Welcome to WAFCS 2019 Fall News Letter

What is happening at National level this Fall?....

• Watch this excellent short film on how FCS is meeting the needs of families and growing viable support for all families...
  https://www.youtube.com/watch?v=jIlE0mQ7jig&feature=emb_title

• Excellent Webinars... something for everyone. Click on link to see these great opportunities to expand skills and give back to community and families
  https://www.aafcs.org/aafcs-events/all-events/webinars

• Membership categories and dues... https://www.aafcs.org/about/membership-homepage/join
Hello Everyone!

As the 2019 year is winding down to a close, I want to take the time to reflect on some highlights of what was accomplished since our last newsletter. Grab a cup of hot apple cider or hot chocolate to really get into the fall/winter mood while reading this newsletter!

Starting this past April, I went on a trip to Washington State University to meet with the Washington Student Unit Affiliate at their Spring Leadership Meeting. During the meeting, I discussed what AAFCS is about and how they have a connection to our organization. I also had the opportunity to talk to many of the students about how they are feeling going into the field of Family and Consumer Sciences. Hearing their stories was so uplifting to know that future FCS professionals have a passion for the work they will do.

From there, our executive board worked hard updating the bylaws to be current and better reflect the bylaws of AAFCS. This was done at our summer board meeting, in which Karen Burgh was kind enough to host us for the day. Thanks again, Karen! After a hard day’s work, many of us got to go digging for clams at the beach! The feeling of accomplishment while enjoying sometime in the sun was a perfect way to end the meeting.

Where can you find our new bylaws you ask? On our new website! Vivian Baglien, our executive director has worked hard to create a new website for us that has a nice new coat of paint. If you haven’t already, click the link here to it check out! [https://washingtonafcs.org/](https://washingtonafcs.org/)

In September, Vivian and I attended the AAFCS Leadership Council in Arlington, Virginia. Here we got to meet with leaders of state affiliates from around the country and hear their stories. Both Vivian and I left this weekend feeling positive and enlightened hearing from everyone there.

The biggest event of the year just ended which was the annual conference October 20-22 at Great Wolf Lodge in Centralia. If you attended the conference we all hope that you left feeling positive and inspired hearing different FCS professional’s stories. The planning committee for this conference put in an immense amount of time and energy into making this conference possible. So, thank you, everyone, who helped make this conference possible!

In closing, I just wanted to say thank you for letting me be your president this year! I feel very proud of the progress we have accomplished and know we are ending on a positive note. Next year we have more ideas and plans to better our board and organization. Updating board position duties, IFHE conference, committee positions opening, etc. Thank you for reading this and I hope you enjoyed your cup of cider or cocoa and I hope your wonderful winter is full of love and rest!

Best Wishes,
Andrew
Betty Lea Trout—Remembrance

Betty Lea Trout - Life long supporter of Family and Consumer Sciences passed away this October. Betty Lea was born Aug. 5, 1928, at Troy Hospital, to Burl and Alice Trout. Betty Lea was raised on a farm on American Ridge near Troy and was the eldest of five siblings. She attended a one-room school before graduating from Troy High School in 1946. She earned a bachelor’s degree in home economics and minors in science and sociology from the University of Idaho in 1950. She later earned a master’s degree in home economics from Iowa State University in 1959.

Many will remember her gracious presence, ready smile, quiet support and professionalism in supporting Family and Consumer Sciences. Betty was the kind of individual that many would have treasured as their favorite instructor, sister, Mom, best friend or colleague. Her love of life and helping others was inspirational and given unselfishly. She definitely was a guiding light to many in our profession. Rest in peace Betty Lea.

The Best of Betty Lea Trout as she hangs out with other leaders...

On left with Roxanne Trees and below...

On right with Marcia Riggers and Nancy Johnson.
Retirement Questions & Reflections
Carefully Planned vs. Spontaneous

Thinking it through.....

