The Things We Do ~ WAFCS Members Contribute in Many Ways

This issue of the WAFCS Connections is later than usual. It’s late because I had a client project for my “real” job, my custom sewing and alterations business. Last fall I agreed to sew five ceremonial robes and chasubles for a Masonic group in Spokane. The job turned out to be much bigger than I anticipated. The fabric was not the right one for the garments. It took me a couple of months to figure out exactly what I needed to do to make everything right. No matter that it took three times longer to complete than I anticipated, I didn’t stint on quality. I made each of the five garments to the best of my ability. After almost six weeks I was finally finishing up the project on April 5th.

At the same time, I was also stressing out over not completing the newsletter. Usually it’s in the mail by the first of April. All the while I kept thinking to myself, “Why do I always try to make everything almost perfect? Why do I spend so much time on the minute details? These fellows aren’t going to notice or care.”

I thought about this for days. In the end, I decided it’s my family and consumer sciences training. FCS professionals are taught to do everything to the best of their ability not just to “make do.” Whether it’s an innate trait or how we were taught, you don’t meet many FCS professionals who don’t go the extra mile in their profession. Just look at some of the members of the WAFCS Executive Board. Each of them goes above and beyond their daily jobs to contribute to their families and communities. None of them take the easy road. Every one of them does the best they can, striving to be “near perfect.”

Susan Abbe, a retired educator, is an exemplary treasurer. She is so organized and conscientious. Other groups would envy the quality of the books if they saw them. She also serves on church and community boards and creates works of art out of fabric.

Karen Bergh obtained her doctorate after she retired from teaching high school. Now she teaches online college courses, travels all over the country to present at seminars while advising educators who are getting their degrees in FCS, and serves on several national FCS Boards.

Diane Grossenbacher, WAFCS Executive Director for 28 years, has taken her FCS training and applied it in her job as an elementary school office manager. She’s making a positive impact on young students as well as their parents.

Debbie Handy is a WSU Associate Professor. In addition to teaching classes and supervising student teachers she is also the WA-FCCLA Executive Director, and University Liaison of the WAFCS Executive Board. She’s a mover and a shaker and gets things done!

Sandra Hartje is Professor of Interior Design & Housing at SPU. In 2014 she was honored by the faculty as SPU Teacher of the Year. Sandra is also interested in public policy, particularly in the area of homelessness. She has applied for the AAFCS Chalkley-Fenn Public Policy Visiting Scholar Award, a program designed to stimulate interest in public policy as it affects the family and consumer sciences profession, educates scholars in various aspects of policymaking, and provides interaction with members of Congress and leaders of various family and consumer sciences-related organizations.

Sharleen Kato, also a Professor at SPU, has developed an an annual mission service learning project to the Philippines where she, her family, and university students spend part of their Christmas break working with children of all ages in Manila.

LynDee Lombardo also retired from teaching and went back to school. She is a master of all things concerning fabrics and quilts. She is constantly researching the history of textiles as well as writing articles for several publications (including our newsletter), and volunteers at the International Quilt Center and Museum at the University of Nebraska-Lincoln.

Eileen Knobbs volunteers using her FCS skills teaching children at the YMCA in Bothell and is Publicity Chair of Euthenics.

I applaud each of these FCS professionals. Thank them for their hard work and dedication the next time you see them. Many of them have contributed articles to this issue.

Donna Graham
Public Information Director
From the President’s Desk: We Find Strength in Working Together

I am one of six instructors for a lifespan human development course at Washington State University. This fall we launched into efforts to increase the active participation of students in the course. The goals were to help students work together in learning situations and to engage with the course content in ways that involved more than reading and listening to lecture. The development of a series of in-depth learning activities was going to require the combined efforts of all of the instructors if we were to execute the activities during the semester. Together we established a plan that caused us to evaluate the content of the course, review learning theories and effective methods of engagement, and lay out a schedule of tasks with a timeline and assignment of duties. This instructional collaboration allowed us to revitalize a course in which we teach about 800 students per semester. This team of faculty gained more than 106 activities to use in teaching. We shared ideas and focused on being better teachers. Working together helped us all feel more excited about our classroom leadership.

Our collaboration was made easier due to the technologies that are now part of our everyday lives. We talk on the telephone, we text and email ideas to one another, we use shared electronic files in the Cloud. We Skype. We can work together from the far corners of the world if we choose.

