Balancing a Rich History and Moving Forward

Did you know that WAFCS is 96 years old this year? The Washington Home Economics Association (now Washington Association of Family & Consumer Sciences – WAFCS) officially joined the American Home Economics Association in 1921. But there has been a Home Economics/FCS presence in the state since 1906!

We have a rich history of education and advocacy in Washington State. In years past, the association was active in Governors’ and White House Conferences on food, health, nutrition, consumer product safety, credit, and the betterment of families. Over the years we have collaborated with other FCS organizations such as the American Dietetic Association, the Family Relations Organization, the Oregon FCS Association, HEIB, and Family & Consumer Sciences Educators. There is even evidence of participation in International conferences by members as early as 1963 when six members attended the International Congress in Edinburgh, Scotland.

Today, with the existence of numerous Family & Consumer Sciences organizations, we have scaled down our participation in many of the above. Education and advocacy still continues, but not necessarily under our association. However, we now have an opportunity presented to WAFCS to help our profession and members move into a new era.

Research by FCS educators and affiliated organizations has reported:

“There is an established and growing shortage of family and consumer sciences professionals to serve in educator positions in secondary and higher education. This shortage increasingly results in educator positions going unfilled or filled with unqualified individuals. Shortages of family and consumer sciences educators and those enrolled in family and consumer sciences educator preparation programs too often result in program closures.”

Since 2008 AAFCS members, communities, and members of the AAFCS Alliance, particularly the Family & Consumer Sciences Educator Association (FCSEA) and the National Association of State Administrators of Family & Consumer Sciences (NASAFACS) have been collaborating to create a campaign to fill the “educator pipeline” in all areas of our profession. The result is the Say Yes to FCS initiative designed to recruit students and other professionals to FCS.

Recently representatives of several Washington State FCS organizations met in a teleconference to discuss and develop a campaign for our state to recruit new professionals, strengthen our programs, and preserve our rich history. More information on this campaign will be coming in the future.

This issue of the WAFCS Connections is packed with recent activities of individuals and FCS organizations, the introduction of new WAFCS Executive Board members, announcements of upcoming events, highlights of recent activities, and several articles pertaining to Say Yes to FCS. Also new to this issue we honor our commitment to the financial sponsors of the WA FCS Annual Conference.

I hope you are inspired by this issue to become or remain active in Family & Consumer Sciences. We are always looking for advocates and volunteers to maintain the balance of our rich history and move our profession forward. Opportunities for both are included within these pages.

Enjoy!

Donna Graham
Public Information Director
A Message from WAFCS President René Ketchum

I think that I can speak for many of us that we are looking forward to a warm spring. As I have begin my term as President, our state has many things to look forward to and work on as an organization.

The first thing we are trying to do is collaborate with and help at Family Career and Community Leaders of America (FCCLA) events. We want to actively show our support as an organization to this Career and Technical Student Organization that focuses on student leadership.

We had nine students help out at the FCS Annual Fall conference in October. The students helped the vendors set up, meet and greet FCS and FACSE members, and some even helped in the Home Baking session. We hope to make this participation a yearly activity in support of our conference.

WAFCS members volunteered at the FCCLA State Leadership Conference in Kennewick March 8-10 as Lead Consultants and Evaluators in competitive events and look forward to doing it again in the future. Volunteers were amazed at the projects the students presented. My vision is to help each year with this event. If you would like to be a part of it, please email me at rene@toledoschools.us and I will put you in touch with the FCCLA State Advisor Kay Niemi. She and FCCLA would love to have your help.

Another goal for me as State President is to attend the California Student Leadership and Research Conference in April. Karen Bergh and I will be attending this event to get ideas about the student-oriented conference and hope to bring some ideas on how to start something similar in Washington State. We are always trying to find new ways to Say Yes to FCS. We look forward to sharing what we learn when we get back.

I hope you had the opportunity to celebrate FCS Day December 3rd with a “DINE IN” Dinner. If you would like to see the video that supported Say Yes to FCS and our Toledo “DINE IN” Dinner, just go to https://www.youtube.com and type in “René Ketchum” in the Search box. Both videos will come up. I can hardly wait to share some ideas our board will come up with to celebrate next FCS Day December 3rd and a “DINE IN Dinner”.

