.  
- Participate in a personal or affiliate project to improve well-being of individuals and families.  
- Complete and submit resolutions, and publish articles. |
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<th>Outcome 2</th>
<th>AAFC is Key to Success for Professionals in FCS</th>
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<tr>
<td>Goal 2a</td>
<td>Objectives</td>
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| Engage in AAFC initiatives, networking, and ongoing professional development. | • Host the 107th Annual AAFC Conference in Bellevue, June 2016.  
• Increase participation in AAFC/AAFCS:  
  - committee membership  
  - leadership positions  
  - professional development | • Prepare materials and staff a welcome booth for the 107th Annual AAFC Conference in Bellevue, June 2016.  
• Provide volunteers for the 107th Annual Conference.  
• Promote participation in AAFC/AAFCS.  
• Engage members in leadership positions. | • Participate in preparation and activities associated with hosting the 107th Annual AAFC Conference.  
• Engage in AAFC/AAFCS leadership opportunities and activities. |
| Goal 2b   | Objectives                                    | State Affiliate Action | Group or Personal Action |
| Increase membership and involvement in AAFC/AAFCS. | • Actively promote membership in AAFC/AAFCS to professionals who work with families or in related Family and Consumer Sciences fields.  
• Increase student membership in the association and attendance at state and national conferences.  
• Increase involvement of young professionals and higher education professionals in AAFC/AAFCS.  
• Encourage members to re-establish or initiate local AAFC/AAFCS affiliates.  
• Promote involvement of membership in AAFC/AAFCS at all levels. | • Prepare a brochure or promotional flyer that shows the bridge between FCS professional organizations.  
• Identify how older professionals and retirees transition from the work place to supporting FCS.  
• Develop a looping slide-show to run before one of the large group meetings at Fall conference to promote AAFC/AAFCS membership.  
• Invite professionals in related FCS work sites to join AAFC/AAFCS.  
• Support Student Unit membership by paying ½ of memberships.  
• Prepare a bank of members who will talk to students and to young professionals about the benefits of professional membership.  
• Invite members to participate in AAFC/AAFCS initiatives and activities.  
• Work with young professionals. | • Take part in media campaign to encourage membership in AAFC/AAFCS.  
• Support Student Unit members by offering scholarships.  
• Speak to students and young professionals regarding professional affiliation. |

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<tr>
<th>Outcome 3</th>
<th>AAFC Credentials are Highly Valued</th>
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<tr>
<td>Goal</td>
<td>Objectives</td>
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| Recognize the importance of professional credentials for members and students. | • Identify and promote credentialing opportunities for members and students.  
• Encourage members to achieve CFCS by offering opportunities to take the exam at the annual conference in the fall. | • Provide information on AAFC testing and credentialing program PrePac and CFCS.  
• Offer CFCS Exam at the Fall Conference.  
• Develop information to educate school administrators about the value of FCS credentialing as teachers document professional proficiency. | • Write an article about the importance of AAFC credentialing.  
• Media blast to advertise the CFCS Exam at the Fall Conference. |

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<th>Outcome 4</th>
<th>Effective Collaboration Leverages Resources</th>
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<tr>
<td>Goal</td>
<td>Objectives</td>
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| Collaborate with family and consumer sciences related organizations. | • Identify and engage in means for family and consumer sciences related organizations to work together to leverage resources at the state and national levels.  
• Identify issues of importance to family and consumer sciences organizations in Washington State. | • Identify and participate in a joint activity with FCCLA, AAFC, FACSE and other FCS related organizations.  
  - Legislative activity- Goal 1  
  - FCS Day- Goal 1  
• Continue to collaborate with Family and Consumer Sciences Education (FACSE) for annual conference.  
• Include FCCLA students in state and national meetings when possible.  
• Promote collaborative efforts with FCS related organizations to support the needs of individuals and families. | • Participate in a collaborative activity with state, regional or national family and consumer sciences groups.  
• Report collaborative successes through newsletters to raise awareness. |
COMMIT TO TAKE ACTION!

We value your commitment to the profession, and in order to move the affiliate action plan forward, please take action and make a commitment to participate in completing the 2015-16 Washington affiliate action plan. Please indicate below your commitment(s) to this effort.

__ Take part in action to affect legislative change.
__ Participate in a personal or affiliate project to improve wellbeing of individuals and families.
__ Participate in a speaker group to inform students, young professionals, and others about the benefits of affiliation.
__ Participate in preparation and activities associated with hosting the 107th annual AAFCS meeting in Bellevue.
__ Participate in collaborative activity with state, regional, or national FCS groups.
__ Engage in WAFCS/AAFCS leadership opportunities.
__ Report on personal or collaborative action plan activities.
__ Other ideas- ____________________________

By signing this Letter of Commitment, you will help move the Washington affiliate 2015-16 action plan forward in the ways indicated above.

Thank you again for your participation, and we look forward to working with you.

Name ________________________________________________________________

Email Address __________________________________________________________

Phone Number __________________________________________________________

Please copy and sign this form and return to:

Karen Bergh
WAFCS President
424-100th Avenue SE
Olympia, WA 98501

Or Email it to
berghk@cwu.edu

Questions? Call Karen at 360-402-3527
WAFCS Annual Awards

Recognize a Special Person or Organization

It’s time to submit nominations for WAFCS Awards! Anyone can nominate a deserving professional or group for one of the following awards:

**Teacher of the Year**
The WAFCS TOY award recipient competes for the AAFCS National Teacher of the Year award and will present their program at the 2016 AAFCS Annual Conference in Bellevue, Washington.