Our families can serve as the ultimate collaborators. Members work together to support the whole family, and to help individuals succeed. My family recently had opportunity to work together in a close relationship, even though we are scattered across much of United States (Wisconsin, Minnesota, Texas, Tennessee and Washington). My youngest brother is developmentally disabled and has many related health issues. The month of January was not good. Four trips to the hospital in as many weeks. Mom lives close by so that she can oversee his care, but it often takes the participation of all family members to make sure that both my mom and my brother are supported. We set up a family chat and included the extended family members that help provide support when we, the children/siblings, cannot be with mom and my brother. One person can share information and thoughts with the entire group and everyone can chime in as they are able. We draw from everyone’s strengths. Some of us are good at organizing and taking charge, others provide emotional support, two family members have some medical background – one works in a hospital and understands how they operate, another is a nurse.

Working together toward a common goal and utilizing everyone’s strengths is the hallmark of successful collaboration. As part of my President’s duties, I have worked closely with other WAFCS leaders and the FACSE leadership to host our annual conference in Pasco. We established guidelines for working together and truly made decisions jointly for the conference. It felt good to work in such a partnership and to utilize the strengths of many minds devoted to planning a great conference. Donna Graham and I will be joining collaborators from other states to discuss models for organizations to work together when the AAFCS Annual Conference convenes in Jacksonville, FL. We are anxious to share what we have learned, and to learn other ways to collaborate within Washington to serve individuals and families.

Collaborating with others to better the lives of individuals and families is an important aspect of this year’s WAFCS Action Plan. I hope that as you have engaged in collaborations within your work settings, families and communities that you have considered the important contributions that family and consumer scientists bring to the table. I hope that you have felt satisfaction and a sense of strength as you have worked together, with your colleagues, families and friends to accomplish goals. Please continue this important work and reflect upon how your family and consumer sciences background has helped you be successful in these endeavors. Share those ideas through an email to Donna or me, a newsletter article submission, a workshop at next fall’s conference, a local newspaper article, a chat with a legislator, or another method of your choice. We want to know how you have worked with others! Thank you for representing family and consumer sciences! Together we can make a difference for individuals and families!

Debbie Handy
WAFCS President
handy@wsu.edu

Don’t Forget to Vote!
Deadline is April 30 for 2015-2016 Officer Elections

Voter Information and Ballot was sent on April 9 by email to all WAFCS members and sent by postal mail to members who do not have email addresses on file.

An important part of membership is the annual election of our leaders. Please do your part as a member by filling out the ballot and sending it to our Executive Director, Diane Grossenbacher. The deadline is April 30, 2015. If you prefer, you may vote by email! You should have received the ballot via email or postal mail. Please return your completed ballot to:

Diane Grossenbacher, WAFCS Executive Director
6911-189th Pl. SW
Lynnwood, WA 98036
or email it to her at wafcs@msn.com.
Why should you be a member of AAFCS/WAFCS in addition to WA-ACTE/FACSE?

We are fortunate to have a number of professional organizations that support our profession, each advocating for us in different ways. Many readers of this newsletter are WA-ACTE/FACSE members – a great membership for supporting the Career and Technical Education aspects of your school programs. Let us share with you the contributions that our other primary professional organization makes for you and your profession the -- American/Washington Association of Family and Consumer Sciences (AAFCS/WAFCS).

What does AAFCS do for you?

- AAFCS provides advocacy that helps family and consumer sciences programs gain visibility and credibility.
- AAFCS works to educate others about why family and consumer sciences programs should remain in our schools.
- AAFCS follows up with legislators, administrators and others when the “Why don’t we teach home economics?” questions arise in the media.
- AAFCS works with NASAFACS (National Association for State Administrators of Family and Consumer Sciences) to provide an accessible, consistent, visible home for the National Standards for Family and Consumer Sciences Education. NASAFACS led the action to write and revise the standards, and AAFCS helps make those standards available for your use.
- AAFCS provides professional development focused on the needs of Family and Consumer Sciences professionals in a variety of fields.
- AAFCS supports the dissemination of family and consumer sciences specific research and practices through the Journal of Family and Consumer Sciences and the Family and Consumer Sciences Research Journal.
- AAFCS provides free webinars to its members on a variety of topics relevant to our profession.
- Currently, it is AAFCS that is leading the efforts to bring all of the family and consumer sciences organizations together to build a stronger Family and Consumer Sciences Alliance.

At the state level, WAFCS leadership joins with the WA-ACTE/FACSE leadership to plan and implement the Family and Consumer Sciences Annual Conference. The two organizations jointly identify and follow up on policy issues affecting family and consumer sciences. WAFCS provides opportunities for you to become involved and demonstrate leadership. WAFCS honors individuals and families that support family and consumer sciences. WAFCS Student Organizations are active and promote professional involvement of college students. WAFCS provides scholarship funding to encourage youth to pursue careers in family and consumer sciences. Your membership helps support these important actions for family and consumer sciences! And, we have a great time working together as professionals in this discipline!