The 1st Annual FACS Educator Say on May 4th is fast approaching. The purpose is to celebrate the value and achievements of family and consumer sciences educators and programs. We hope to gather many creative ideas to support this day. If you have some great ideas, be sure to share them with the rest of us. We look forward to honoring the FCS teachers of Washington State. I hope to see and hear from you in the near future.

Finally, I would like to thank you for the honor of being WAFCS Teacher of the Year. When I went to work on the National application, it was certainly overwhelming. I was so lucky to have some awesome WAFCS members to help me with the application process. I could not have done this work without the support of Roxanne Trees, LynDee Lombardo, Donna Graham, and Karen Bergh. Through emails, face-to-face meetings, phone calls and more hours than I can count, I got the nomination packet completed and submitted on time. If you have the opportunity to do this process, I will be there to support you too.

Washington Affiliate in Action

Did you make your Commitment to Take Action?
It’s not too late!

We value your dedication to the profession. In order to move the affiliate forward in 2017, we are asking members to take action and make a commitment to the 2017 Washington Affiliate Action Plan. Please make selections of which activities you are willing to participate in from the list below and contact President Elect René Ketchum via email at rene@toledoschools.us or by phone at 360-520-5822.

- 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 collaborative activity with state, regional, or national FCS groups.
- Engage in WAFCS/AAFCS leadership opportunities.
- Report on personal or collaborative action plan activities.
- Participate in Say Yes to FCS!

Have something in mind that wasn’t listed above? René would love to hear from you... rene@toledoschools.us.

Action Plan Reports Due:
Report Your Actions or the Actions of Your Group

State Affiliate 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 2016 issue of the WAFCS Connections, President René Ketchum 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.

René will soon be preparing the annual report to be returned 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 above, please send René an email by April 1st so she can include it in her report. contact her at Rene@toledoschools.us or by phone at 360-520-5822.

René@toledoschools.us

2017 WAFCS President

Platinum Sponsor of the 2016 WA FCS Annual Conference!
**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, 2017**.

**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 2018 AAFCS Annual Conference in Atlanta.

**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*

**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 meetings remain this year; they are at Prince of Peace Lutheran Church, 1415 20th Ave. S.E., Shoreline.

**Tuesday, March 28, 2017**
- LynDee Lombardo, retired FCS educator, will speak about Amelia Earhart's designs for the active and passive sportswoman.
- Dale Hoover, Outreach Specialist for King County Meals on Wheels, will present a program about nutritional, social, and transportation requirements of elder seniors.

**Thursday, April 27, 2017**
- Elaine Anderson, Master Gardener Program Coordinator for King County, will share how the WSU/UW Master Gardener program began and how to take advantage of gardening information.
- Kimberly Milham, President of the Historic Costume Group, will speak about 100 years of Style, Silhouette, and Structure of female dress from 1812-1912.

**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 Sciences Vice-President, Susan Martin, arranged meetings for 2016-17 to keep us informed on how to help meet our goals of improving health and well-being.

Our September meeting was presented by Lori Gibbons, Public Health Educator for Memorial Hospital. She talked about community health education and shared handouts of several classes and services offered to the community by Memorial Hospital. She and other public health educators believe prevention is better than treating the disease, and work to bring education to the public.

At our October meeting our own Susan Martin reported on e-cigarettes and vaping. She makes similar presentations to schools in our area. Susan showed us a variety of e-cigarettes and several liquids called e-juices used to add nicotine for a process called vaping. She shared that Washington state has rules against e-cigarettes on campus, but not many rules regarding vaping. Health issues are not known, but e-cigarettes contain nicotine which is addictive and poisonous. Member Diane Anson reported that she had contacted local FCS teachers and gave them a copy of our yearly program and invited them to join us. We also contributed gift cards to be used in two gift baskets for the State Convention Scholarship Auction.

Our November meeting was our annual silent auction to raise money for a scholarship for an FCS student at YVC or CWU. Members Kathi Hendrix, Ann Aldous, and Loretta Fendell reported on State Convention workshops they attended. They reminded members to spread the word about Dining In on December 3rd and have families discuss family traditions. They reported on **Say Yes to FCS** and discussed how YAFCS might help.

Our annual Christmas Tea in December saw us sampling a variety of goodies brought by members. We were fortunate to have two of our Life Members present. We all shared special traditions from our families. This brought back many good memories and we were surprised to find that several of us shared similar traditions.

In recognition of the 100th Anniversary of our National Parks, the committee chose **Grandma Gatewood’s Walk** by Ben Montgomery for our annual book discussion. This is the inspiring story of the woman who saved the Appalachian Trail. She walked it several times as well as the Oregon Trail. We shared our own experiences in National Parks and told our favorites.