**Group Contributing to the Betterment of Families**
Do you have a business or non-profit group in your town that has made a difference in your community? Nominate them!

**Professional of the Year**
What better way is there to honor the achievements and contributions of a fellow professional? There is no higher sign of respect than peer recognition.

**Research Scientist of the Year**
We have not had a recipient for this award in several years. With a huge emphasis on STEM, do you have a colleague who is involved in FCS research you would like to nominate? This is the year!

**WAFCS Honorary Member**
How about nominating a support staff member in your school, your CTE Director, or Advisory Committee member? If they meet the criteria for Honorary Member, nominate them!

The application forms are available on the WAFCS website at http://wafcs.net/aboutus.html for your convenience. All applications are due by **October 1, 2015**. For additional information, please contact Eileen Knobs at 425/885-1380 or by email at rob_knobs@msn.com.

**Euthenics**

Help Us Celebrate 80 years: 1935-2015

Founded in 1935 by UW Home Economists

The Euthenics organization holds four meetings a year at Prince of Peace Lutheran Church, 1415 20th Ave. S.E., Shoreline.

The meetings begin at 9:30 a.m. and include a catered luncheon ($16) and two speakers. Please call Jan Broz for reservations at 425-898-0206. The 2015-2016 meetings are:

**Tuesday Sept. 29, 2015**

Roxanne Trees portrays activist Elizabeth Stanton to review women’s rights.

Barbara Shaffer: Travels in Africa

**Thursday October 29, 2015**

Courtney Sullivan - Native plants for home landscape and wildlife habitat (National Wildlife Federation)

Shannon Callin - Advanced care planning and Health Directives (Group Health)

**Tuesday, March 29, 2016**

Megan Devries - School Lunch Programs and New Government Regulations - Manager Everett School Dist.

Eleanor Leight and Sherry Weatherby - Sharing the Benefits of Staying Active and Keeping a Sense of Humor as We Age

**Thursday, April 28, 2016**

Suzanne Howle - Elder Law for Baby Boomers

Mimi Siege - Early Intervention for Children of Diverse Abilities at Kindering Center

Scholarship Update: A letter from Rachel Christensen, 2014-15 Recipient

Dear Washington Association of Family & Consumer Sciences,

Thank you again for choosing me to receive the WAFCS Scholarship! As I finish up my Junior year, I appreciate knowing I can head into my final semesters with the support of donors such as yourself. I am actively working towards my degree in Human Development with an emphasis on Family and Consumer Sciences Education. This Spring I began the first of three semesters towards getting my teaching certification With each course I take I feel more confident that I am in the right place. Having the opportunity to participate in field work and actually assisting in middle and high school classrooms this year has taught me so much about working with youth. So far my favorite subjects include foods/ nutrition and health/wellness.

Along with my studies, this year I held the role of Secretary for the Human Sciences honor society, Kappa Omicron Nu, and the role of President of the Student Unit of the Washington Association of Family & Consumer Sciences organization. I was chosen as Human Development Junior of the Year and recently awarded the President’s Award for Leadership. For two years I have been working on my civic duties as a program assistant for WSU’s Center for Civic Engagement (CCE). The office has become more than just a work place to me, but a safe space where I can use my skills to improve the community, one student at a time.

My position with the CCE has also prepared me to be a better member of my sorority, Chi Omega, where I was the Philanthropy and Community Service Chair. My overarching goal was to get my sisters to stop thinking their service hours were a burden, but instead to look at it as an opportunity to use their unique skills to improve their community. I was so proud of my Chapter for raising our service participation percentage from 56% to 94% in just one year. The Palouse offers such a wide array of ways to get involved that it was easy to use my knowledge from the CCE to find perfect fits for the women in my Chapter. I also got to host a flag football tournament that raised money for the Make-A-Wish Foundation.

Philanthropy and service is something that I am very passionate about and what drives me to the career of teaching. I also enjoy traveling and hope to visit diverse locations all over the world in the future. One place I have gone to frequently is Tijuana, Mexico. Since high school I have spent time over summers working with Esperanza, a non-profit that helps families obtain jobs, save their money, and build a sustainable home so that they can continue living in Tijuana together. This summer I will be going to Ghana, West Africa, to volunteer with the non-profit Water Access Now, providing clean drinking water to remote villages all around Ghana. The program was started in Seattle and is run by a full volunteer board with help from Catholic Relief Services (CRS).

I would not have the knowledge and drive to travel and volunteer without my education. The best thing I can ever do is learn and thank you so much for helping make my learning experience more focused on learning and less on finances. Your support is appreciated immensely!
Experiences as a First Time Attendee
Rene Ketchum, WAFCS President-Elect

I was very impressed with my first trip to the National AAFCS Conference and was surprised at the number of college and university professionals who presented sessions. I attended some very good workshops on technology to add to my classroom and will share with the FACSE/FACS group. In addition, I attended an all day summit “Filling the FCS Educator Pipeline” which was a rewarding experience; many people across the US came up with some great ideas to get more individuals into FCS. There is a teacher shortage across the nation and we need to act now. I am working with Dr. Debbie Handy, teacher educator at WSU, FCCLA State Adviser, and wearer of other “hats,” on what we can do in our state to help. We are working on possibly a State STAR event to promote FACSE. I will keep you posted.