The jointly sponsored Family and Consumer Sciences Fall Conference in Pasco, Washington, offered valuable practical knowledge for all who were able to attend. The speakers were enthusiastic experts in their fields with decades of practice among them. Over a thousand dollars was raised for student scholarships, and friendships and professional connections were renewed through common experiences and words of support. The first day's luncheon was the perfect time for the announcement, from visiting AAFCS headquarters representative Bev Card, of December 3, 2014 as the first annual celebration of Family & Consumer Sciences Day. The day of December 3rd was chosen to honor family and consumer sciences pioneer and founder Ellen Swallow Richards on her birth date. The theme for the first celebration was "Dining In" for Healthy Families. At the final update over100,000 families and groups of friends in each of the seven continents made healthy meals and dined together on the first Wednesday in December. But there is more FCS fun in our future and WE WANT YOU to be part of the exciting happenings ahead…

The 2015 AAFCS National Conference will be in the sunny coastal city of Jacksonville, Florida, in June - great location to combine a conference and a vacation. But the most exciting news is that in June 2016 the Washington State Affiliate of Family and Consumer Sciences will host the National Conference in Bellevue, Washington. We have already started the process of coordinating with national headquarters’ leaders and staff to provide a wonderful destination conference for all attendees. And, as always, we will be looking forward to your support in the form of membership, time and talents to welcome Family and Consumer Scientists from around the United States and foreign nations to our state.

So, be a part of the fun and new face of WAFCS…

To start the process, join or renew today at http://www.aafcs.org/Membership/index.asp

LynDee Lombardo, WAFCS Membership and Marketing, ldlombardo@gmail.com
Debbie Handy, WAFCS President, handy@wsu.edu
Washington Affiliate in Action

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](http://wafcs.net/aboutus.html) for your convenience. All applications are due by September 1, 2015.

For additional information, please contact:
Eileen Knobbs
425/885-1380 ~ rob_knobbs@msn.com

WSU Student Awarded 2015-2016 Scholarship

I am writing to thank all of the generous donors who contributed to the undergraduate student scholarship fund. I am honored to be the recipient of next year’s WAFCS Scholarship. I am currently a junior at Washington State University majoring in Human Development and certifying in Family and Consumer Sciences Education. I plan on graduating in May 2016 after completing my student teaching. My goal is to become a High School Family and Consumer Sciences Teacher and I hope to remain in Washington to teach.

In addition to my studies I am currently the President of the WAFCS Student Unit and Secretary of the WSU Pullman chapter of Kappa Omicron Nu. I am also a very active member of the Chi Omega sorority and have had the opportunity to work closely with The Make-A-Wish Foundation as the Chapter’s Philanthropy Chair. When I am not too busy, I enjoy participating in intramural softball and volleyball and cheering on the WSU Cougars at sporting events.

Your donation will be going directly toward helping me achieve my goals in the field of Family and Consumer Sciences. Thank you again for supporting my education!

Rachel Christensen
WAFCS Scholarship Recipient 2015-2016

Save the Date
Washington FCS Annual Conference
Jointly sponsored by WA-FACSE & WAFCS
October 19 & 20, 2015
Great Wolf Lodge
20500 Old Highway 99, SW
Centralia, WA 98531

Are you interested in presenting? The Fall Conference Planning Team is accepting proposals from professionals interested in participating in one of the breakout sessions in any FCS content area or sessions of general interest.

Questions? Contact WAFCS Public Information Director Donna Graham at [wafcspid@msn.com](mailto:wafcspid@msn.com) or 509-922-7563 for up-to-date information.
The legislative session is underway, and now is the time that you can make a difference.

CTE funding is in jeopardy now and the additional dollars for CTE funding is NOT in the current budget formula!! During the last legislative session, OSPI was charged with reviewing CTE funding allocations and accounting. Out of this review, OSPI made a recommendation about CTE funding for the future. We now need legislators to adopt OSPI’s recommendations for CTE funding from the report. It will be key for all of us in CTE to be contacting our legislative members to make them aware of what is happening with funding and what will be lost in your local district if the funding is not put in the budget—like cutting of CTE programs, decreased course offerings, non-replacement of aging equipment, loss of technology, etc...To find your legislator, use this website: http://app.leg.wa.gov/DistrictFinder/

You also need to know how powerful a contact to a legislator is! Tell your CTE story and share what your students are doing! When a legislator or legislative aide says that they have been hearing from their constituents back home, that makes a difference to our organization and helps the legislator know how important an issue is. The LOUDER we can be and the more often we can cheer for CTE the better the outcome, so just like football with a game each week we need to be contacting our legislative members weekly until they let you know they are in full support and will join in asking their leadership and budget writers to include the CTE Funding Enhancement in the final operating budget.

