Outcome 1

Knowledge and Skills are Applied for the Public Good

<table>
<thead>
<tr>
<th>Goal</th>
<th>Objectives</th>
<th>State Affiliate Action</th>
<th>Group or Personal Action</th>
</tr>
</thead>
</table>
| Provide leadership in the development and implementation of policies to strengthen individuals, families, and communities. | • Recognize current political issues that impact individuals, families, and communities.  
• Support local, state, and federal efforts to address the needs of individuals, families, and communities.  
• Support initiatives to strengthen individuals, families, and communities. | • Track and inform legislative issues that affect educators and families.  
• Identify, and take action on issues of importance in Washington State by supporting legislative action.  
• Participate in the development, implementation, and evaluation of local, state, and national policies.  
• Plan and execute two projects (Fall/ Spring) to assist individuals and families to improve well-being and quality of life.  
• Organize one workshop to present at Annual Conference. | • Interact with legislators and advocate for families and educators.  
• Use social media/newsletters to keep public informed about key issues.  
• Support AAFCS initiatives through information on the WAFCS and FACSE websites. Use social media and newsletters to showcase pictures of how members participated. |

Outcome 2

AAFCS is Key to Success for Professionals in FCS

<table>
<thead>
<tr>
<th>Goal 2a</th>
<th>Objectives</th>
<th>State Affiliate Action</th>
<th>Group or Personal Action</th>
</tr>
</thead>
</table>
| Engage in AAFCS initiatives, networking, and ongoing professional development. | • Increase participation in WAFCS and AAFCS:  
• committee membership  
• leadership positions  
• professional development | • Promote participation in WAFCS/AAFCS through social media and national initiatives.  
• Engage new members in leadership positions.  
• Plan AAFCS Professional Development Event | • Participate in activities associated with the 110th annual AAFCS meeting.  
• Be visible at Washington FCS Annual Conference.  
• Be visible at summer ACTE Conference.  
• Be visible at FCCLA state events.  
• Contact with colleges to connect with future teachers.  
• Create an Instagram account to promote AAFCS/WAFCS events, members, etc.  
• Engage in WAFCS/AAFCS leadership opportunities and activities.  
• Participate with the public in the following initiatives:  
♦ FCS Day December 3, 2018.  
♦ Promote “Dine-In Day”.  
♦ FCS Educator Day.  
♦ FCS Financial Fitness. |
### Outcome 2
**AAFCS is Key to Success for Professionals in FCS**

<table>
<thead>
<tr>
<th>Goal 2b</th>
<th>Objectives</th>
<th>State Affiliate Action</th>
<th>Group or Personal Action</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Increase Membership and involvement in WAFCS/AAFCS.</td>
<td>• Actively promote membership in AAFCS/WAFCS to professionals who work with families or in related Family and Consumer Sciences fields. &lt;br&gt;• Increase student membership in the association and attendance at state and national conference. &lt;br&gt;• Increase involvement of young professionals and higher education professionals in WAFCS. &lt;br&gt;• Encourage members to re-establish or initiate local WAFCS affiliates. &lt;br&gt;• Promote involvement of membership in WAFCS/AAFCS at all levels.</td>
<td>• Take part in a media campaign to encourage membership in AAFCS/WAFCS. &lt;br&gt;• Attend the Student Unit annual meeting to promote AAFCS, offer reasons to continue membership, showing them a face to the organization. &lt;br&gt;• Support Student Unit members by offering scholarships. &lt;br&gt;• Hold Leadership Conferences for high school and college students to promote FCS and AAFCS. &lt;br&gt;• Invite members to participate in WAFCS/AAFCS initiatives and activities. &lt;br&gt;• Create infographic informing members of the benefits of belonging to both organizations. &lt;br&gt;• Create WAFCS board t-shirts to be worn by the board at the FCS Annual conference in Oct.</td>
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<td>• Prepare a brochure or promotional flyer that shows the bridge between FCS professional organizations. &lt;br&gt;• Develop a looping slide-show to run before one of the large group meetings at Fall conference to promote WAFCS membership. &lt;br&gt;• Invite professionals in related FCS work sites to join AAFCS/WAFCS. &lt;br&gt;• Support Student Unit membership. &lt;br&gt;• Increase membership &lt;br&gt;• Help nominate deserving AAFCS members for awards-nationally (both new and experienced members).</td>
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### Outcome 3
**AAFCS Credentials Are Highly Valued**