Another exciting part of the conference for me was learning more about Extension Agents in our community. I did not realize the help and support that they can give to teachers and programs. I look forward to contacting my extension agent and learning how they can enhance my programs.

I was able to participate as a speaker on how our FACSE/FACS groups work together to put on Washington FCS Annual Conference. This conference was not only about learning, but connecting. I had good food and fun. I participated in the Trot Run, silent auctions, and “Sun and Sandals,” the member social. I connected with professionals across the nation and reconnected with professionals from other conferences. I guess I was pretty lucky because I came away as Winner of the Goodheart-Wilcox textbook online for a year certificate! Now I get to go shopping! Who doesn’t like to do that?

A highlight was getting to man the booth for next year’s conference in Bellevue, Washington. Yes that’s right! It is going to be in our own state. What an opportunity for all FACS individuals in our state. Thanks to the WAFCS board for the wonderful give-aways that brought attendees to the booth. I hope you start making plans now to be in attendance at this conference. I can tell you, the experience is definitely worth it!

Together...Still!
Debbie Handy, WAFCS Past President

Together we are stronger. This idea has been demonstrated in Washington, and throughout the northwest, recently. Firefighters working together with communities, families, and one another have saved countless homes. Families working together have helped one another take care of property and family members. Communities working together have alerted everyone to imminent danger from fire, wind and blowing sand. When calls have gone out for assistance...for medical bills, water, shelter...we have come together to help one another. We are not strangers to working together in times of need.

Working together in our professional lives can strengthen Family and Consumer Sciences. As we approach the end of a calendar year and the beginning of an academic year, please think about what you are, and will be, doing to work with other family and consumer scientists to strengthen our programs, recognize our progress and help spread the word that family and consumer sciences and career and technical education are essential in our schools and communities. It will take all of us, working together, to be heard and to make a difference. What can you do?

Continued to promote the work you and your colleagues and students are doing. Use the words “family and consumer sciences” and tie your work to state and national needs such as financial literacy, parenting education, healthy living, obesity prevention... Find opportunities to share this work – on the radio, through a website, in the newspaper, with the school board and with your legislators.

Contact your legislators. Let them know about the important growth that occurs through family and consumer sciences programs in our schools and communities. Encourage your students and their parents, or your clients and their family members, to contact legislators and share how their involvement in such programs has provided personal benefit. The enhanced funding for these programs in our schools is at risk. It is up to us to make sure that the programs remain strong.

Encourage young people to consider Family and Consumer Sciences as a profession. Washington State is one of many states in which far fewer family and consumer sciences teachers are graduating from college than are needed to fill openings in schools. Join the Say YES to FCS! campaign and promote family and consumer sciences careers in your community.

Represent the profession well. Family and consumer sciences can be respected in our schools and communities when we are promoting the discipline, showcasing our students’ successes, participating in community activities, and simply demonstrating our strengths. Be an advocate. Be articulate. Be purposeful.

What will I be doing? I can hardly ask everyone else to set some goals without doing so myself. So, my goals are to:

- promote the accomplishments of my students at WSU and FCCLA.
- increase contact with my legislators and encourage others to join me.
- involve WSU and FCCLA in the Say YES to FCS! campaign, and to encourage others to join us in this effort. Together we can have a louder voice!
- be involved in my professional organizations.

What will you do?
Set a goal. Create a team. Let’s work together for Family and Consumer Sciences!
More than 100 family & consumer sciences colleagues convened to develop a national strategic plan for addressing the FCS educator shortage. To set the tone for the day, Summit participants were apprised of the status of the FCS educator shortage across multiple practice areas, including Extension, post-secondary, and secondary settings. Additionally, participants were introduced to a variety of initiatives developed to address this comprehensive shortage, including a) state collaborations; b) FCS organizational efforts; c) university partnerships; and d) university models in place. With this knowledge as a backdrop and through spirited discussions, the group identified multiple themes, some related to promotion of family and consumer sciences education overall, and some specific to our efforts to fill the FCS educator pipeline. These themes include the need to:

1. Develop a PR campaign that appeals to the next, diverse generation.
2. Hire a marketing professional to work with Alliance to promote FCS education.
3. Develop tool kit for teachers, counselors, and parents to promote FCS education as a career.
4. Use social media to promote FCS education.
5. Develop articulation pathways for career switchers, major switchers, veterans, and college drop outs.
6. Promote FCS contributions to resolutions of world/big problems.
7. Develop a national curriculum.
8. Partner with a high profile spokesperson to promote the importance of FCS education.
9. Facilitate data collection—district/state/national—to accurately articulate the FCS education shortage.
10. Identify FCS education contributions to STEM.

The planning committee continues to sift through the raw data from the Summit. Determining next steps is a priority for the planning committee, taking into consideration those individual and organizational commitments articulated by participants to shape this national agenda. We encourage individuals and institutions at the state and local levels to begin thinking about realizing this effort.