So, please take the time to contact and share with your legislative members how important it is for them to add CTE funding, and ask that their budget writing leadership includes the CTE Funding proposal from OSPI. I have attached the link to the CTE Funding proposal for your reference: http://wa-acte.org/legresources.php

Another way to be involved is to use the web and social media to recruit new CTE supporters! Here is a link to a petition that was started by a local CTE General Advisory committee member to be used statewide: http://tinyurl.com/m7s7xz4. This includes support for SB 5082, which will start to open the possibilities for age appropriate CTE activities at the elementary level. Share this with everyone in your digital network and ask them to sign and share with their networks.

Rachel Aszklar
Public Policy Chair
Rachel.aszklar@gmail.com

The AAFCS Public Policy Committee became a Public Policy Community in January 2015. One benefit of becoming a new Community is that ANYONE who is interested in public policy can join. Our group has worked diligently over the years on expanding and building the public policy education resources online at AAFCS, including:

- Deliberation guides and advocacy resources at www.aafcs.org/Advocacy
- Public Policy Toolkit accessed through MyAAFCS. Log in at www.aafcs.org (upper right corner). Select “Member Information and Resources” and then “Member Only Resources" to access the Toolkit.
- Resolutions are posted at www.aafcs.org/Advocacy/Resolutions.asp. Please contact our Community if you would like help with developing your resolutions.

Current Community projects include:
- Starting a new speakers bureau for regional or state conferences on advocacy, policy and public issues, which can be available either live by internet, phone, or in person.
- Partnering with other Communities on special public policy efforts and resolutions. providing advocacy training including a Social Media and Advocacy webinar in April 2015.
- Identifying state partners to review the FCS teacher shortage designation in each state.

Rachel Aszklar
Public Policy Chair
Rachel.aszklar@gmail.com

President Debbie Handy has been working with our sister organizations, the Washington Family & Consumer Sciences Educators and Washington FCCLA, to coordinate our public policy efforts in the state. WA-FACSE added the following statements to their 2015-2016 Strategic Plan:

The strategy is: Coordinate advocacy efforts with WAFCS and WA-FCCLA.
The outcome is: WA-FACSE will increase advocacy efforts and impact through coordination with WAFCS and WA-FCCLA.

Debbie proposed the same strategy & outcome at the Washington FCCLA State meeting and will recommend it be added to the WAFCS Annual Action Plan for 2015-2016.
King Arthur Travels to Pacific Northwest Schools
Free Program Available to Grades 4-7

After arriving home from the FACSE/WAFCS Fall Conference, Diane Grossenbacher, WAFCS Executive Director and Lynndale Elementary School Office Manager, and Kolleen Seals, Meadowdale High School Chef Teacher, discussed the idea of bringing the King Arthur assemblies to schools in the Pacific Northwest.

After many months of anticipation, on March 25 the assembly at Lynndale took place. The King Arthur representative demonstrated for the audience how to make bread using two wonderful helpers. In a live and interactive demo, students learned math, science, and reading skills to make delicious bread from scratch. Each student and teacher then took a ‘kit’ home containing the ingredients to bake two loaves of bread. One loaf was (hopefully) enjoyed at home and the other was shared with community members in need.

The assembly, aptly named Learn, Bake, Share, started 25 years ago. It is completely free, including all the baking ‘kits’. Every student were completely enthralled for the entire hour as the demonstration took place. After their ‘baking weekend’, bread was brought back to the school to give away. This is an experience the students will remember for many years to come. Who knows? Through these assemblies, we may have inspired students to go into the field of Family and Consumer Sciences! At least they can all say they have baked a loaf (or two) of bread.

SPU Students Participate in Philippines Service Learning Project

Seattle Pacific University students and faculty member Sharleen Kato travelled to the Philippines over their winter break to learn and serve in a children’s home, teen home, crisis pregnancy center, pre-natal clinic, feeding program, and community school. Below are photographs from our journey. We are thankful for experiences shared and all we learned from those who live, love, and serve daily in the Philippines.

Sharleen documented their trip with a daily blog and pictures. You can still follow their experiences by logging onto the blog pages at https://spumanila2014.wordpress.com. Hint: The entries are in reverse chronological order. Start at the bottom of the pages and work your way up!
Family and Consumer Sciences Training Pays Off
Diane Grossenbacher
WAFCS Executive Director

When I entered formal Home Economics training to become a secondary teacher in 1981, I never dreamt that I would be using that training in an elementary school as an office manager. I honestly thought I would get a high school teaching job and spend my years teaching students to be fine young adults with skills they could use for a lifetime.