In March we will hear Suzanne Ramin, RN, MN, ARNP, from the Yakima Heart Center talk about Heart Health. April will have us hearing from Susan Martin on Youth Mental Health and Suicide Prevention. In June we will celebrate the completion of another good year with a tour of the Kittitas County Barn Quilts.

We accomplished the goal of a complete revision of our Bylaws in 2016 and we hope to update our Policies and Procedures in 2017. We have been learning more about each other this year by answering a personal question at each meeting.

We were saddened to loose one our members to cancer. Susan Beth Herdrich died December 30, 2016. She headed the Selah Pre-school Co-op, taught for YVC and established an infant care program at Davis High in Yakima.

**Loretta Fendell, President**

Yakima Association of Family and Consumer Sciences
WAFCS is excited to welcome Margaret Viebrock to the Executive Board as our new treasurer. She has been a member of WAFCS since 1970 and has served several times: President, 1983-84, State Newsletter Editor, 1979-1982, and on various state committees: Nominating, Local Arrangements Chair for Professional Day, and was named FCS Professional of the Year in 1997.

Margaret joined the WSU extension faculty in 1970 as an educator in the Youth and Family Program Unit. She works primarily in Chelan, Douglas & Okanogan Counties. Currently she is the Extension County Director in Chelan and Douglas Counties. At WSU she serves on the Faculty Senate and Faculty Affairs Committee. Margaret’s program emphasis areas are the WSU SNAP-Ed nutrition education program; 5-state project for women involved in agriculture, diabetes prevention project, food safety and food preservation. WSU awarded Margaret the President’s Excellence Award in 1994. She also received the National Extension Educator of the Year award in 1999.

She has been active in the American Association of Family & Consumer Sciences for 47 years. She was one of the first professionals to become a Certified Family & Consumer Scientist in 1987 and recently became certified as a Nutrition and Wellness Educator. In 2002 Margaret was recognized for her contributions to FCS with the AAFCF National Leader Award.


Margaret is also a Certified and Registered ServSafe Instructor and Proctor for the National Restaurant Association Educational Foundation. In recent years she has offered the ServSafe Manager Certificate Training at the Washington FCS Annual Conference.

When not traveling for work, Margaret makes her home in Waterville with her husband Sid. She has one daughter, Amanda, and is the very proud grandmother of Harper.

Meet Rachel Aszklar
WAFCS President-Elect

Rachel Aszklar has been on the WAFCS Board as Public Policy Chair for more than two years. She is excited to take on this new role of President Elect. She attended her first AAFCF Annual Conference last June in Bellevue and the AAFCF Leadership Conference in Arlington, Virginia, last November. Rachel is ready to promote AAFCF and share all the amazing things our organization does for the profession and community. She is also a big proponent of Say Yes to FCS.

Rachel graduated from WSU in 2012. She taught Culinary and Technology at Spanaway Middle School for one year and moved to Sumner High School three years ago where she specializes in Early Learning. Currently Rachel is an FCCLA Advisor and Department Head. Outside of the classroom, she is the Webmaster of our sister organization, WA-ACTE Family & Consumer Sciences Educators. She is also working on her Master’s Degree through Concordia University in Portland.

If you happen to be friends with Rachel on Facebook, you will see that she has a very active personal life with strong ties to her family and close friends. She lists her hobbies as cooking, running (she is currently training for a ½ marathon!), fly fishing, and being outdoors in general. Last year she purchased a home for herself and her two dogs.

We are excited to have Rachel as our President Elect. She is fearless and is willing to explore new ways of doing things. She’s also extremely tech savvy and will lead the WAFCS Executive Board down new avenues!
In the past few decades, we have seen the speed and content of communication increase around the world. We have also seen that what happens in one country or region quickly influences another. In the next few decades, it is predicted that the world will seem smaller as more people travel internationally and see media images of cultures around the world. Communication is instantaneous. Travel costs are more affordable ($69 airfare to London!?). Global crises and skirmishes will continue to divide and separate people. However, people will be more interested in developing a sense of community around them.