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<th>Goal</th>
<th>Objectives</th>
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<tbody>
<tr>
<td>Recognize the importance of professional credentials for members and students.</td>
<td>• Identify and promote credentialing opportunities for members and students. &lt;br&gt;• Encourage members to achieve CFCS by offering opportunities to take the exam at the annual conference in the fall.</td>
<td>• Learn how to provide information on AAFCS testing and credentialing programs, PrePac, and Precision Exams. &lt;br&gt;• Offer CFCS Exam at the Annual Conference. &lt;br&gt;• Develop information to educate school administrators about the value of FCS credentialing as teachers document professional proficiency.</td>
<td>• Write an article about the importance of AAFCS credentialing. &lt;br&gt;• Media blast to advertise the CFCS Exam at the Fall Conference.</td>
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<td>• Identify and participate in a joint activity with FCCLA, WAFCS, FACSE and other FCS related organizations. &lt;br&gt;• Collaborate with Family and Consumer Sciences Education (FACSE) for annual conference. &lt;br&gt;• Promote collaborative efforts with FCS related organizations to support the needs of individuals and families. &lt;br&gt;• Invite and involve FCCLA members in the area to participate as helpers at the FCS Annual Fall Conference.</td>
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<td>• Participate in a collaborative activity with state, regional, or national Family and Consumer Sciences groups. &lt;br&gt;• Report collaborative successes through newsletters and social media to raise awareness. &lt;br&gt;• Hold an event for youth to attend and learn about the FCS. This can be through FCCLA state as a session students can attend. &lt;br&gt;• Promote FCS and FACSE to the youth in FCCLA Leadership for future careers. Use newsletters and website to showcase their efforts.</td>
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### Outcome 4
**Effective Collaboration, Leverages, Resources**

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<th>Goal</th>
<th>Objectives</th>
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<tbody>
<tr>
<td>Collaborate with Family and Consumer Sciences related organizations.</td>
<td>• Identify and engage in means for Family and Consumer Sciences related organizations to work together to leverage resources at the state and national levels. &lt;br&gt;• Identify issues of importance to Family and Consumer Sciences organizations in Washington State.</td>
<td>• Identify and participate in a joint activity with FCCLA, WAFCS, FACSE and other FCS related organizations. &lt;br&gt;• Collaborate with Family and Consumer Sciences Education (FACSE) for annual conference. &lt;br&gt;• Promote collaborative efforts with FCS related organizations to support the needs of individuals and families. &lt;br&gt;• Invite and involve FCCLA members in the area to participate as helpers at the FCS Annual Fall Conference.</td>
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2018 Executive Board  
Margaret, LynDee, Rachel, Andrew, Jessica,  
Diane, Donna, Karen, René
International Quilt Market Portland 2018
LynDee Lombardo

After my adventure at International Quilt Market St. Louis in 2017, it was hard to resist the relative ease of driving I-5 South for not quite three hours to attend Quilt Market 2018, so with media credentials earned for another year, I made my way in early April to a textile lovers heaven in Portland.

On day one participants were welcomed by quilt world legend and enthusiastic promoter extraordinaire Karey Bresenahan. A few introductions later, it was time for Anna Maria Horner, fabric and quilt designer, to premiere Free Spirit’s newest designer line, Conservatory. The 2018 collection, curated by Horner, combines Anna Maria’s fabric designs with the work of Arounna Khounnoraj, Canadian designer, and Monika Forsberg, a Swedish born freelance illustrator. Conservatory’s 2018 fabric offerings are titled Chapter One: Pathways. The 2019 Chapter 2 is designated as Portraits and will add the designs of Nathalie Lete, a Paris native, and Courtney Cerruti, a writer, author, and shop owner. Horner’s presentation shared many quilts designed by her to specifically use the collection’s fabrics to their best advantage. The Pathways fabrics emphasize darker, richer colors, especially shades of teal, fuchsia, and blue, in large scale prints which include both naturalistic and abstract representations of leaf and flower shapes.

A new Market feature for this year was Demo Alley. In an “alley” formed by several long tables strung together, attendees could increase their chances of one-on-one interaction with quilt, tool, and technique designers as they promoted and demonstrated their creations. Alley attendees gathered in small, intimate groups for the luxury of face-to-face and hands-on instruction. Demonstrators invited comment, and discussions took place clarifying the inspiration and need for the tool or technique. Prototypes and products still in the development stage were shared by some demonstrators. This activity gave attendees a chance to get business cards directly from the demonstrators, who were often the primary developer of the idea, product, or sewing concept being shown. Sewing machines hummed, and hands and ideas flew. This new activity speaks well of Quilt Market where the organizers are constantly trying to improve the ways in which the local retailer and their staff can connect with their in-store and online patrons. Demo Alley allows the vendors to try out new ideas for future kits, techniques, and items of all types which can be sold to increase a retailer’s income, plus adding creative ideas to the retailer’s repertoire which can bring in new customers and keep existing customers creating and enthused. Most Demo Alley stations had little to do with finding new and beautiful fabrics but everything to do with finding wonderful ways to use fabric to create quilts, garments, embellishments, and decorative or useful items for the home and sewing studios. Over two days I enjoyed several hours in this soul-nourishing interactive process.