Move ahead to 2014 and I found myself in the role of nurturer (treating boo boos in the health room), counselor (to both students and parents), nutritionist (as we assess school lunches and other food brought into the building), clothing re-designer (creatively repairing clothing items when they get torn), event planner (of all kinds of events), organizer (of everything!), advertising agency (informing families of all the events through a weekly newsletter), financial planner (manager of the building budget), and the list goes on and on.

There is certainly a need for Family and Consumer Sciences at the elementary level, and I have been able to incorporate several aspects of FCS into our school. To begin with, I recruited several Family, Career & Community Leaders of America students from Meadowdale High School (MHS) to serve snack to 85 students right before they head to their after school classes. The high school students are doing this as an FCCLA project. With an attempt to add character to our office area, I created a bulletin board in our foyer with pictures of some of our families highlighting the 20th Anniversary of the International Year of the Family. We are a very multi-cultural school, so it was fitting to celebrate this milestone with our families. In addition, with Kolleen Seals, MHS Chef teacher, and three other local elementary schools, we brought the King Arthur bread baking assembly to our schools. The lesson focused on Math and Science, so it fit in perfectly with the sixth grade curriculum.

Besides these tangible activities, I have worked hard to build relationships within our staff, create unity, and make our school a fun place to work and play. In February, I suggested that we participate in “National Wear Red Day” in recognition of our support for heart disease research. All these little things create an inviting environment where people are loved, encouraged, and enriched. We are FCS Professionals, we are relationship-builders, we are creative thinkers, and we are resilient in times of transition. Thank you, all my FCS friends, for your support as I continue my journey separate but parallel to the traditional FCS path.

Each weekday, one hour after my alarm goes off at 5:30am, I am at my desk in the middle of the busy school office. I know there will be specific tasks that need to be completed, but the item at the top of my to-do list will be to build relationships. If you ever have the opportunity to volunteer at an elementary school, please do so. I know they can use your professional help, and I know you will find it rewarding. We can have an impact on that population of people in the name of Family and Consumer Sciences.
Dining In for Healthy Families a Tasty Success
 Reported by LynDee Lombardo

I hope most of you noticed and read Gwynn Mason’s report on FCS Day in the fall issue of the FACS. But I’d like to reiterate some of the positive aspects of the celebration to inspire you to be thinking ahead to how you, your family and friends, classes, schools, and church groups can communicate the healthful goals of this celebration encouraging even greater participation in 2015.

The celebration for 2014 happened on Wednesday, December 3, Ellen Swallow Richards birthday, a date which AAFCS hopes to regularly celebrate on into the foreseeable future. At this fall’s festivities at AAFCS headquarters, Ellen Richards made her birthday anniversary appearance in the guise of Joyce Miles, reprising her role as the founder of Home Economics. The shared meal in Alexandria was a taco lunch with all of the fixings.

In keeping with 21st Century methods of connecting through social media – like calling together a musical flash mob – over 100,000 people from all fifty states and seventeen countries participated in healthful communally prepared or eaten meals. Because of some unlikely but serendipitous communications from people connected with AAFCS headquarters, every continent, yes, even Antarctica, added in the count of people who gathered to participate!

“Dining In” represents the best of AAFCS goals and plans bringing Americans and people in other nations into modern but healthy ways of eating. FCCLA students across the United States worked to spread the good news of eating together. Janet Holden, FCS instructor at Council Grove High School in Kansas, promoted the Day in each of her classes and at the FCCLA chapter meeting. Her FCCLA officers then spoke to each homeroom to publicize the Day. Janet also submitted an article to the local newspaper as well as the local Extension Service newsletter. In an effort to continue the ever expanding outreach, small notifications of the upcoming celebration were sent home with every K-12 student in the Council Grove School District. Finally, the “Dining In” for Healthy Families activity was announced at the home basketball scrimmage in late November. The promotional messages requested that families email the high school with their family name and how many people would be “Dining In”. Four hundred and ninety-eight people sent in emails promoting “Dining In for Healthy Families” activity was attended by all 50 states and 17 countries.

Eating In was a taco lunch with all the fixings. The entrance to the local newspaper as well as the local Extension Service newsletter. In an effort to continue the ever expanding outreach, small notifications of the upcoming celebration were sent home with every K-12 student in the Council Grove School District. Finally, the “Dining In” for Healthy Families activity was announced at the home basketball scrimmage in late November. The promotional messages requested that families email the high school with their family name and how many people would be “Dining In”. Four hundred and ninety-eight people sent in emails promoting “Dining In for Healthy Families” activity was attended by all 50 states and 17 countries.

