Coming to Bellevue in June!

It’s been nearly 20 years since the AAFCS Annual Conference and Expo has met in the Pacific Northwest. So it is with great enthusiasm and excitement that the Washington Affiliate invites you to the 107th Annual Conference and Expo, June 22 – 25, 2016 in Bellevue.

Meal Functions
These refreshment and luncheon functions are included in your registration:

- "Elevate Your Health" Welcome Reception (launch of AAFCS’ FCSfit Signature Initiative) on Wednesday Afternoon
- FCS “Great Conversations” Lunch on Friday
- Pacesetter Lunch on Saturday

In addition to sessions, there are meal functions sponsored by Affiliated Groups and Communities. There are additional fees but with interesting speakers well worth your time and money. Check the registration page on the AAFCS Website for these special functions.

Registration Rates
Early-Bird Full Registration Rates (by April 15, 2016)
- Member Professional: $489 online ($210 off on-site rate)
- Nonmember Professional: $579 online ($220 off on-site rate)
- Student: $209 online ($60 off on-site rate)

Hotel Information
Hyatt Regency Bellevue
900 Bellevue Way NE
http://www.bellevue.hyatt.com

- Main Hotel Number: 1-425-462-1234
- Link to online reservations: https://resweb.passkey.com/go/AAFCS2016
- To make reservations by phone: 402-592-6464
- Make sure to reference “AAFCS 107th Conference & Expo” to receive our special annual conference room rate!
- Single/double annual conference rate: $169.00 plus taxes

All conference information can be found on the 107th AAFCS Annual Conference & Expo page Download the Program-at-a-Glance (PAAG) for the latest schedule of sessions, events, excursions, and meals. The PAAG will be periodically updated so check back often!

See page 3 for more Conference Information

Educational Excursions & Things To Do in Bellevue
The AAFCS Staff and Conference Planners have arranged for some tours and excursions on Wednesday, June 22, and Saturday, June 25 after the conference is finished. You can view and register for the conference on the AAFCS Annual Conference pages at:
http://www.aafcs.org/meetings/16/tours.html

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A Message from WAFCS President Dr. Karen Bergh

Say Yes to FCS - Addressing the growing shortage of family and consumer sciences professionals in secondary education, higher education and extension education settings.

As a result of a summit for action during the 2015 AAFCS Annual Conference and Expo, a national educator recruitment campaign, “Say Yes to FCS: Filling the Family & Consumer Sciences Educator Pipeline”, is being led by the American Association of Family & Consumer Sciences.

A social media campaign, “Making a Difference through Family & Consumer Sciences,” is in progress. It provides a platform for recognizing the importance of family and consumer sciences by engaging family and consumer sciences professionals, advocates, and program participants who will reach out to their favorite social media networks. You are invited to participate in “Say Yes to FCS,” by showcasing your programs. To date, our cumulative reach through Twitter, Instagram, and U-Tube has been over 290,000.

There are specific focus themes each month through September. This month’s theme is A Perfect Pair: STEM and Family & Consumer Sciences. Suggested strategies include sharing activities that link family and consumer sciences and STEM, testimonials, and photos on social media. (Remember to use #SayYestoFCS with your social media posts!)

A fact sheet on the relationship between FCS education and STEM can be found at http://www.aafcs.org/res/branding/Fact_Sheet_STEM.pdf.

There is also complimentary access through March 31st to a webinar, “Applying STEM Concepts to Real World Issues Using Family and Consumer Sciences Curriculum.” To register, click on the link and enter your name and email address.

Next month’s theme is “Cultivating Great Leaders,” April 12 - 19. Please plan to showcase how family and consumer sciences educators develop leadership skills in their program participants!

For more information about the themes for each month, visit: http://www.aafcs.org/res/Educator_Recruitment/ER_Social_Media_Campaign_11-5-15.pdf

Please join your colleagues in this effort! Detailed background information can be found at: http://www.aafcs.org/res/Educator_Recruitment/SayYestoFCSBackground.pdfAAFCS

A website with additional information and resources to assist with the recruitment campaign is found at: http://www.aafcs.org/FCSEdpipeline.org

The Point and Power of Recognition

In days past, our organization had a strong recognition program. The WAFCS Executive Handbook has records back to 1965 listing the awardees of the five categories of recognition for outstanding contributions to the Washington Association. There were some years where there was more than one nominee for each award.

In more recent years we’ve been lucky to have one nomination, period. That’s one nomination for one award, with the other four dormant for that year.