To retire or not...when is the right time? For me it took me several months to think about the work I did for 38 years and if those projects and programs would continue when I retire. Not knowing if my position would be filled, or if the new faculty member would have the same interests as I, I had to focus more on what impact I had on the community and the people I worked with. Nothing can change that. I also realized that I wanted to retire when I still felt proud about the work I did. It was time for someone else to create a program that they can be equally proud of.

As I planned for retirement I had a long list of things or the kinds of things I wanted to do. Many say this is a time to get all those home projects done or closets cleaned out. Yes that was on my list as well, but vowed that it wouldn't take up all my time. So only one drawer or one day a week for those projects and more time for 'fun' things. Over the first year I tried a variety of craft projects, volunteer activities and started regular exercise. The most important and successful effort was taking time for me and my health. I miss the work I did and the people I worked with, but on the other hand I don't miss deadlines, multiple demands, and report writing. Now enjoying new passions and choices.

Sandy Brown, Faculty Emeritus  WSU Extension

Spontaneous....

Mine was spontaneous due to circumstances that warranted giving my job to an excellent student teacher. I had always envisioned having two FCS staff at my new high school. I had taught 32 years at original high school after being hired in 1974 with a department that boasted 6 full time Home and Family Life staff as we were called then. I had taught one year in the Midwest, before returning to west coast where I had family. By the time my district had built a third high school I thought it might be fun to start a new program in a new building. So I volunteered to transfer into the new building in the fall. I really had bitten off quite a challenge. There were four preps minimum and at the end of my 10 years there I had taught 5 preps. It was a daunting task for even a veteran teacher.

I had a conversation one day while my student teacher was teaching with my principal. I said, “ You really should hire my student teacher. She is amazing.” My very respected and wonderful principal... (I adored her ) said, “ Then retire Vivian.” So I immediately did just that within the next 30 minutes. I remember being almost in tears as I went back to my room, but I knew I had done the right thing. The next year was difficult at best. I had gone from being always busy, to way too much time on my hands. Yes, I did travel, worked on a book which is still in progress and got to garden, spend more time with family and finally sleep in. My one advise is have a definite plan and target date to retire. Research what you want to do with your now totally free time. Set limits on those no pay, but lots of time involved volunteer jobs. They are fulfilling, but be sure you have reserved time to do the family things that give meaning to our lives.

Vivian Baglien, PhD retired– Auburn SD & GPIDEA

Say Yes to FCS
State Action Teams

The National Partnership to recruit, prepare, and support Family and Consumer Sciences Educators, supported by a $936,572 USDA Grant is a coordinated effort to address the shortage of FCS educators. Fourteen FCS professional organizations and partners have agreed to work together to meet the goals of the grant. Nine grant projects support FCS educator recruitment, preparation of future FCS educators, and promotion of FCS careers.

State Action Teams have been organized to create plans for recruiting FCS Educators and supporting FCS programs at the state level. The Washington State Action Team, led by Dr. Debra Handy, has worked to plan and share resources and activities for educators and students. The team participated in planning the closing session of our annual FCS Conference at Great Wolf Lodge. Planning activities for FCS Educator Day, February 12, 2020, as well as, supporting activities at the Washington FCCLA conference are in the works. We encourage you to join the planning and execution of activities by completing the survey on the following link: https://goo.gl/forms/ SBcYrCr6TA02cfRc2

Karen Bergh, PhD.
National Partnership Summit Project

Have you said YES TO FCS ...
Follow Robert Hand’s Lead
**Inspirational Thoughts… How do you fit in?**

“Do the one thing you think you cannot do. Fail at it. Try again. Do better the second time. The only people who never tumble are those who never mount the high wire. This is your moment. Own it.” – Oprah Winfrey

**Families and their infinite structure of differing models are the basis for our society.**
**Respecting our individuality brings strength and stability to our society.**
**Let’s each do our part.**

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**Thoughts from our President Elect – Donna Graham.**

Donna submitted the following major points outlining her qualifications to be our President Elect. Donna was elected our next president at the Fall Conference held this fall at Great Wolf Lodge in October.