Mindful Eating

One of the most interesting suggestions for good and healthy eating to come to my attention recently is the practice “mindful eating”. I experience my most mindful eating when I go through the careful process of taking a paring knife to a crisp apple, slowly peeling, then slicing off thin sections, as my father used to do for a shared family treat on a Saturday evening. Peeling an orange by hand and then pulling it apart segment by segment also seems to fit well into this mindful enjoyment of Mother Nature’s sweet and tasty foods. But the winner of the ideal mindful eating food ingested at my house this winter was won hands down when I popped a tropical orange kumquat into my mouth and enthusiastically bit through the thin skin. The resulting explosion in my mouth was a blaringly sour taste followed by the sweet and fragrant rush from firm skin and delicate pulp. Mindfully consuming one kumquat was all my taste buds and brain could handle for at least an hour or two.

Euthenics: Celebrating 80 Years!

Euthenics is a non-profit organization of home economists dedicated to the profession of Family and Consumer Sciences. As an IRS 501 (c) (3) organization, we provide annual scholarships, promote FCS, and update members’ professional knowledge.

The mission of Euthenics is to update our professional knowledge, to provide an annual Family and Consumer Sciences (Home Economics) scholarship to a deserving student and to promote Family and Consumer Sciences in our schools and communities for the betterment of living conditions.

Members living in the Greater Puget Sound area meet regularly in a seminar format with speakers, a brief business meeting and a no-host catered lunch. Meetings are held at the Prince of Peace Lutheran Church, 14514 20th Ave. NE, Shoreline, WA, Guests and prospective members are always welcome.

Euthenics meets four times a year, twice in the Spring and two times in the Fall. The next meeting is April 30. The cost for lunch is $16. Call 206-234-9025 for reservations.

The April 30th agenda:

9:30 am Coffee and Conversation
10:00 am Member Sharing,
10:15 am Judy Kinney, “Virtual Retirement Community”
11:30 am Business Meeting
12:00 Lunch
1:00 pm Nicole Pratapas, Fred Hutchison Cancer Research, “Natural Items Used to Attack Cancer Cells”

Our major objective is to give scholarships to Family and Consumer Science majors. In 2014 we awarded $4000 to deserving Family & Consumer Sciences students.

Contact our membership chair, Carol Jacques, for more information at 360-435-6359. Also seek us out on Facebook at https://www.facebook.com/euthenics.

Euthenics Publicity Chair
425-885-1380

LynDee Lombardo
As 2014 drew to a close several books published on the field of fashion caught my attention. Each book mentioned here is very different, and was probably written for four distinct purposes or audiences, but depending on your level of interest in fashion, each book could bring you enjoyment, entertainment, or be useful to you in your teaching or research.

I can’t remember where I first learned about *Famous Frocks: The Little Black Dress: Patterns for 20 Garments Inspired by Fashion Icons* by Dolin Bliss O’Shea, published by Chronicle Books, but the book’s concept instantly piqued my interest. When I was able to get my hands on a copy, the book contained even more information than I expected.

Most of us are very aware of the twentieth century concept of the Little Black Dress, which probably reached its peak popularity in the late 1950s and early 1960s. The ideal LBD was a tasteful but sexy garment which could wait in the back of your closest year to year, but when removed from its hanger, could have the wearer mere minutes away from being ready for a night on the town, a concert, or black-tie dinner invitation. Accessorized with a glittery diamond or rhinestone or real or faux combination of creamy pearl earrings and necklace, bracelet, or brooch, it became a complete “look”.

While some 21st Century detractors have referred to the garment as “The Little Boring Dress”, I failed to notice much that was boring about the ten dresses highlighted in the full-page black and white photos. The dresses are of a wide variety. Some gowns are long, tapering columns of pleats, some are short, while others are collections of gentle gathers and plunging necklines. Other gowns were shaped from slinky knits, draped wonders elegantly revealing the wearer’s womanly curves or lack thereof. Some of these LBDs are clearly the work of couture designers, but others contain only subtle hints of their origins. The LBDs are important, but the carefully selected photos show the dresses as worn by iconic personalities of the time. From Coco Chanel to Kate Moss, the synergy of wearer and gown forms a complete package that makes each garment come alive. The wearer’s personality shines through in the photo and shouts out, “I look great. I feel great!”

But there is more. Included in the book is a black-line drawing clearly showing the silhouette and seamlines for each garment, plus a traceable pattern rendering for each garment plus hints on cutting, sewing and styling. A section at the end of the book shows colored photos of recreated garments. Only you know how you would use this book, but it is clearly a great resource available from several sources for under $30.