In the coming weeks, family & consumer sciences colleagues can expect further communication about this exciting, collaborative, national initiative to filling the FCS educator pipeline through the following:

1. A new webpage will house all materials related to this initiative: www.aafcs.org/FCSEdPipeline.asp
2. A Post-Summit Webinar will be held to inform colleagues about the Summit and its outcomes, including ways to get involved in the process of filling the FCS educator pipeline.
3. A Special Issue of the Journal of FCS Education is underway, to share best practices related to filling the FCS educator pipeline.
4. A follow up meeting, “FCS Summit: Filling the FCS Educator Pipeline Workgroup Meeting,” will be held at the ACTE Vision - New Orleans - 3:30 to 6:00, Wednesday, November 18, 2015.

Submitted by:
Janine Duncan, CFCS
Associate Professor
Department of Family & Consumer Sciences
Fontbonne University
2nd Annual Family & Consumer Sciences Day

What You Can Do
(Choose one or more!)

1. Commit to "Dining In" on December 3.
2. Prepare and enjoy a healthy meal with your family on December 3.
3. Take a photo of your family preparing a healthy meal and post it to Facebook, Twitter, and/or Instagram using the hashtag #FCSday and sharefamselfie.
4. Change your Facebook profile photo to the "Dining In" logo.
5. Wear an "I'm Dining In" sticker.
6. Ask your friends and family to "Dining In".
7. Pin your favorite family meal recipes to a "Dining In" Pinterest board.
8. Follow AAFCS on Facebook, Twitter, and Instagram for tips and updates.
9. Share social media posts or create your own posts about family mealtime.
10. Visit www.aafcs.org/FCSday for more ways to get involved and access resources.

Dining-In Dinner Talk - Women Make a Difference
By LynDee Lombardo

As we accept the challenge to celebrate Ellen Swallow Richards’ birthday, December 3, 2015, as Family & Consumer Sciences Day by “Dining In” for Healthy Families, this would be an excellent time to learn about and share our thoughts on women of the recent and distant past who have made significant contributions to the well-being of individuals, families, and communities in the arenas of writing, politics, and science.

The following women, in addition to our founding environmentalist and home economist, Ellen Richards, can be easily researched in books, periodicals or online, to provide hot topics for a thoughtful discussion while gathered for a healthy dinner.

First Lady, Abigail Adams, wife of President John Adams, spoke her mind clearly and often in the many letters she wrote to her husband during their lengthy times apart during his political work and diplomatic trips. Several books have been written based on their lively correspondence. Modern women of diplomacy include Shirley Temple Black, Shirley Chisholm, and Madeleine Albright. Black, a child actor who grew up to be a diplomat, served as the Chief of Protocol, which carries the rank of Ambassador and Assistant Secretary of State. In this position as an officer of the United States Department of State, she was responsible for advising the President of the United States, the Vice President, and the Secretary of State on matters of national and international diplomatic protocol. Ms. Black served under President Gerald Ford. Shirley Chisholm was an American politician, educator, and author. As the first African-American woman elected to the U.S. Congress, she represented New York’s 12th Congressional District for seven terms from 1969 to 1983. On January 25, 1972, she became the first major-party black candidate for President of the United States and the first woman to run for the Democratic presidential nomination. Her 1970 autobiography is titled “Unbought and Unbossed”.

Czechoslovakian-born Madeleine Albright was the first woman to serve as the United States Secretary of State. She also served as United States Ambassador to the United Nations from January 1993 through January 1997 under President Bill Clinton. In a different but equally interesting area of women of letters, “A Wrinkle in Time” by Madeleine L’Engle has stood the test of time in science fiction with a young female protagonist. It has been a classic in young adult fiction since 1962!

Even today children read books and stories about the achievements of Helen Keller and see her dramatic story come to life in film and theatre productions of “The Miracle Worker”. Helen Keller (1880-1968) accomplished as an American author, political activist, and lecturer, was the first deafblind person to earn a bachelor of arts degree.

Eleanor Roosevelt worked tirelessly for the welfare of people, especially women, in her position as First Lady. She actively shaped the role of First Lady during her years in Washington. There are many short stories and books telling of the contributions of Ms. Roosevelt with reading levels ranging from elementary to adult level university-researched biographies. Following her husband’s death, Eleanor remained active in politics. She pressed the United States to join and support the United Nations, and became one of its first delegates. She served as the first chair

Commit to "Dining In"!

Last year, more than 100,000 people committed to preparing and eating a healthy meal together on December 3. This year, we want to double our results and reach 200,000 commitments! You’ll be able to track our progress by checking online to see the thermometer and following us on social media. December 3rd was chosen for FCS Day to honor AAFCS Founder Ellen Swallow Richards, first woman graduate of MIT, on her birthday.

Step One
Complete our simple online sign-up form. Commit to "Dining In" for your family or on behalf of a class or other community group. Individuals who complete the form and provide contact info will be eligible for weekly prize drawings!

Step Two
Check out our interactive map and see who else is "Dining In" around the country and across the world.

Step Three
Promote Family & Consumer Sciences Day and "Dining In" to your friends, families, and colleagues.