How will basic human needs be met around the world? How will choices made by one person affect someone in another part of the world? An apparel designer may choose to have clothing produced in another country to reduce labor costs. A family and consumer sciences specialist is trained to consider this decision, not just from his or her own perspective, but from the perspective of the manufacturing company and the people whom the decision could harm or benefit. Some considerations may include employee work conditions and pay. For example, the decision to produce a sweater in a country with very low labor costs could affect employment in the United States as jobs are lost in the sweater production industry. On the other hand, providing employment in a low-wage country would provide employment for its workers, putting food on the table for many families. Social responsibility is another consideration – the low wage in offshore manufacturing may not be livable or sustainable.

The mission and vision statements of Family and Consumer Sciences have evolved over time, but certain ideas have remained consistent. FCS professionals work in a holistic and integrative way with individuals, families, and communities to improve quality of life. The profession considers the context in which people are situated and seeks to change societal conditions that may hamper optimal development.

There are many ways that you, as an FCS professional, can make a global and local difference:

**Join the International Federation for Home Economics**

The International Federation for Home Economics (IFHE) was founded in 1908 in Switzerland as an International Non-Governmental Organization (INGO) in consultative status with the United Nations and with the Council of Europe. There is a national coordinating body in each participating country including the United States. The purpose of IFHE is to facilitate and increase opportunities in family and consumer sciences throughout the world. The mission of the IFHE is: “To provide an international forum for home economists to develop and express the home economics concerns for individuals, families, and households at the United Nations and among other international non-governmental organizations whose interests parallel those of home economics. The ultimate goal of the IFHE is the improvement of the quality of everyday life for individuals, families, and households through the management of their resources” [http://www.ifhe.org](http://www.ifhe.org)

The 2020 IFHE World Congress, held every four years, will be hosted by IFHE—US in Atlanta, Georgia. Consider joining today and becoming involved in the planning process. Many hands are needed to make this conference a success. Find out more here: [http://ifhe-us.weebly.com](http://ifhe-us.weebly.com)

There are many advantages to joining a professional organization like IFHE, especially while you are still a student. Through newsletters, journals, on-line postings, and conferences, both students and professionals are able to keep up with current events and future trends. Leadership positions are often available for both students and professionals, and serving in these positions reflect initiative, responsibility, and commitment to global issues. These positions offer useful networking opportunities as well as the opportunity to hone your leadership skills.

**Connect Locally while Thinking Globally**

Being a “global” professional does not mean that you must travel far from home. It can also mean opening up the world to your clients, students, customers, family, and friends. It can involve making new friends. Here are just a few ways to “go global while staying local”:

- Stay well-informed on local, state, and federal policies that may affect families, their ability to travel, available resources, or real and perceived safety. Take a stand. Be an advocate for families.
- Look for opportunities to learn more about varied family values, customs, and practices. Provide these opportunities to others in easily accessible formats such as conversation chat groups.
- Make it a point to learn from widely available resources such as media that promotes learning. For example, two recently released 2017 films that focus on family life in Uganda and India respectively include Queen of Katwe (Disney) and Lion (Weinstein). Both films tell stories based on real life events. They also promote opportunities for discussion.
- If you are a teacher, work to include examples, case studies, projects that globally expand and enhance learning.

Family and Consumer Sciences can be found alive and well around the world today. Family and consumer sciences leaders and organizations are forward-thinking, anticipating and adjusting to changes that will affect the family in the coming years. The profession is setting practices in place that will meet the needs of families today and in the future.
Hungry for Books and Food  
LynDee Lombardo

Early last year, I ordered a copy of Voracious: A Hungry Reader Cooks Her Way through Great Books. It is not often that I manage to get my hands on a book within months of its first printing, but this book sounded so interesting, that I decided to get a copy to read before it disappeared from bookseller lists.

The book is packed with recipes from the files and imagination of a female butcher by trade who works as a professional cook. The recipes are divided into three sections titled Childhood, Adolescence and College Years, and Adulthood. Each recipe is introduced with an insightful commentary from the author on the one book she intimately associates with a certain food or unique recipe. Sometimes the dish was specifically mentioned in the book, so the book-to-food associations are obvious, but sometimes the associations are the author’s alone. While some connections are sweet and innocent, others are unusual, unlikely or surprisingly gross. From a very young age, the stories told in books would trigger thoughts and ponderings in the author about specific foods. Her personal library of books is filled with scribblings of recipes, jotted down in the random empty spaces of chapter endings, on normally blank front and back pages, and upon any substantial spaces in between.