Rather than go into the “why not” of the lack of professionals being honored, let’s revisit the “what.” What is the purpose of these awards and what good do they do? In other words, what’s the Point and Power of Recognition?

First, The Point. Appreciation is a fundamental human need. Everyone feels the need to be recognized as an individual or member of a group and to feel a sense of achievement for work well done. We all like a ‘pat’ on the back. It makes us feel good.

Recognition confirms our work is valued.

The purpose of a recognition program is to recognize and reward work and behaviors that support/further the mission, goals, values, and initiatives of the group giving the award. In the case of WAFCS, individual recognition is also the acknowledgement of a person’s contributions to family and consumer sciences which have clearly been beyond normal expectations.

Next, The Power. Being recognized for a contribution is not generally thought of as a power element. But it is, and not only for the recipient, but for the awarding organization. It makes the individual and the association stronger.

The concepts of “recognition” and “praise” are two critical components for creating positive emotions in organizations.

Although Rath and Clifton were addressing recognition from a business point of view, it can also be applied to WAFCS. They found that individuals who receive regular recognition and praise:

- increase their individual productivity
- increase engagement among their colleagues
- are more likely to stay with their organization
- receive higher loyalty and satisfaction

Looking at the four points above from the recipient’s view it is obvious what the benefits are for them. Looking at it from WAFCS’s view, you can see how the organization benefits. Being honored with one of the annual awards may help WAFCS because individuals may increase their participation in the association, engage more with WAFCS members, be more likely to renew their membership, and remain loyal to the state and national organizations. Both the individual and organization would become more “powerful.”

An article on page 3 briefly describes the annual WAFCS awards. I hope this article will inspire you to think about your WAFCS colleagues and nominate one or two of them. The nomination forms can be downloaded from the website, and they are not complicated.

Donna Graham, Editor

Resources: The concepts for this column were drawn from articles by Kim Harrison, Consultant, Author, and Principal of www.cuttingedgepr.com, and Tom Rath and Donald O. Clifton, authors of How Full Is Your Bucket?


WAFCS Annual Awards
Recognize a Special Person or Organization

It has been several years since we’ve had a full complement of honorees for the awards listed below. Anyone can nominate a deserving professional or group. The nomination process varies with each award, but overall it does not take long to fill out the forms.

The application forms are available on the WAFCS website on the Governing Documents/Awards & Recognition Page for your convenience. All applications are due by October 1, 2016.

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 2017 AAFCS Annual Conference in Dallas, Texas.

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!

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

Euthenics of the Greater Seattle Area
Founded in 1935 by UW Home Economists

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, they promote FCS, provide annual scholarships, and update members’ professional knowledge. Two meeting remain this year; they are at Prince of Peace Lutheran Church, 1415 20th Ave. S.E., Shoreline.

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
LynDee Lombardo, Co-Local Arrangements Chair for the AAFCS Conference in Bellevue will speak to the Euthenics volunteers who are participating in AAFCS annual meeting in Bellevue.

About Euthenics: The name Euthenics was chosen by AAFCS Founder Ellen Richards to explain the study of how people are improved by adjusting their well-being through environment including: food, health, clothing, housing, economics, and relationships. The main purpose of Euthenics of Greater Seattle is to provide scholarships to FCS students, network, and plan informative meetings.

Yakima Affiliate Report

The Yakima Association of Family and Consumer Science has had a busy year so far! In September we toured a Senior Living facility in Yakima that is home to one of our Life Members, Willa Dene Powell. We toured the facility and were also able to take a look at the lovely apartment that Willa Dene now calls “home”. We were all impressed by the many amenities and activities available to the residents.

Our October meeting speaker was Holly Lacell, employed by WSU Extension Service. Holly presented information about the SNAP Food Sense Program which provides nutrition information to selected schools in our area.

The November meeting was our Annual Silent Auction. We all look forward to seeing what treasures and goodies our members will bring to this event. The money raised goes toward scholarship(s) to deserving students planning to attend Yakima Valley Community College or Central Washington University.

December was our Annual Christmas Tea. We each bring a dozen cookies to share at the event, and we often get a wonderful variety of goodies to sample. This year we honored our Life Members at this event. Three of our five Life Members were able to attend, two of whom were newly designated just this year.

In January we had our Annual Book Discussion. The committee chose Still Alice, by Lisa Genova. Many of our members had experienced a loved one or close friend with Alzheimer’s and there were a variety of stories shared among us.

Our February meeting was entitled Connecting with Students with Online Learning. The director of an online learning program in Toppenish was our speaker. We enjoyed hearing about the issues and the successes of those who were in his program.