Step Four
Prepare and eat a healthy meal with your family on December 3rd and share a photo on your social media sites! Remember to use hashtags #FCSday and #healthyfamselfie on Facebook, Twitter, and Instagram.
of the UN Commission on Human Rights, and oversaw the drafting of the Universal Declaration of Human Rights. Later she chaired the John F. Kennedy administration’s Presidential Commission on the Status of Women. Eleanor wrote a syndicated newspaper column, “My Day”, which appeared six days a week from 1936 until her death in 1962. In the column, she wrote about her daily activities but also her humanitarian concerns. To access many of the speeches, documents, and columns by Ms. Roosevelt, begin at The Eleanor Roosevelt Papers home page at http://www.gwu.edu/~erpapers/.

In the area of science we might consider these women with impact: In 1962, when “Silent Spring” by Rachel Carson (1907-1964) was published, it raised a warning cry about huge changes in the reproductive success of native birds. The book’s influence gradually grew in the years following its publication; the impact of her words live on today. Every time we look to the sky and see the noble white head and expansive wingspread of an eagle catching a rising thermal and soaring in broad circles, we should thank Rachel Carson and the men and women who took her warnings to heart and made changes in U.S. environmental laws to protect and preserve our native birds large and small.

A quick internet search for Frances Oldham Kelsey (1914-2015) will discover that when still new at her appointment as a medical officer with the Food & Drug Administration in the early 1960s, she almost singlehandedly worked to halt the prescription use of Thalidomide for pregnant women. This one drug alone could have resulted in thousands of babies with structural birth defects. Today we can thank Kelsey for her legacy of healthy babies with fully formed arms and legs because of her diligent work and the shaping of drug safety rules that gave rise to modern laws regulating pharmaceuticals.

Amelia Earhart (1897-disappeared July 2, 1937), the first American aviatrix to fly solo across the Atlantic Ocean, received the U.S. Distinguished Flying Cross for her accomplishment. She set many other flying records, wrote best-selling books about her flying experiences, and was instrumental in the formation of The Ninety-Nines, an organization for female pilots. Earhart joined the faculty of the Purdue University aviation department in 1935 as a visiting faculty member counseling women on careers and helping inspire others with her love for aviation. She was also a member of the National Woman's Party, and an early supporter of the Equal Rights Amendment.

For those of us who struggle with the continuing bloodshed and disparities of the 21st Century, learning about Malala Yousafzai is inspirational. Malala was born July 12, 1997 to a strongly pro-education Pakistani family. As a child in the Stall Valley of Pakistan, her activist nature was obvious when she often talked about human rights, including the right of young girls in her native Khyber Pakhtunkhwa province to receive an education. In her homeland, the local Pakistani Taliban periodically banned girls from attending school. Though receiving life-threatening injuries when targeted by a Taliban gunman; and shot along with two other schoolmates while traveling in a bus to school, Yousafzai’s survival and personal story of a young girl who stands up and speaks out for every child’s right to education has made her the youngest-ever Nobel Prize Laureate, and her advocacy for education has grown into an international movement. In her continuing recovery from her injuries, her resolve to make a difference has grown even stronger. In 2013, nine months after she was shot, Malala spoke to the U.N. on her 16th birthday.

Finally, remember Amelia Boynton Robinson and her pivotal role in the Selma Voting Rights Marches of 1965. A tireless worker in the voting rights movement, Robinson was beaten, gassed, and left for dead on the Edmund Pettus Bridge on that fateful day in March 1965, known today as Bloody Sunday. A photograph of the wounded Robinson appeared in newspapers and magazines around the world. As Family and Consumer Sciences professionals, we should also be aware that this brave woman studied at the Tuskegee Institute under the renowned botanist George Washington Carver and earned a degree in Home Economics. As a demonstration agent with the U.S. Department of Agriculture, she gave instruction in food, nutrition, and homemaking in rural household throughout Dallas County, Alabama. Among her laurels is the Martin Luther King Jr. Freedom Medal, which she received in 1990. When she died at the age of 104 on August 26, 2015, President Obama stated, “She was as strong, as hopeful, and as incomitable of spirit - as quintessentially American - as I’m sure she was that day 50 years ago.” In March 2015 he held her hand as many of the original demonstrators marched in remembrance of that fateful day fifty years ago. Obama’s statement reminded us that “To honor the legacy of an American hero like Amelia Boynton requires only that we follow her example - that all of us fight to protect everyone’s right to vote.”

So as you sit down to eat on December 3rd, talk about good food and how to make and enjoy it, but also consider challenging the young women and men at your table to a discussion and appreciation of the contributions of these and other women of courage.

To help you prepare for your conversation, here are six more books, of various reading levels:

A is for Abigail: An Almanac of Amazing American Women by Lynne Cheney and Robin Preiss Glasser

Headstrong: 52 Women Who Changed Science – and the World by Rachel Swaby

Madam Secretary: A Memoir by Madeleine Albright

Madeleine L’Engle Herself: Reflections on a Writing Life by Madeleine L’Engle, compiled by Carole F. Chase

Malala Yousafzai: Warrior with Words by Karen Leggett Abouraya

Through Georgia’s Eyes by Rachel Victoria Rodriquez and Julie Paschikis

Visit www.aafcs.org/FCSday for more ways to get involved and access resources!
WAFCS PROPOSED BYLAWS REVISION (2015)
To be voted on at the WAFCS Annual Board Meeting, October 19, 2015

Note: Text below shown in blue denotes changes to the Bylaws. Italicized text is to be deleted; bold text is revision.