As the title implies, Cara Nicoletti, the author, is a voracious reader. Her love of reading and books was fed from infancy as she was blessed with both a grandfather and father who were discerning and voracious readers in their own right; and a mother and aunt who thrived on reading books out loud to a trio of young listeners – Cara, Cara’s sister, and their cousin. Independently, each adult reader in her life suggested books that became very important and meaningful to Cara.

As she grew older, Cara was introduced to a widening variety of books through the recommendations of teachers and friends. While still in elementary and middle school, she was often directed to a book which was a challenging read for a person of her age, but as a voracious reader she was able to grasp the concept, theme or depth of meaning which the author was trying to relate. She conquered and appreciated them all.

The wide variety of books she has devoured is in keeping with the similarly wide variety of foods she suggests in her book. Some recipes have demanding preparations such as Porchetta di Testa which uses the meat of one pig’s head, including the ears and tongue. Other recipes are as basic as a hearty bread flavored by the grains, herbs and spices favored in European and Mediterranean cuisines. The realistic and colorful illustrations by Marion Bolognesi add to the lusciousness of the book.

Nicoletti's book is a very satisfying read. When writing about food and books, I always find myself thinking about gathering some of my all-time favorite books together and cooking one or two dishes inspired by each book, or preparing an entire meal suggested by one book. It’s fun to imagine hosting a potluck dinner where friends bring their chosen book and a prepared dish inspired by the book to share. Spending time within the pages of Voracious reminded me that sharing a favorite book and a best dish with friends around a dinner table can be delicious and filling for the stomach as well as the soul.

My copy of The White House Cook Book, attributed to Hugo Zieman, steward of the White House, and Mrs. F.L. Gillette, was published exactly one hundred years before Nicoletti’s Voracious. The Cook Book title page boldly announces the wisdom collected within the six hundred and nineteen page work to be “a comprehensive cyclopedia of information for the home containing cooking, toilet and household recipes, menus, dinner-giving table etiquette, care of the sick, health suggestions, facts worth knowing, etc.” The very first edition of the Cook Book dates back to 1887, and credits only Mrs. Gillette as the author.

My pantry copy was originally owned by my maternal great-grandmother. And similar to the fiction books owned by Cara Nicoletti, every blank page in my copy of the Cook Book is covered with penciled notes and recipes from my great-grandmother’s hand. The back of the frontispiece suggests that Little Grandma, as my sister and I called her, received this edition of the Cook Book when it was hot off the presses; where penciled on the crisp, yellowed paper is her name and a date of June 22 1915. There are newspaper clippings of recipes slipped between pages from the front to the back of the book. The added hand-written recipes and clippings are a tasty mix from Gooseberry Conserve to Apple Sauce Cake. And there are four separate recipes for pickles added to the book. Was it great-grandfather who was the pickle fan?

One pre-printed recipe card is included in the book. It is titled “Salvation Army Doughnut Recipe” by Margaret Sheldon, the original “Doughnut Girl”. The recipe promises to make 60 doughnuts and calls specifically for inclusion of the depression era, calorie supplementing ingredient HEBE. This sometimes controversial ingredient was a combination of commercially available powdered milk and coconut fat. Dairymen saw this as an affront to their unadulterated liquid or pure powdered milk, but money conscious homemakers of the late 1920s through the 1940s, and soup kitchen cooks saw HEBE as a less expensive calorie-rich ingredient, a necessary recipe additive for putting a little meat on the bones of out of work men and poor children.

In the middle of my Cook Book is a half-page clipping from the April 1920 Delineator probably saved because it is an advertisement for Florence Oil Cook Stoves. The stove pictured is a beautiful glossy cobalt blue with an ample glass-front warming oven on the upper right of the cook top. The stove also has a deep shelf along the top of the back, stretching from one elegant side of the range to the other. It is a stunningly beautiful piece of equipment. I can easily imagine that shiny new appliance catching the eye of my tiny great grandmother, who valued useful and beautiful things. But thinking back, I remember great grandma’s cook
Hungry for Books and Food, continued

... stove well enough to know that this fine advertised specimen never made it into her kitchen. In my memory her stove is a black bodied and silver trimmed behemoth dominating the southern wall of the kitchen. Surely, if grandma had gotten what appears to be her dream stove, with the care and attention she would have given to it, it would have lasted into the 1950s and beyond.

Copies of The White House Cook Book can still be found for sale in second hand shops and used book stores for reasonable prices. The variety of knowledge offered inside is a hidden historical treasure.