This year I felt I better understood the value of the learning and selling opportunities available at Market. I didn’t just enjoy looking at the creatively decorated display cases located outside of the exhibit hall; I used the small colorful displays to do a daily check on which booths I had seen and which I still needed to visit.

Throughout the exhibit floor it was great to see that West coast and Portland area quilt designers and retailers were well represented by the likes of Violet Craft, Eydta Sitar, and Alex Anderson. I enjoy Knowing the name of the person who designed my quilting fabric. I appreciate even more hearing what they have to say about their work and quilting in general directly from their mouth to my ears and eyes with no electronic interference. It is a heady experience to rub elbows with such a creative group, even if you are not a fanatic of their work, you can learn from hearing about their process or inspiration.

Experienced shop owners know that at Quilt Market they can make important and lasting connections. They can actually meet their favorite fabric and quilt designers. Often it can be more than just an exchange of greeting; like the give and take conversations of Demo Alley, it can be an opportunity for a two-way exchange of thoughts and ideas that lead to an understanding of a specific consumer need in fabrics, tools, or designs. These opportunities are priceless for both designer and retailer.

I believe in having the best tool you can afford to do the sewing or quilting job you need done. Market vendors are more than ready to provide their customers with these tools. My new favorites for 2018 were acrylic templates in basic
geometric shapes for English Paper Piecing and English Paper Piecing books with hints and tips for more precise piecing and innovative designs. One vendor of a particularly intricate pattern had just completed the beta testing of her design. She was confident that a sewist of moderate skills could sew a quilt top with as much visual impact as intricate quilts from the 1650s through the first half of the 20th Century. Heavy acrylic surfaces that extend your sewing bed were also being demonstrated and purchased by retailers who knew that a bigger sewing machine surface is an important space to have. And once again Sizzix, distributor of precision die cutting tools, was drawing a lot of attention and sales in preparation for the retail release of their newest designer cutting plates.

Hoffman and other manufacturers seemed to be emphasizing their printed panels and coordinating fabrics in a profusion of themes from seasonal Halloween, multicolored Harvest or Winter designs, to licensed prints with Disney characters from Mulan to Dumbo.

Common design themes were evident in fabrics from Andover to Windham. There was a tsunami of sea themes including all shapes and sizes of mermaids, whales, octopi, fish, coral, starfish, and crabs, plus numerous pirates, ships, and waves. Wild animal themes were also in printed panels, emphasizing owls, wolves, and African wildlife. And it was hard to miss the sparkly unicorns, bees, cats, and trolls!

Every fabric designer and manufacturer seemed to have a new line of solid color fabrics or had added more colors to their existing palette. Likely influenced by the Modern Quilt Movement, this profusion of solids was also expressed in tiny geometric or simple tone-on-tone prints in mostly primary and secondary colors that looked like solid colors when seen from any reasonable distance. Organic cottons and shot cottons, which can be very pricey, still seemed to be of interest to shop owners and professional quilt designers.

Finally, every texture and color of Minky and Cuddle polyester fabrics was being shown in the Shannon booth, including a furry fabric with glossy hairs almost four inches long. Definitely a faux fur that was a fun fur!

As my energy faded and the Market days drew to a close, it was sad to leave this vibrant gathering of people who truly love what they do.
2018 Washington FCS Annual Conference

Sunday, October 21 - Tuesday, October 23

Great Wolf Lodge, Ground Mound (Centralia)

Cultivating Social & Emotional Competence
For Healthy Relationships

Online Registration Now Open

Cultivating Healthy Relationships: Washington FCS Annual Conference

Conference Rates:

- Early Bird Rate until October 1: AAFCS/WA-FACSE Members $350.00
- After October 1: AAFCS / WA-FACSE Members: $400.00
- Non-Member $475.00
- Student Member $100.00
- Student non-member $150.00
- Retired member $150.00
- Retired Non-members $200.00

A Cancellation Fee of $75 will be charged after October 1st

Included in Registration: Monday Breakfast & Lunch, Tuesday Breakfast & Lunch
Monday Evening Meal on Your Own

Accommodation Information:

- Great Wolf Lodge Room Reservations: 1-866-941-9653
- Group Name is: 1810WAFA
- Group Rate is: single/double/triple/quad $103/night + 19.99 resort fee + state/local taxes
- Reservation Cutoff Date: October 1, 2018

Please note there are a limited number of rooms held for our group that are available on a first come basis. Rooms booked after our group allotment has been reached, or after our cutoff date, are subject to availability and our rate may not apply. To ensure availability, book as soon as possible.