- I have held leadership positions in both WAFCS and in AAFCS and I have the training. My graduate studies were in Leadership Development. I understand the importance of cultivating strong leaders and believe I can help our up-and-coming professionals to recognize and build on their strengths for their professional affiliations.

- I have the institutional memory and am a visionary for the future of WAFCS. I consider understanding our past and envisioning the future is crucial to our survival. While writing the proposal for the AAFCS Membership Growth Grant, it was evident to me that we are on the cusp of moving WAFCS into a new era where we can make a difference for FCS professionals.

- I foresee a plan where seasoned members mentor new and younger professionals to take on important leadership positions.

- I have heart and am loyal. I care deeply for this organization and want to see it succeed and endure. I also have the time to devote to the position and to encourage others by mentoring them and instating strategic plans that we are able to achieve.
A Brief History of Our Profession and American Association of Family & Consumer Sciences.

(The following is a historical review of our professional association from WAFCS Website in 2015)

Family and Consumer Science is an applied field bringing together knowledge from many disciplines. It generates knowledge as well as uses concepts from other fields and applies this information for the betterment of all aspects of family life. Family and consumer science professionals are not content to observe life; they are dedicated to helping families better their situations.

**Historical Background**

The historical beginning of family and consumer science dates back to 1899 when 11 people gathered in New York for a conference at Lake Placid. At this conference the name "home economics" was adopted for this new field. Ten annual Lake Placid Conferences were held before the National organization, the American Home Economics Association (AHEA) emerged in 1909. The new organization was chartered on January 1, 1910.

**Our Founder**

In 1909, Ellen H. Richards founded the American Home Economics Association (later renamed the American Association of Family & Consumer Sciences). Ms. Richards was the first female graduate and professor at the Massachusetts Institute of Technology and an activist for consumer education, nutrition, child protection, industrial safety, public health, career education, women's rights; purity of air, food, and water, and the application of scientific and management principles to the family. Her professional experience and foresight led to the formalization of the family and consumer sciences profession.

**Our Symbol**

In 1926, the American Home Economics Association adopted the Betty Lamp as a symbol for the association. The lamp derived its name from the German words "besser" or "bette," meaning "to make better." The Betty Lamp produced comparatively good light for its time and was used widely by early American colonists. Mildred Chamberlain of Chicago submitted the design stating, "The lamp in colonial days provided light for all household industries." Similarly, the American Association of Family & Consumer Sciences (AAFCS) provides enlightenment through leadership in thought and action for family and consumer sciences professionals.

In 2010, AAFCS updated the Betty Lamp. It retains the flavor of the original lamp but with a more modern look.

**Our Focus**

Today, AAFCS strives to improve the quality and standards of individual and family life by providing educational programs, influencing public policy and through communication. More than 7,000 members work to empower individuals, strengthen families and enable communities.

Our members focus on an integrative approach to the reciprocal relationships among individuals, families and communities, as well as the environments in which they function. The association supports the profession as it provides leadership in:

- improving individual, family and community well being;
- impacting the development, delivery and evaluation of consumer goods and services;
- influencing the creation of public policy;
- and shaping social change.

AAFCS is the only national organization representing family and consumer sciences professionals across practice areas and content specializations. Our members provide guidance and practical knowledge about the things of everyday life, including human growth and development, personal behavior, housing and environment, food and nutrition, apparel and textiles, and resource management, so that students and consumers can make sound decisions and enjoy a healthy, productive and more fulfilling life.

See next page for plans to celebrate our centennial in 2021. It is a year behind from actual birth of our organization, but tribute never-the-less is very much warranted. Get on board for this chance to make history as well celebrate our dedication to serving families now and in the future.
FCCLA State Leadership Conference

March 18-20, 2020
Wenatchee Convention Center

Contact Kathy Hahn or your local FCCLA advisor and volunteer to judge an event at Washington State FCCLA Star Events. You won’t be disappointed and the opportunity to give feedback to future leaders that will support healthy families is absolutely unmeasurable.