For visual entertainment, many of you enjoy watching cooking shows. Have you discovered The Great English Baking Show or it’s U.S. iteration, The Great American Baking Show? This series, which can be viewed in the U.S. through at least season three, may be available in your area as a weekly show, through “on-demand” viewing, or online. Start your search for the PBS presentation in your area at http://www.pbs.org/food/shows/great-british-baking-show/.

If you locate the English version for viewing, be ready for a language challenge, with “untranslated” British English terms used for the ingredients and foods prepared - such as biscuits for cookies. But the cultural learning opportunities go beyond that. I looked up a few of the British recipes online and found a dizzying array of sugars called for in sweet preparations. With American cooks used to choosing between sugar and powdered sugar, British ingredients including demerara sugar, caster sugar, icing sugar, jam sugar, muscovado sugar seem daunting. In a third season, recently available on U.S. channels, dishes of various European and Middle Eastern origins have been “challenge bakes”. Imagine preparing an aulette or flauones when you don’t know what it is or what it should look like when completed.

If you are preparing students for culinary classes, accessing these shows should refresh your enthusiasm for cooking new and challenging recipes.

In one of the post-segments of The Great English Baking Show, Mrs. Beeton’s Book of Household Management was highlighted. This encouraged me to locate my reprinted copy, a gift to me from a loving mentor. The book’s recipes, hints and tips are comparable to The White House Cook Book. In fact with an original publication date of 1859, Mrs. Beeton may have inspired Mrs. Gillette to do an American version of the compendium. If you need to prepare a pig from slaughter to table, as recommended in Voracious, Mrs. Beeton’s Book might be your go-to source!

If food history is your love, grab yourself a copy of Paul Freedman’s 2016 Ten Restaurants that Changed America. I was pleased to discover that it wasn’t necessary to read the book’s chapters in any particular order, which fits in nicely with “nightstand reading”. Are you interested in one of America’s original not-quite fast-food but family restaurants? Read the chapter on Howard Johnson’s Restaurant, which made its mark on the Eastern Seaboard as interstate highway travel became the way to see the U.S.A. Heard of Schrafft’s, but always wondered who their ideal customer was? Read the chapter that tells about young women flocking to the eatery. Have you always imagined Delmonico’s as an Italian family-oriented restaurant? Find your imaginings challenged by the multi-item menu that made French preparations of dishes from soup to desserts served daily to men with great appetites for power, wealth and food. Want to test your memory of the origins of the Farm-to-Table food movement? Learn about Alice Waters and her mission to bring slow fresh and slow food to California and then spread those ideas from coast to coast. And what is popular in American cuisine today in the form of food and ingredients? The epilogue chapter outlines the five biggest trends in American cuisine for the 21st century: Farm-to-Table, Molecular/Modernist Gastronomy, Celebrity Chefs, The Influence of Asia, and The New Informality of the Dining Experience. A brief “this is cooking today” presentation would make for an enlightening introduction in an advanced cooking or culinary class.

Finally, if fiction and food are to your taste, start with any copy of the Faith Fairchild Mysteries by Katharine Hall Page. The protagonist Faith, a caterer, serves up delicious food and tidy solutions murderous happenings in each volume. Also, at the end of each book, you will find at least four recipes from the story. You don’t have to cook the recipes to enjoy the books; I enjoy the author’s descriptions of foods served within the story, which are always tasty and enticing, and often include regional specialties. One of the recent editions, The Body in the Boudoir, ends with a ten page Author’s Note on the history of wedding customs from around the world. Find information about Page’s writings at http://www.katherine-hall-page.org/.
Speak Out for FCS!
Rachel Aszklar

We all know that there is a teacher shortage in our state for Family and Consumer Science Education. These shortages are leading to many positions going unfilled and possibly even elimination of entire programs if qualified instructors cannot be found to fill the positions. This is very alarming for Family and Consumer Science Educators, as well as other professional organizations in the field.

American Association of Family and Consumer Science is working towards filling the educator pipeline. One way the organization has started to bring awareness to this situation is through the *Say Yes to FCS* Campaign. This national campaign is geared for recruiting individuals into FCS. Check out the website to learn more about *Say Yes to FCS* visit [http://www.aafcs.org/SayYestoFCS.asp](http://www.aafcs.org/SayYestoFCS.asp).