We were excited to nominate Camp Prime Time, a nearby camp for disabled children and their families, for the Annual WAFCS Award for the Betterment of Families. Even more exciting for us was that they were chosen to receive the award! Two of our local members were able to be at the Annual Meeting to see them receive this honor.

One goal for YAFCS this year was to complete a revision to our Bylaws. Our Bylaws Committee has worked very hard to update, clarify, as well as simplify this document. We hope to bring it to our membership soon, and be able to receive approval by the end of the year.

Ann Aldous, President
Yakima Association of Family and Consumer Sciences

New WAFCS Website Makes Its Debut

The banner is the same, but the pages, sub-pages and links are different. We’ve tried to make www.wafcs.net better on the eyes and more user friendly – check it out and let us know. You can even send comments directly from the website; just click on “Write to Us” and an email box will appear!
**WAFCS in Bellevue: Our Time to Really Shine**

It is official! On February 4, 2016, registration for the 107th Annual AAFCS Conference and Expo in Bellevue, WA, went online. The excitement among our Washington Affiliate AFCS Executive Board and members has been building for almost two years. National AAFCS members’ memories of the 1999 Annual Meeting & Exposition hosted in Seattle have remained lasting and positive. At intervening national conferences and leadership meetings our members were often asked, “When are we going to meet in Seattle again?” So the time has finally arrived. And we all know we will need to work together to show off the best of our wonder-filled state, rain or shine.

At the WA FCS Annual (formerly Fall) Conference and other meetings since late last summer, many of you were asked to complete commitment forms noting how you would be willing to serve to welcome attendees and host the many activities associated with the Annual Conference. Vivian Baglien and LynDee Lombardo have maintained those commitment forms, but now, as you complete your registration for the 2016 Annual Conference, you will be asked to add your name and “best contact” email or phone number to complete a “Would you be willing to volunteer?” question accompanying your registration.

In May, the 2016 Annual Conference volunteer job grid will go online. If you noted that you would be willing to volunteer on your Annual Conference registration, you will be sent a reminder to access the volunteer job grid to actually put your name on the volunteer jobs you will do. You will be able to select from a wide variety of jobs from monitoring rooms and moderating speakers, to greeting and taking tickets at meal meetings, to assisting with excursions. While the volunteer job grid generated by AAFCS national headquarters will not be available until May, you should be watching your email for the sign-up reminder message which should come from Daila Boufford or AAFCS Headquarters in early May. Access the volunteer signup sheet by clicking on the link provided in the email, and place your name in the appropriate boxes as soon as possible to get the job or jobs that best fit your interests, schedule, and energy level.

If you are from Bellevue or Seattle, remember to save at least part of your volunteer time for our local arrangements Washington Welcome Booth. Your unique knowledge of the Bellevue area will be helpful in guiding attendees to the best local sites and restaurants near the conference hotel.

What an exciting time to be a member of the Washington Affiliate of the American Association of Family & Consumer Sciences. See you in June!

LynDee Lombardo
Vivian Baglien
Local Arrangement Co-chairs

Remember to volunteer when you register for the conference!

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**AAFCS Annual Conference & Expo Highlighted Events (additional fees may apply)**

**Wednesday, 9:00 am - 5:00pm**
Pre-Conference Workshop:
Preparing an Accreditation Self-Study Report
The Self-Study Report is the single most important document a Unit presents to the Council for Accreditation. This hands-on workshop provides TIPS for preparing a report, handouts with examples from Units, sample matrices for addressing Body of Knowledge integration, sample program assessment, and student learning plans.

**Wednesday, 12:30 pm - 3:30pm**
Pre-Conference Workshop:
Strategies for a Healthy Teaching Experience
This session focuses on ways to increase the demand for teachers in this field and strategies that will lead to healthy lifestyles for teachers and students. A panel of those who hold the title “AAFCS National Teacher of the Year” will provide insight into their successes.

**Friday, 10:00 am - 5:00pm**
“Filling the Educator Pipeline: Summit for Action II”
For a small additional fee, “Summit for Action II” will enable those new to the family and consumer sciences educator recruitment effort to design and implement campaigns and help campaign veterans maximize the initiative’s impact by showcasing, supporting, and advancing successful educator recruitment models and strategies.

**Saturday, 7:00 am - 8:00am**
“AAFCS Completes the Circle” Fun Run/Walk
If you want to truly embrace the conference theme and AAFCS’ FCS/fit Signature Initiative, sign up for “AAFCS Completes the Circle” Fun Run/Walk, sponsored by The Art Institutes! This is a perfect opportunity to exercise at your own pace through the beautiful Downtown Park. Registration fee includes a commemorative t-shirt.