Washington State FCCLA Advisor
kathyhahn@wa-fccla.org

Cathy White is the main STAR Events Coordinator. She would be happy to utilize your skills to put on this important event,
Cathyw16@outlook.com

Washington Family & Consumer Sciences Centennial in 2021 Fall Conference.

Do you have a story to tell either about yourself or other members, also perhaps artifacts, pictures, etc. that would enrich our celebration of this momentous occasion?

WAFCS is in the planning stages for this event. Any creative ideas ?? If so contact

Donna Graham–
donnacgraham@msn.com

What have you done recently to promote family harmony, growth and support?
Our Goal: Helping FCS Practitioners Survive and Thrive in Washington State

After one-month of almost daily emails, planning, writing and re-writing, WAFCS leaders, Donna Graham, Margaret Viebrock, and LynDee Lombardo, received the good news that Washington State was the recipient of the 2019 AAFCS Membership Growth Grant. Putting the plan into action LynDee traveled to the September Euthenics meeting in Shoreline to share the good news and recruit participants, while Donna starting preparing her presentation for the Fall Conference. Margaret traveled to Spokane to assist Donna with a presentation about the grant and to share her FCS career story at the Spokane Retired Home Economists Fall Luncheon.

Donna also created a tri-fold brochure to promote the Washington Affiliate Membership Project for use by any board member in the coming months; the informational handout has already been used for the Euthenics, Spokane Retired Home Economists, and Fall Conference presentations in October. A stunning WAFCS informational banner was purchased and displayed at Fall Conference.

Two major goals stressed in the Washington State grant application were maintaining and actively using the expertise of Emeritus members to mentor new and recent members and retaining student members through their transition to professional members. In this age of easy access to social media and lack of interest from millennials in being a paying member of professional and service organizations, recruiting members for any group is a tough sell.

As we move through the 2019-2020 membership year it is vitally important that each present WAFCS member understand the challenges of the grant’s goals, reach out to other members and prospective members, and share the benefits and rewards of belonging to and speaking out for Family and Consumer Sciences.
At the October WAFCS conference the Board announced a raffle that will support TWO people’s attendance ($1500 each) at the International Federation of Home Economics World Congress to be held in the US. next summer. If you would like to enter your name, please do so by emailing WAFCS President Andrew Chamberlin aachenberlin@nsd.org.

The drawing will take place after January 1, 2020. If you are a winner, you will be notified shortly thereafter. The IFHE World Congress has not been on U.S. soil for many years so take advantage of this wonderful opportunity to meet and learn from your international colleagues.

“Home Economics: Soaring Toward Sustainable Development”
2nd – 8th August 2020
Atlanta Hyatt Regency Hotel
Atlanta, Georgia, USA
http://www.ifheus.org/world-congress/

IFHE has also announced a plan to provide 2 year membership and travel to an international IFHE conference. More details to come on their website: https://www.ifheus.org/2019/11/04/ifhe-scholarship-for-home-economics-students/

Volunteer for IFHE World Congress

2020 World Congress in Georgia
We need you! To volunteer please contact

Janine at duncanjm@ksu.edu or
Bev at bmwcard@gmail.com
On a fall trip to Hawaii, I was able to enjoy an inspired textile exhibit at the Honolulu Museum of Art consisting of garments brought together under the title, **Gathered Around**. The selected garments were from many countries and regions around the world, including some composed of unique flax-like native fibers from islands within the Pacific Ocean. The unifying feature of the creations exhibited were the variety of ways in which skirt-like garments can be worn around the waist to cover and enhance the lower part of the human – male or female – anatomy.