To make your reservation:
1. Call 1-866-941-9653
2. Provide their reservationist our Reservation Code: 1810WAFA
3. All reservations MUST be made by Monday October 1, 2018
Pre-Conference Information  
Sunday, October 21, 2018  
Extended sessions for FCS Professionals

ServSafe Training, taught by Margaret Viebrock, WSU Extension:  
Washington State University Extension is offering the ServSafe Manager Certification training for teachers, food service managers, culinary instructors, students and other individuals who have responsibility for teaching, learning, or implementing best practices in food safety and food preparation.  
Food safety training is a commitment, a mindset and a smart business practice for everyone involved in food preparation or food service operations. Trained people in the food business support safe food handling practice.  
Register by 10/1/2018  
- Time: 8:00 a.m. – 4:00 p.m. (includes testing)  
- Cost – $130, to be paid in advance  
- Questions? Contact Margaret at (509) 670-0595 (Douglas County Extension) or viebrock@wsu.edu

Click here to Register

Youth Mental Health First Aid:  
Youth Mental Health First Aid is an 8-hour training session for adults who raise or work with youth. Participants learn a 5-step action plan to offer initial help to young persons showing signs of mental health crisis. Topics covered include anxiety, depression, substance use, eating disorders, and other content.  
- Time: 8:00 a.m. – 4:30 p.m.  
- Cost: $30 (includes lunch)

Frameworks and More - Hands-on-Time with Mary Nagel  
Join Mary Nagel for information on completing your frameworks and hands-on time to update them.  
- Time: 8:00 a.m. – 4:00 p.m.  
- No additional fee – Included with conference registration

Back of the House Tour of Great Wolf Lodge  
Have you ever wondered what it’s like behind the scenes at a resort? Join us for a rarely seen glimpse as Great Wolf Lodge Staff guide us through the “back of the house.”  
- Time: 1:00 p.m. – 4:00 p.m.  
- No additional fee – Included with conference registration

Keynote Speaker: Rene Howitt  
Rene Howitt of Cope 24, a non-profit with a mission to significantly reduce incidences of child abuse and neglect by educating all youth on the stresses and responsibility of parenting. Rene is a highly regarded speaker on ACEs (Adverse Childhood Experiences). Our childhood experiences, both good and bad, have shaped how we view ourselves, others and the world. Rene will be speaking at the Opening and Closing Luncheons and as a session speaker.

Her Keynote Title is ACE Awareness (Adverse Childhood Experiences).
The 2018 Scholarship Fundraiser is going to be a combination of a Dollar Dash, Jar Raffle, and Silent Auction. We are seeking donations for all.

Dollar Dash, Monday Luncheon: Students will dash around the room for two minutes and collect donations from attendees.

Jar Raffle, Monday Evening: Donated single items will be raffled off. Attendees purchase tickets and get to choose which items they want to be in contention for.

Silent Auction, Monday Evening: Donated themed baskets valued at $50 or more will be auctioned off.

Cash, Checks, and Credit Cards are accepted!

Do you have something to donate? We are accepting new personal items, handcrafted items, things of interest for students and young professionals on a budget. We love gift and coffee cards from restaurants and department stores. We will also accept a limited number of accessories such as very gently used jewelry, scarves, or handbags.

Bring your donations “table ready” with you to registration…we’ll take it from there.

All proceeds from the fundraiser will be added to the WAFCS Scholarship Fund.

Help us assist our budding FCS professionals!

Professional Certification Exams to be Offered at the WA FCS Annual Conference

Sunday, October 21, 2018

Registration Fee: $95
Registration Deadline: Sunday, September 23, 2018
Link to online test registration form: http://www.rsvpbook.com/afcsfpbtregistration
Questions? Contact Dr. Debbie Handy at handy@wsu.edu

The Purpose of Certification
The AAFCS Certification Program is designed to:
- Assure the public that credentialed family and consumer sciences professionals have attained a threshold level of knowledge that enables them to perform services as defined by the mission of the profession;
- Foster excellence in the family and consumer sciences profession and develop criteria for assessing such excellence; and
- Promote professional growth of individuals certified in family and consumer sciences by encouraging a systematic program of professional development and continuing education.