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Rene Ketchum, WAFCS President-Elect, participated in the 1st Annual Fun Run at the 106th AAFCS Annual Conference in Jacksonville, Florida. Bellevue will definitely not be as humid!
Washington Affiliate in Action: Action Plan Reports Due

State Presidents are required each year to create an action plan identifying their goals for that year. In April they are required to send an accounting of the affiliate’s activities of that year to the national office.

In the Fall 2015 issue of the WAFCS Connections, President Karen Bergh asked members to commit to take action and participate in the implementation of one or more of the goals of the affiliate action plan. Some of the membership filled out the form and promised to participate.

Dr. Bergh will soon be preparing the annual report to be sent to AAFCS in April. Even if you or your group did not submit the “Commit to Take Action” form but you or your group participated in one of the suggested actions below, please send Karen an email by April 1st so she can include it in her report. For your convenience a link is provided below to send Karen your report at: berghk@cwu.edu or mail your report to her at 434-100th Ave. SE, Olympia, WA 98501.

### Abbreviated 2015-2016 Affiliate Action Plan

#### Engaging with the American Association of Family and Consumer Sciences (AAFCS)

**Theme and Strategic Plan: Advancing the Field with new Technology**

| Outcome 1 | Knowledge and Skills are Applied for the Public Good |  |
|-----------|------------------------------------------------------|  |
| **Goal**  | **Objective**                                        | **Suggested Group or Personal Action** |
| 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. | • 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 the well-being of individuals and families.  
• Complete and submit resolutions, and publish articles. |

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<th>Goal 2a</th>
<th>Objective</th>
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| Engage in AAFCS initiatives, networking, and ongoing professional development. | • Host the 107th Annual AAFCS Conference in Bellevue, June 2016.  
• Increase participation in WAFCS and AAFCS:  
  ◦ committee membership  
  ◦ leadership positions  
  ◦ professional development | • Participate in preparation and activities associated with hosting the 107th Annual AAFCS Conference.  
• Engage in WAFCS/AAFCS leadership opportunities and activities. |

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<th>Goal 2b</th>
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| Increase membership and involvement in WAFCS/AAFCS. | • Actively promote membership in AAFCS/WAFCS 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 WAFCS.  
• Encourage members to re-establish or initiate local WAFCS affiliates.  
• Promote involvement of membership in WAFCS/AAFCS at all levels. | • Take part in media campaign to encourage membership in AAFCS/WAFCS.  
• Support Student Unit members by offering scholarships  
• Speak to students and young professionals regarding professional affiliation. |

| Outcome 3 | AAFCS Credentials are Highly Valued |  |
|-----------|------------------------------------|  |
| **Goal 3** | **Objective**                                        | **Suggested Group or Personal Action** |
| 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. | • Write an article about the importance of AAFCS credentialing.  
• Media blast to advertise the CFCS Exam at the Fall Conference. |

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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. | • Participate in a collaborative activity with state, regional or national family and consumer sciences groups.  
• Report collaborative successes through newsletters to raise awareness. |
Thank you to those who "Dined In" on Family & Consumer Sciences Day, December 3, 2015!

This year, more than 125,000 people committed to preparing and eating a healthy meal together on December 3. Thank you to everyone who participated in and promoted Family & Consumer Sciences Day! We were thrilled to see an increase in commitments and activities this year. For those who participated, please watch for a survey in your inbox and be sure to take it so that we may capture and record all of the wonderful things that you did to celebrate Family & Consumer Sciences Day!

One Washington FCCLA participated and received recognition for their participation:

Toledo Schools Recognized for Participating in “Dining In” to celebrate Family & Consumer Sciences Day

Kudos to the Toledo FCCLA Chapter! They were recently recognized for being a part of Family & Consumer Sciences Day by “Dining In” on December 3, 2015. The school was featured in articles in the online WA CTE “Hot Topics” newsletter and the WA-FACSE Newsletter.

Led by teacher Rene Ketchum, the students applied for a proclamation from the Mayor’s office in Toledo, and attended a City Council meeting to receive it. On December 3, 2015, the students from the Personal Choices class prepared a meal for their families, Toledo Mayor and Mayor Elect, Toledo City Council members, Toledo Schools Superintendent Chris Rust, and Principal Martin Huffman. A total of 30 people attended the dinner.
As I write this, Western Washington is enjoying its typical winter rainy season. The sky is gray, the almost daily rain is gray and the puddles on my street are dark with reflections of the grays and greens that make up the wintry coloring of our Evergreen State. Many of us fight SAD, seasonal affective disorder, with lighting greens that make up the wintry coloring of our Evergreen State. The sky is gray, the almost daily rain is gray and the puddles on my street are dark with reflections of the grays and greens that make up the wintry coloring of our Evergreen State.