ARTICLE I
Organization
The name of this non-profit organization shall be the Washington Association of Family and Consumer Sciences (WAFCS), an affiliate of the American Association of Family and Consumer Sciences (AAFCS).

ARTICLE II
Mission
The mission of WAFCS is to provide leadership and services to our members, promote advocacy, and develop partnerships and alliances to enable communities, empower individuals, and strengthen families.

ARTICLE III
Purposes
The purposes of WAFCS are:

a. to strengthen and promote family and consumer sciences education and related occupations;
b. to identify, promote, and use research to benefit individuals, families, and communities;
c. to provide and support opportunities for exchange of ideas, shared experiences, and professional growth;
d. to promote public awareness and action at community, state, national, and international levels;
e. to be a voice informing others about legislation and policy impacting families, and encouraging independent action;
f. to develop alliances with other groups whose concerns stimulate public interest and support for healthy families.

ARTICLE IV
Membership
Section 1. Dues paying members of AAFCS who identify Washington State as their affiliate are automatically considered members of WAFCS.
Section 2. AAFCS policy regarding types of membership will apply at the state level. Current categories and qualifications for membership are available from AAFCS. Dues are determined by AAFCS.
Section 3. WAFCS will be represented by the AAFCS defined members of the Affiliate Presidents Unit (APU).
Section 4. The WAFCS President will be the liaison between WAFCS members and the AAFCS Vice-President of State Affiliates, who represents states on the AAFCS Board of Directors.

ARTICLE V
Executive Officers and Board
The EXECUTIVE BOARD organizational structure consists of voting and non-voting members as listed below. Each officer and committee chair has one vote. The President-Elect will appoint Committee Chairs for a (two) one-year term. All Executive Board members will submit and present written reports at the Fall and Spring Executive Board Meetings. Officers will perform the duties assigned to that office as stated in Policies and Procedures.

EXECUTIVE COMMITTEE CHAIRS

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EXECUTIVE OFFICERS

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EXECUTIVE BOARD MEMBERS

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<td>EXECUTIVE DIRECTOR</td>
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<td>PUBLIC INFORMATION DIRECTOR</td>
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*VP for Development & Implementation duties will be distributed among President, President-Elect and Past President so the positions are being eliminated.

ARTICLE VI
Governance

Section 1. The WAFCS Executive Board is responsible for program management, fiscal affairs, and acts as the administrative body of the association.
Section 2. Association Business will be conducted under the following guidelines:

a. One general business meeting will be held at such time and place as the Executive Board shall determine.
b. Additional meetings and events may be initiated at the discretion of the board. Meetings of the Executive Board may be held in person or by means of (telephone or other) technology-assisted options.
c. In the event of an emergency, meetings can be canceled or rescheduled by direction of the Executive Board.

Section 3. Functions of the General Business Meeting

a. Conduct business, including recommendations from the Executive Board, and major policy decisions affecting WAFCS.
   (b. Receive and respond to mid-year and year-end reports of the Executive Board.)
   (c.b. Adopt and amend Bylaws (see Art. X).

Section 4. Voting

a. Two-thirds of those assembled and eligible for voting will constitute a quorum.
b. All voting is by simple majority, and in case of a tie the President will cast the deciding vote.
c. Executive Board members with voting privileges each have one vote.

Section 5. Except as otherwise provided in the Bylaws, the current edition of Robert’s Rules of Order will govern WAFCS in its proceedings.
ARTICLE VII
Nominations, Elections and Appointments

Section 1. The WAFCS Executive Board members will be AAFCS members.

Section 2. The WAFCS Executive Board Officers are chosen in the following manner:
   a. The President-Elect, VP Development, Secretary, and Treasurer are nominated, approved, and elected by secret ballot.
   b. The President-Elect, with assistance from the Nominations Committee and the Executive Officers, will select the Executive Committee Chairs to serve (two) one-year terms. Approval from the Executive Board is required.
   c. The Non-Voting Executive Board Members are contracted, reviewed, and renewed annually. The positions of Executive Director and Public Information Director are filled according to the terms of the job description and position contract.

Section 3. Term of Office
   a. The President-Elect serves one year as President-Elect, followed by one year as President, followed by one year as Past President.
   b. The VP Program Development (elected annually to fill a two year term, first year as development, second year as implementation) will assist the VP Program Implementation in coordinating tours and fundraising activity during their first year, and work with the FACSE Program Development Team and WAFCS President-Elect in planning the Fall Conference during their second year as VP Program Implementation.
   c. All remaining voting officers are two-year terms with the Secretary being elected in odd numbered years and the Treasurer in even numbered years.

Section 4. Election of officers shall be in accordance with election procedures adopted by the Executive Board.

ARTICLE VIII
Communication

WAFCS will publish a minimum of two newsletters annually. (The newsletters will be distributed via postal service and/or technology-assisted means.)

ARTICLE IX
Fiscal

Section 1. Fiscal Year
   a. The fiscal year will be (November) January 1 through (October) December 31, with an annual audit review taking place before the Fall Executive Board Meeting. (The Treasurer position continues through the Fall Conference.)