One easy way Washington members can help advocate for FCS is by participation in the Speak out for FCS Social Media Campaign. Each month has a theme to follow to help share all the amazing qualities of Family and Consumer Sciences on your Social Media outlets. The Campaign Calendar for April and May is:

- **April ~** Family & Consumer Sciences is HOT (focus on Higher Order Thinking)
- **May ~** Making a Difference Through Family & Consumer Sciences (includes FCS Educator Day May 4)

Below is a picture I shared of how Washington FCS teachers are working together to make FCS such a successful program in our state. This photo was originally posted on the Washington Association of Family & Consumer Sciences Educators newsletter and on their Facebook page.
Filling the Educator Pipeline:
Washington FCS Organizations Collaborate for the Say Yes to FCS Campaign

Those in the trenches recognize that there is a present and future shortage of Family & Consumer Sciences educators in Washington State. We are in the third year of the national campaign of Say Yes to FCS—Filling the Educator Pipeline. The focus of the campaign is twofold. First to increase visibility and awareness of family & consumer sciences education and career opportunities and second to recruit young people and adults to become family and consumer sciences educators.

As with any large national effort such as this it is important to develop collaborative partnerships at the local, state, and national levels. The key to the success of this collaborative effort is the continued, active participation of the American Association of Family & Consumer Sciences, the National Association of State Administrators of Family & Consumer Sciences, the National Coalition of Family & Consumer Sciences, state and local entities, and individual advocates linked with Family & Consumer Sciences educators, state and local entities, present and former Family and Consumer Sciences participants, associated student organizations, and other advocates.

National Campaign Milestones to date:
- Two national summits and ongoing collaborative strategy meetings have been held.
- An online recruitment space for recruiters and prospective educators has been created
  - An online resource toolkit supporting educator recruitment is available
- A platform and direction for social media and public relations campaign has been implemented
  - A comprehensive and consistent messaging has been developed
- Plans are in place for a third national summit to continue the forward movement of the campaign
- Two signature initiative dates have been identified
  - FCS Day December 3, 2016
  - FCS Teacher Educator Day May 4, 2017

What’s Happening in Washington State?
Summit II, which took place at AAFCS in Bellevue June 2016, was attended by a contingent of Washington state teacher educators, teachers, and professional advocates. Donna Graham represents WAFCS on the state recruitment campaign committee. Dr. Debbie Handy has graciously agreed to chair a Washington State committee to develop a plan for participation of universities, FCS educators, the student leadership organization, state agencies, and FCS professional organizations in the recruitment campaign. One meeting has taken place. Related to the campaign, each meeting participant discussed what they were doing now, what they would like to do, and what they would need to make their ideas and plans happen. We are stronger together. Stay tuned for opportunities to assist in this endeavor.

What can you do now?
- Visit the Say Yes to FCS website frequently where you will find an ever growing collection of ideas, information, resources, and strategies that can be used by individual and groups for advocacy.
- Watch the WAFCS website for information and read news blasts for opportunities to participate in state and local recruitment activities.
- Share your recruitment campaign materials & links with state and national professional organizations.
- Utilize social media to recruit next generation Family & Consumer Sciences educators

The challenge is great; together we can move this campaign forward. I know I can count on each of you to help make a difference.

Karen Bergh
Past President WAFCS
Co-Chair Planning Team for Say Yes to FCS

Promotional Logos for Say Yes to FCS
Use them in correspondence, emails and on Social Media!

Silver Sponsor of the 2016 WA FCS Annual Conference!
**WAFCS Members Volunteer at the 2017 FCCLA State Leadership Conference**

For the first time WAFCS members volunteered to assist and lend a hand at the FCCLA State Conference March 8-10, 2017. Vivian Baglien, Karen Bergh, and Donna Graham were assigned to assist with the STAR Events competition. Unfortunately, snow caused all sorts of havoc. Snoqualmie Pass was closed most of Tuesday, causing some State Chapters to cancel, and forced Vivian and Karen to stay home. Donna found that for once, living on the east side of the Cascades was a benefit because she was able to drive to Kennewick without delays. Rather than cancel, several west side schools bussed students the long way around through Portland, causing some very late night arrivals. However, the competitors were up bright and early on Wednesday ready to compete.

This was the first experience at an FCCLA event for Donna. She was impressed with the professional attitudes of the students, their presentations and general deportment. It was so encouraging to see students who were serious about their activities and their general behavior over the three days.