The second book of note, *The Lost Art of Dress* by Linda Przybyszewski, published by Basic Books, gets mixed reviews from me. I believe the goal of this book was to introduce the pantheon of “Dress Doctors”, many of them Home Economists by training, to 21st Century learners who have never imagined that a group of women who specifically wrote, taught, and shared modern fashion, dressing and clothing construction advice in the 20th Century to a burgeoning population of middle class American women. Most “Dress Doctors” aimed their sage and well-researched, all-embracing advice – true to the mission of Home Economics – to an audience of modern women entering college or the workplace for the first time, women who were called out of their homes to be workers during World Wars I and II, and rural women who were constantly struggling to make ends meet and still make a fashionable appearance from the Great Depression until almost the end of the century while dealing with financial situations wildly fluctuating from blockbuster harvests to recessionary times.

The facts in the book are supported by thirty-two pages of notes in the works cited, plus four pages of illustration credits and a sixteen page index. These additions are useful if you follow the Wikipedia’s model of research where the footnotes should be the starting point for your own research. I personally felt that to quote any section, paragraph or sentence of the book as a reliable source might result in offering up questionable information. Too often the author, a professor of history who frequently appears to favor entertaining her students to educating them, seems to be setting up for a punch-line at the end of a paragraph or section, while neglecting a chronological progression or distinct identification of a garment style which could clarify the dates or periods being discussed. For example, within one brief paragraph, dates noted went from the late 1800s to the 1920s with little attempt to clearly state which date applied to which fact. A knowledgeable editor armed with a red pen could have greatly improved this book. Common fashion theories such as what influences the rising and falling of hemlines went mostly unmentioned. The author, described a prize-winning dressmaker on the book jacket, too often fails to share any of that expertise and goes straight for the laugh.

But don’t despair; there were some qualities that kept me returning to the pages of this book. Ellen Swallow Richards gets several mentions including her beliefs about the place of home making, so women can be free to impact the world outside of their homes. The founding mothers of the Home Economics programs from land-grant universities from WSU to UNL with a strong vocational education and extension ties are named and their impact on the education of young women is stressed. Also discussed were many long-time favorites of clothing education from Mary Brooks Picken to Marilyn Horn, including Alpha Latzke and Beth Quinlan.*

Finally, there are two other fun books on fashion that you will want to check out. *Power Dressing: First Ladies, Women Politicians and Fashion* by Robb Young, uses primarily photo montages spiced with brief paragraphs of commentary. to do an entertaining job of showing the interesting variety of fashionable garments worn by women in politics around the world from the porn star who was a member of the Italian parliament to the Indian women politicians and wives in their classic saris. I purchased my copy from Powell’s Books, but it is likely available through other online sources.

The last book *Amy Barickman’s Vintage Notions: An Inspirational Guide to Needlework, Cooking, Sewing, Fashion, and Fun*, truly lives up to its title. Amy has pulled from her large personal collection of periodical newsletters and magazines published from 1916 to 1934 to create a month to month calendar in book form to inspire and entertain the reader with “notions of homemaking” from the past which can be used as inspiration for contemporary creations. At the end of each chapter, there is a pocket where the reader can collect his or her own creative ideas gleaned from today’s craft, sewing or home-oriented magazines, books, or newspapers. This is a book that can inspire and relax at the same time. I ordered a copy for me and my newlywed niece directly from Amy, but it is available through other sources.

*If you would like another reviewer’s opinion on *The Lost Art of Dressing*, check out the Summer 2014 issue of the “Journal of Family and Consumer Sciences”, pp. 63 -64.
Conference Changes
AAFCS has made some changes in the format of the 2015 Annual Conference & Expo. For more information check out the conference pages on the AAFCS website at http://www.aafcs.org/meetings/15/

More time to network and collaborate with peers!
• Coffee Conversations in the Expo Hall Friday morning – enjoy your morning beverage and engage with exhibitors before sessions start.
• Networking luncheon on Friday – connect with colleagues and make new friends at this fun event that is open to all attendees.
• Fun Run/Walk event on Saturday morning. All are welcome for this one-mile run/walk/roll event, located right outside the hotel!
• Pacesetter Lunch on Saturday will showcase our association leaders and include an engaging keynote presentation on how technology influences behavior change.

Sun & Sandals Welcome Event
Network and help raise funds for public awareness!
• Similar to last year’s ticketed “Little Black Dress & Tie” Gala
• Instead of focus on fashion, focus will be on food preparation and nutrition
• Sun & Sandals ticket will be included in the full conference registration fee
• Sun & Sandals will include a Silent Auction—we need your affiliate donations!
• Program will be developed with input from relevant Community leaders and other member volunteers

Registration and Hotel Information
How to Register
Register Online. Online form allows you to save on registration fees, join AAFCS, as well as purchase professional assessments at a discounted rate; purchase orders accepted.
By Mail. Download, print and complete the registration form, and mail or fax it to AAFCS with your payment or purchase order.

Registration regulations have changed from previous years. For specific registration information go to http://www.aafcs.org/meetings/15/reg.html.