Section 2. Non-profit status
   a. WAFCS is a non-profit with the IRS under the following title: (American) Washington Association of Family and Consumer Sciences (Washington AAFCS).
   b. WAFCS is a non-stock and non-profit corporation. No part of the net earnings of WAFCS will inure to the benefit of, or be distributable to, its directors, officers, or other private persons, except that WAFCS will be authorized or empowered to pay reasonable compensation for services rendered and to make payments and distributions to further the organization objectives.
   c. No substantial part of WAFCS's activities will be invested to carrying on propaganda or otherwise attempting to influence legislation. WAFCS will not participate in, or intervene in, any political campaign on behalf of any candidate for public office.
   d. Notwithstanding any of the provisions in the Articles of Incorporation, WAFCS will not carry on any other activities not permitted to be carried on: (a) by corporation exempt from federal income tax under Section 501(c)(3) and as a public charity under section 509(a)(2) of the Internal Revenue Code of 1954 (or corresponding provisions of any future U.S. internal revenue law) or (b) by a corporation, contributions to which are deductible under Section 170(c)(2) of the Internal Revenue Code of 1954 (or corresponding provisions of any future U.S. internal revenue law).

ARTICLE X
Amendments

Section 1. Bylaws may be amended by action of the Executive Board.
   a. Changes require a two-thirds vote of total votes cast by eligible voting members (refer to Article VI, Governance, sect. 4).
   b. Voting can take place at the annual meeting, by mail, or by technology-assisted means, providing notice of proposed amendment(s) is(are) given to all members thirty days prior to the voting.
   c. Permission is granted to the Executive Board to adjust the Bylaws to conform to grammatical editing, formatting, and administrative changes outside the group’s control.

ARTICLE XI
Defense and Indemnification

The Association holds an indemnification policy to limit the personal liability of board members.

ARTICLE XII
Dissolution

Section 1. In the event of dissolution or termination, the following action will guide WAFCS.
   a. Upon satisfactory payment of all outstanding obligations and liabilities of WAFCS, title to and possession of all property of the State Association will pass to organizations dedicated to similar purposes and qualified for exemption under the Internal Revenue Code of 1954, section 501(c)(3), or existing regulations.
   b. The Executive Board of WAFCS will decide if dissolution is required and which groups should receive possessions and property.

ARTICLE XIII
Policies and Procedures

The WAFCS Bylaws and Policies and Procedures will guide the Association. (The Past President will update the Policies and Procedures to conform with WAFCS organization and strategic plans, and in accordance with the Bylaws.)
In June 2016, when Washington State hosts the 107th Annual Conference and Exposition for the American Association of Family and Consumer Sciences (AAFCS) at the Bellevue Regency Hyatt in Bellevue, Washington, it will have been seventeen years since the AAFCS last met in wonder-filled Washington State.

Since notification of selection of Washington State as the 2016 location of the AAFCS National Conference, your Executive Board began talking about how we could best promote Washington State to AAFCS members who would be attending the National Conference in Jacksonville, FL. By the time we all met face to face in Ellensburg for our Spring Executive Board meeting, many of us had come to the same conclusion. In our promotion of Washington State, we wanted to stress the beauty of our state, the uniqueness of our locally produced crops and products, and the fact that our state is a wonderful destination for a vacation or as a jumping off point for family excursions to the north, south, east, or west.

We all have specific gifts, but luckily, within our state association, we have resourceful members who were born to bring out the gift of giving in others. After participating in an intense flurry of discussing Washington’s unique appeal to both residents and visitors, WAFCS member, Vivian Baglien set to work contacting businesses which produce and promote some of our state’s most unique products. Because of Vivian’s hard work, it was a sweet treat for Washington Booth workers to pass out Aplets and Cotlets, Almond Roca, MarketSpice Teas, and Country Mercantile Preserves at the June National Conference. We hope that some of those wonderful, giving businesses will help us again in 2016 to provide welcoming treats for our national and international visitors. We also had materials from the Washington hotel and tourism industry, Hops Commission, and Bellevue tourism to hand out at our welcome booth in Jacksonville. Over 180 completers of our Bellevue Excursion Ballot received a travel drive full of tourist resources, how to get to Bellevue, where to go, what to do, and slideshows of Washington information compiled by Public Information Director, Donna Graham.

As executive board members manned the Washington Information Booth in Jacksonville, we were thrilled to hear that so many AAFCS members and their families were already planning a journey out West to enjoy the Annual Conference in Washington State and stay as summer tourists. As the last General Session of the 2015 Conference drew to a close, WAFCS President Karen Bergh introduced a smile-inducing toe-tapping musical slideshow bursting with tantalizing snapshots of Washington State. LynDee Lombardo concluded the snappy presentation with a final reminder to, “Come early and stay late in wonder-filled Washington.” But enough about what has been done to recruit visitors to our state, now we must get down to the serious business of recruiting local volunteers to make the Bellevue conference a true success. We have numerous volunteer jobs to fill. These positions are very similar to jobs we need to fill each time we have our own joint fall conference. With a few extra jobs tossed in, the positions that need manning include workshop or session room helpers and counters, workshop moderators, general session greeters or luncheon ticket takers, commercial exposition assistants, plus the ever necessary Washington State welcome and local information booth greeters and workers.