On Thursday morning, advisors set up an active project in the lobby of the 3 Rivers Convention Center. FCCLA had been asked to make very simple curtains for the 2017 CTE Showcase of Skills for Tiny Houses being built by participating high schools. Built with all donated materials, when complete the houses will be donated to a homeless program in Seattle. Setting up and sewing the curtains in the lobby caused quite a bit of interest, and several students and educators volunteered to help. By Thursday afternoon, almost all of the curtains were sewn, ironed, folded and tied up with a ribbon with an FCCLA label that had been signed by the students who created them attached. For more information on this innovative project, go to: [2017 WA OSPI Showcase of Skills](#).

The WAFCS Executive Board encourages members to create relationships with other FCS organizations such as FCCLA. Volunteering at events at the FCCLA State Meeting helps build these relationships. Consider taking part in the 2018 FCCLA State Meeting next March!

The [Say Yes to FCS](#) national educator recruitment initiative is pleased to announce that May 4, 2017, will be celebrated as National Family & Consumer Sciences Educator Day. This event will highlight the value and achievements of family and consumer sciences educators and programs.

Family and consumer sciences educators who work in secondary, higher, and Extension education positions will be the focus of recognition paying tribute to the positive impact that they have on individuals, families, and communities every day.

Washington State will be showcasing our educators by posting videos on YouTube. WAFCS President René Ketchum is collecting pictures from the WAFCS members who are educators as well as pictures of the board of our sister organization, WA-FACSE. She will then create two iMovies to post on May 4th.

Watch your email and the WAFCS Facebook page that week with the links to the YouTube videos!
The 108th Annual Conference and Expo will be held in the number-one destination in Texas, where “big things happen,” in “Big D” Dallas. Join family and consumer sciences professionals from across the country in Dallas to:

- Discover research-based trends in personal and family finance, as well as how these trends affect other family and consumer sciences areas.
- Learn about current research assessing financial behavior and resource use among a variety of groups.
- Discuss new and effective strategies individuals, families, and communities can use to improve their financial fitness.

Hyatt Regency Dallas at Reunion
300 Reunion Boulevard
Dallas, Texas, 75207
http://dallas.regency.hyatt.com/
Main Hotel Number: 1-425-462-1234
- Single/double annual conference rate: $179.00 (plus taxes and fees)
- The guaranteed conference rate will expire on May 26th--please ensure that you book before that time!

Note: Dallas is located in the Central Time Zone

**Registration Information**

**Early-Bird Full Registration Rates**
(by April 14, 2017)
Member Professional: $489 online ($210 off on-site rate)
Nonmember Professional: $599 online ($210 off on-site rate)
Student: $209 online ($60 off on-site rate)
All registration options are posted at: www.aafcs.org/meetings/17/reg.html.

**Gold Sponsor of the 2016 WA FCS Annual Conference!**

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**2016 “Dine In” Day a Community Event in Toledo**

WAFCs President René Ketchum gets excited every year about FCS “Dine In” Day. The 2016 celebration was quite an event. Her students petitioned the City Council for a proclamation designating December 3 as “Dining In for Healthy Families” Day in Toledo. The students sent invitations to the City Council, parents, students, the principal, district superintendent and hand delivered invitations to Toledo businesses, plus the Fire, Police, and Sheriff’s Departments, making it a true community event.

What made this year more special was that René collaborated with the school district superintendent to expand the event. In addition to serving dinner, the students led tours of the high school and explained the need for the upcoming school bond levy by showing attendees where the 1975 building needs upgrading. A musical duo provided live music and the students demonstrated the importance of fitness by performing “Boot Scootin’ Boogie” for the audience. Attendance this year was over 100!
WAFCS 2017 Calendar of Events

March 28  Euthenics ~ Prince of Peace Lutheran Church, Shoreline
April 28  Euthenics ~ Prince of Peace Lutheran Church, Shoreline
June 25-28  AAFCS Annual Conference, Dallas, Texas
August 6-9  WA-ACTE Summer Conference, Davenport Grand, Spokane
October 1  WAFCS Award Nominations Due
October 15-17  Washington FCS Annual Fall Conference, RL Hotel, Spokane

Sad News

Word was received on Saturday, March 18, that Dr. Alberta Hill, 98, had died on that morning in Emmet, Idaho, where she has resided for the past few years. Dr. Hill will be remembered as a pillar of Family & Consumer Sciences globally, nationally, and in Washington State.

Specific memorial details are not available at this time but will be announced as soon as possible.

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.