Hyatt Link to online reservations
https://resweb.passkey.com/go/AAFCS2014
To make reservations by phone: 1-888-421-1442
Single/double annual conference rate: $159.00
Note: Jacksonville, Florida is located in the Eastern Time Zone.

Airport Transportation Information
There are several options for transportation from and to the Jacksonville airport:
Jacksonville Transit Authority: http://www.jtafla.com

Looking Ahead to 2016...Save the Date!
AAFCS Annual Conference & Expo ~ June 22-25, 2016
Hyatt Regency Bellevue, Washington

The 91st AAFCS Annual Conference and Expo was held in Seattle in 1999. After 15 years, the conference returns to the Pacific Northwest. Being held at the Bellevue Hyatt Regency, June 22-25, 2016, it will feature best practices and the latest trends in the profession. Participants will have the opportunity to network with others across many content areas and professional settings.

Along with the privilege of having the conference in the Pacific Northwest, the Washington Affiliate has the responsibility of hosting the event. An onsite committee has been appointed. The Washington Affiliate will be responsible for welcoming conference attendees at registration and assisting in other events and activities. Many volunteers will be needed for the days before and during the conference. Even if you don’t plan on attending the conference, consider spending a couple of hours helping in the Local Arrangements booth. Local Arrangements Co-Chairs Vivian Baglien and LynDee Lombardo will be coordinating times and duties as the date gets nearer. Stay tuned for information about ways to participate. Save the date! AAFCS Annual Conference and Expo, June 2016, Bellevue Hyatt Regency.
The candidates were asked to respond to the following:

2015-2016 WAFCS Action Plan maps out four goals. Choose one of the four and describe how you will work to meet the goal either personally or through WAFCS.

- **Goal 1:** Improve individual, family and community well-being and quality of life.
- **Goal 2:** Provide leadership in developing policies to strengthen individuals, families and communities.
- **Goal 3:** Collaborate with other family and consumer sciences organizations.
- **Goal 4:** Membership – increase membership and improve services to members.

**PRESIDENT ELECT: Rene Labrousse Ketchum**

Rene Ketchum has been a member of WAFCS since 2012. She currently teaches FACSE at Toledo High School half time and FACSE/PE at Toledo Middle School. She is a strong advocate of FCCLA, serving on the FCCLA Advisory Board for 12 years as Adviser to State Officers and is currently serving her 13th year with the State Director of Recognition. Rene has been on the FACSE Board since 2008 in various committee positions: Networking, Public Relations and Secretary. She has been FACSE President for two terms. Rene feels that the leadership and collaboration that I have learned will help me serve the members of WAFCS.

Rene graduated with a BS in Physical Education from University of Oregon. She received in Masters in Education in Nutrition/K-12 from Portland State University and has endorsements in Health and Family & Consumer Sciences.

Rene responded to the WAFCS Action Plan Goal 4 with the following statements:

> Having served on the FACSE board, and having worked with members of WAFCS, I would really like to increase membership. The knowledge I have with FACSE will help me to provide an increase of membership and work with the members of WAFCS to be stronger in the services provided. If you give me the opportunity, my goal will be to increase membership in FACS.

**SECRETARY: Andrew Chamberlain**

Andrew Chamberlain is a recent graduate of Washington State University where he graduated with a Bachelor of Science degree in Human Development and is endorsed in Family & Consumer Sciences. While attending WSU he was an active member of the Student Unit, serving as Vice President for the 2013/2014 academic year. Andrew was appointed to the WAFCS Executive Board as Secretary when Karen Bergh resigned to take on the position of President Elect. We are delighted to have a recent graduate serve on the Executive Board!

Andrew finished his student teaching experience at Roosevelt High School in Seattle in December 2014. At the same time he graduated from Washington State University. Currently Andrew is a substitute teacher for both Seattle and Northshore School Districts.

Andrew’s response to Goal #1: Improve individual, family and community well-being and quality of life.

> WAFCS have taken great strides this 2014/2015 year by participating in AAFCS’s first Family and Consumer Sciences day with the theme of “Dine In”. I believe we need to continue working with the community at large by bringing awareness and showing support to issues currently affecting families.
WAFCS 2015 Calendar of Events

June 24-27  AAFCS Annual Conference, Jacksonville, Florida
August 9-12  WACTE Summer Conference, Yakima
September 1  WAFCS Award Nominations Due
September 25-27  AAFCS APU Leadership Conference, Alexandria, Virginia
October 19-20  Washington FCS Annual Fall Conference, Great Wolf Lodge, Centralia

Washington Affiliate Newsletter

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

The newsletter 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 posted online, emailed, and mailed upon request 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.