In past newsletters, I have recommended Family and Consumer Sciences related books, especially those related to foods, nutrition, health, interior design or costume design and history, for reading or research, to brighten our gloomiest of seasons.

This year I would like to offer another variation on the theme, by suggesting that you read, listen to music and then watch or re-watch the film related to the specific book you have selected for reading during these long winter days. One book I experienced for myself already this season was **Chocolat** by Joanne Harris. I had never read the book, but had purchased a paperback copy from Goodwill and placed it in my substantial emergency book stash. The book was a delight, in fact, as I finished the book I couldn’t believe I hadn’t gained weight just from reading the luscious descriptions of chocolate-making and the eating of chocolate in various forms from beverage to candy to a chocolate frosted chocolate cake by the book’s main characters.

If you saw the film when it was released over a decade ago, you may remember **Chocolat** as a bewitching adult tale of a mother and her young daughter who try to fit their exuberant lifestyle into the quiet ways of a small French town. While reading the book, I remembered how much I enjoyed listening to the film sound track that I purchased on CD not long after seeing the film. I located my copy, plugged it into the sound system of my car and enjoyed it as I traveled on my daily errands. The Rachel Portman score is very evocative of the themes and setting of the film including elements reminiscent of gypsy music, the sounds of wind, and a tangible spirit of the mother and her daughter as they embrace each day with joy and optimism.

When it arrives at my local library, I will view the film for the first time in almost 12 years, in the comfort of my own easy chair with my own popcorn.

There are two other favorite books, noted in past newsletters, which should be added to a list of books meant to be fully experienced. **Like Water for Chocolate** by Laura Esquirel and **Age of Innocence** by Edith Wharton can be fully experienced by preparing some recipes found in the Esquirel book or mentioned in Wharton’s writing. As you dine on your creations you could enjoy listening to music suggested by each book’s period or location. The simplest way to get you into a Latin American mood is to get a CD of Putumayo World Music’s “Vintage Latino”, “Café Latino”, or “Latin Party”, or to accompany the **Age of Innocence**, find recordings of operas from the mid to late 1800s such as Gounod’s **Faust**, Giuseppe Verdi’s **La Taviata**, or Donizetti’s emotion-laden **Luciadi Lammermoor**.

If modern tales of mystery are more to your liking, **The No. 1 Ladies’ Detective Agency** by Alexander McCall Smith, is available in book and film versions at your local library or for purchase through Amazon. While I haven’t been able to locate a CD version of the music from the films, there are many excellent recordings of African-inspired music that use the same rhythms, instruments, and quality of voices which were featured in the film. To help you “sound out” the themes in the books and films, enjoy this YouTube offering on the beat of Botswana: [https://www.youtube.com/watch?v=_jgaIl-6-ZE](https://www.youtube.com/watch?v=_jgaIl-6-ZE). **The No. 1 Ladies’** series is also noteworthy, as it was filmed on location in Botswana and was one of the first major film or television productions to be undertaken in Botswana. Visually it offers us a trip to Africa along with an enticing mystery.

If you use your favorite search engine, or visit the help desk at your public library, you undoubtedly will discover several more book-film combinations that will peak your interest, and some likely musical offerings also.

If you want to experience this enchantment with your children or grandchildren, I recommend the **Diary of a Wimpy Kid** by Jeff Kinney, or **The Invention of Hugo Cabret** by Brian Selnick. Both have been made into films and have their own loyal enthusiasts. Each book, in its own way, can be used to encourage children to try their hand at cartooning or drawing, and in the case of **Hugo Cabret**, even photography. To get you up to speed, each book has its own website: [http://www.wimpykid.com/](http://www.wimpykid.com/) and [http://www.theinventionofhugocabret.com/about_hugo_intro.htm](http://www.theinventionofhugocabret.com/about_hugo_intro.htm).

Finally, for readers in the middle grades through young adulthood, **The Princess Bride**, by William Goldman, paired with the film of the same name, directed by Rob Reiner, is an optimistic and perpetual favorite.

I hope you will try this fun twist on winter reading. Reading or re-reading a popular book that inspired a film is a wonderful treat you can really look forward to as our longest nights of winter draw to an end.
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.