The Benefits of Certification
Becoming certified is the most credible credential a family and consumer sciences professional can achieve. The AAFCS Certification Program provides the following exclusive benefits:
- Promotes continuing education and professional growth;
- Provides recognition to individuals, allows them to use the CFCS title and certified designation;
- Increases professional employment opportunities;
- Fosters excellence in the family and consumer sciences profession;
- Markets the profession;
- Assists employers in recruitment and selection of highly qualified individuals within the profession.
The Editor’s Final Note
Donna Graham,
Retiring WAFCS Public Information Director

Although at times it was a challenge to my technical skill set, it has been a privilege to have been the Public Information Director (PID) for WAFCS for 19+ years. During that time I have edited 38 newsletters (WAFCS Connections), created websites (wafcs.net) and Facebook pages (facebook.com/wafcs), kept them updated, and sent out more emails and E-Blasts than I can count.

Throughout my tenure I have grown as a professional. My career in family and consumer sciences has always been a non-traditional one. My BA is in Home Economics Education and my Master’s is in Adult and Continuing Education. However, except for two quarters as an adjunct at Spokane Falls Community College, I’ve spent no time in a classroom. Most of my career has been as a member of the WAFCS Executive Board and an FCS entrepreneur with my business, Donna’s Seams to Fit, doing custom sewing and alternations.

Where I really found my niche was as the Public Information Director. It allowed me to become more active as a professional both statewide and nationally. For the state I was a part of the Annual Conference planning team for eight years. Nationally I served on several AAFCS committees including the Annual Conference Task Force, the Bylaws Committee (3 years), Chair of the Community of Business and Entrepreneurship (3 years), and Chair of the Communities Coordinating Team.

I consider the best takeaway from my time as the PID was the lifelong friends I have made all over the US.

In 1995, before we joined forces with WA-FACSE for a Fall meeting, Marcia Riggers and I worked together on the WHEA (WAFCS) Annual Conference. At the end of our wrap-up meeting Marcia paid me a compliment that I have treasured for more than 20 years. She called me a Visionary, how I used my skills to look ahead and see how what we were doing now would affect us in the future. As I retire from my position in December I’d like to think I continued to do that. I feel I was influential in developing the future of (and am proud to see) the direction and potential of the Washington Association.

There are so many things I am excited to see happening including:

- A rejuvenation of the relationship between WAFCS and WA-FACSE. I sat in on a planning meeting in August and was so pleased to see the renewed spirit of cooperation between the leadership of both groups.
- More involvement in public policy and critical issues such as Washington State’s participation in the Say Yes to FCS campaign.
- A new generation of leadership; younger professionals who are willing to step up to the plate by becoming officers of the state association, getting leadership training, and by participating nationally. I am also delighted at the way the Executive Board is now multi-generational and working so well together.
- The adoption of new ways to communicate, particularly reaching out to the new professionals and getting them involved.
- Understanding the needs of the association which will sustain it and make it grow in the future.

I look forward to spending time with my husband, family, and friends. Reflecting on my 30 years as a member of the Washington Association of Family & Consumer Sciences, I think I have made some valuable contributions. Just because I’m retiring does not mean that I’m going away; I intend to retain my membership and stay active. I will also maintain the friendships I have formed over the years.

Finally, I will remain loyal to WAFCS and will forever be a…
### Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>September 14-16, 2018</td>
<td>AAFCS Leadership Council Meeting, Alexandria, VA</td>
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<tr>
<td>October 21-23, 2018</td>
<td>Washington FCS Annual Conference, Great Wolf Lodge, Centralia (Grand Mound)</td>
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<tr>
<td>December 3, 2018</td>
<td>Family &amp; Consumer Sciences Day: <em>Dining In for Healthy Families</em></td>
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<tr>
<td>February 13, 2019</td>
<td>Family &amp; Consumer Sciences Educator Day</td>
</tr>
<tr>
<td>March 7-9, 2019</td>
<td>Washington FCCLA State Meeting, Wenatchee</td>
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<tr>
<td>June 22-23, 2019</td>
<td>AAFCS Leadership Academy, St. Louis, Missouri</td>
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<tr>
<td>June 23-25, 2019</td>
<td>AAFCS 110th Annual Conference &amp; Expo</td>
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<td>Hyatt Regency St. Louis at the Arch</td>
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<td>St. Louis, Missouri</td>
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### WAFCS Connections

*Official Publication of the Washington Association of Family & Consumer Sciences.*

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

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

Donna Graham
WAFCS Public Information Director
wafcspid@msn.com

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