While the guidelines for conference volunteers call for all members of the Annual Conference Local Advisory Committee to be current AAFCS members and registered for the Annual Conference, we hope to be able to negotiate with AAFCS to encourage volunteers who are retired FCS professionals, university student groups, and FCCLA. Wouldn’t it be wonderful to see local FCCLA students in their red blazers helping us with the activities related to annual conference? If you are a teacher with a student leadership group that needs an excellent project for the end of the 2015-2016 school year – or the beginning of 2016, consider the annual conference as an excellent national volunteer and learning opportunity rarely available at a “hometown” location. The Euthenics of Seattle has volunteered to participate and we want to welcome their expertise and knowledge of the region and family and consumer sciences history and lore.

If there is a category in which you feel you would be especially suited to help, please contact LynDee Lombardo at ldlombardo@gmail.com before February 2016. The AAFCS staff will also be recruiting volunteers from inside and outside of our state, but you can make our local planning far easier by choosing your volunteer job preference and letting us know of your intention to help by volunteering early. It would be fabulous if the planning committee could have all worker volunteers in place with their job assignments by mid-May 2016.
Welcome to Bellevue in 2016!

AAFCS 107th Annual Conference & Expo
June 22-25, 2016
Hyatt Regency Bellevue

Family and Consumer Sciences: Improving the Health and Well-Being of a Changing Society

Hyatt Regency Bellevue
900 Bellevue Way NE
It's that time of year again, our Annual (Fall) Conference is right around the corner. Come join us for fantastic Program Development, engaging speakers, & time for networking with other FACS educators.

Get ready for Pre-Conferences on:
- Science and Our Food Supply
- ServSafe
- GRADS
- Careers in Education
- AAFCS Training

General Session will include:
- Marijuana Trends & Prevention
- How to's of grant writing
- Resumes
- Work-site Learning
- Financial Reality Faire
- Technology in the Classroom
- Social Media in the Classroom
- And MANY MORE!

Important Stuff You Probably Want to Know:

| Conference Fees:* | 
|-------------------|-------------------|
| AAFCS/WA-FACSE Member | $275 | Non-Member | $425 |
| Student Member | $100 | Student Non Member | $150 |
| Retired Member | $150 | Retired Non Member | $200 |

*Includes all sessions, events, 2 breakfasts, 2 lunches, and 1 No-Host Social with Appetizers

Early Bird Registration accepted until September 25, 2015. After that date $50 will be automatically added to the above registration prices. Online registration will close October 2, 2015.

Lodging at Great Wolf Lodge: $112.99 + taxes per night. Reservations: The central reservations phone number is: 1-866-941-9653. The code you need to reference is 1510WAFA.
AAFCS Professional Assessments to be Offered at 2015 Fall Conference

The program for national certification of Family and Consumer Sciences professionals involves three components: specified prerequisites, a standards-based examination system, and continuing professional development. The Council for Certification (CFC), an autonomous unit within the AAFCS association, is charged with assuring the integrity and high standards of its professional certification program. The Council is responsible for developing criteria, standards, policies, and procedures that govern the national certification program for Family and Consumer Sciences professionals.

AAFCS offers standards-based examinations that test the subject matter competence of professionals who plan to practice in family and consumer sciences or one of the areas within family and consumer sciences. Four examinations are currently offered. They are:

- CFCS: Certified in Family and Consumer Sciences
- CFCS-HDFS: Certified in Human Development and Family Studies
- CFCS-HNFS: Certified in Hospitality, Nutrition, and Food Science
- CPFFE: Certified Personal and Family Finance Educator

These examinations serve multiple purposes. Colleges and universities can use them to test the subject matter competence of their graduates, credentialing agencies can use them to test subject matter competence of candidates, and employers can use them to determine subject matter competence of potential employees and professional development needs of employees. Achieving a passing score on AAFCS gold-standard, professional assessments is a way of assuring others that the candidate has attained a professional level threshold of knowledge about the field.

Information about each of the above assessments and certifications, study materials and online registration for the test can be found on the AAFCS website at [http://www.aafcs.org/CredentialingCenter/achievement.asp](http://www.aafcs.org/CredentialingCenter/achievement.asp). The cost for paper-based testing (PBT) is $95.00. Assessment administration will be from 1:00 to 5:00 pm on Sunday, October 18. These exams are not listed on the conference registration form.

For more information, contact Cynthia Blinkinsop, CFCS-HNFS, at eblinkinsop@gmail.com.
WAFCS Connections


Thank you to the members who contributed to this issue of the WAFCS Connections.

WAFCS Connections is published twice annually. Submission of articles is appreciated and welcomed by the Executive Board and the Public Information Director. The deadlines are February 1st and August 1st of each year. The newsletter is published approximately six weeks after the deadline. If you would like to contribute articles, send them to:

Donna Graham
WAFCS Public Information Director
wafcspid@msn.com

AAFCS is the only professional association that provides leadership and support to Family and Consumer Sciences students and professionals from both multiple practice settings and content areas.

Calendar of Events

September 25, 2015  Washington FCS Annual Conference Early Bird Deadline

September 25-27  AAFCS Leadership Conference, Arlington, Virginia

October 18, 2015  WA-FACSE/WAFCS Pre-Conference Activities, Great Wolf Lodge, Centralia

October 19-20, 2015  Washington FCS Annual Conference, (Formerly named “Fall Conference,” Great Wolf Lodge, Centralia

February 1, 2015  WAFCS Spring Newsletter Deadline


6911 - 189th Pl. S.W.
Lynnwood, WA 98036