The exhibit emphasized several basic ways of shaping textiles to the body including the one-piece **sarong** that hugs the lower body in a form-fitting wrap, a **gathered or pleated skirt** constructed of multiple pieces of textile fiber or fabric to expose or exaggerate the hip movements of the wearer, and finally **gored skirts** of several configurations providing silhouette variations from slenderizing ankle-length skirts to the extravagantly full skirt of the many-gored Greek palace guard **evzone**.

In some exhibit garments the fabric or textile itself was the star.

Two examples of the **batik** fabric Indonesian **Pagi-sore** (morning-evening skirt) had a design printed on the fabric in such a way that the Pagi-sore could be wrapped one way in the morning and another way in the afternoon creating two differing looks for evening or morning wear.

It appears that other cultures besides the United States’ fashion-conscious office worker values the ability to go from morning to evening with slight changes to the “dress of the day”. The bold graphic design of the **Mali mudcloth wrap** was one of the mud-dyed garments highlighted in the exhibit. What appeared to be one of the most time-consuming garments to construct was the native **Harakeke** (flax) fiber creation from New Zealand. The **Maori Piu-piu** (dance waist-skirt) was painstakingly constructed from mud-dyed cotton-wrapped native flax, which was joined to a waistband and decorated for ceremonial use by both men and women.

One of the most stunning works was the **Samoan le toga**, a plain-weave length of soft and shiny plant material which can be worn wrapped.

For some garments, the embellishment on the fabric was the highlight of the piece, as in the heavily embroidered **Chinese Chaofu**, a formal Chinese court twill and tapestry skirt from the 19th Century, which was decorated with the **Eight Daoist Precious Things**, symbols of good fortune and immortality.

Sometimes the garment as a complete costume was the fashion story as in the twenty-first century **steam punk** garment, the 20th century Asian **Indian Ensemble** in a vibrant yellow print for the top and a striking red print for the 32-gores of the **ghagra** (skirt), and the **Greek evzone** costume complete with its tightly gathered, many gored skirt and embroidered vest.

**Gathered Around** is the curatorial effort of Sara Oka, who recently retired from the Honolulu Museum. If your travels take you to Honolulu before February 2, 2020, your time will be well spent on a visit to the Honolulu Museum of Art and its fashionable Textile Gallery.

For a few words from the museum on the exhibit visit- 

[https://honolulumuseum.org/art/exhibitions/17958-gather_around/](https://honolulumuseum.org/art/exhibitions/17958-gather_around/)
FACSES of Inspiration.
The following are some of the tributes made by fellow members at Fall Conference

FACSES of Inspiration—
Sass, love, acceptance, encouragement, and many more words describe Lisa Egenes. In a nutshell, she’s awesome. She is the reason I became a Family & Consumer Sciences teacher.
Lisa Egenes
Lincoln High School, Tacoma

Shared by Andrea Ancich

FACSES of Inspiration—
Marcia Riggers and I worked on the 1994 FCS Conference Planning Committee. At the end of the conference, Marcia told me that I was “visionary” and that I did my best to see how things could be and strived to make that goal. It’s 24 years later and I have never forgotten those words.
Marcia Riggers
Retired State Director of FACSE

Shared by Donna Graham

FACSES of Inspiration—
Kathi is the essence of professionalism. She has inspired me my entire career. Kathi’s mentorship of students and peers has impacted thousands of Washington state residents.
Kathi Hendrix
Retired

Shared by Dawn Boyden

FACSES of Inspiration—
Bree gave me my start in Family and Consumer Sciences. She works tirelessly as a high school vice principal, and as a professor through CWU FCS education program. I am constantly inspired and motivated by the many hats she wears, but always makes room for her family.
Bree Devlin
Pasco School District
CWU/GPIDEA

Shared by Barbara Scully

FACSES of Inspiration—
Suzanne and I taught together at Sunnyside HS. She became a good friend, and would listen to my frustrations without judgment. Although she teaches in Yakima, we keep in touch and share room when going to FACS Fall Conference. I watched her go through the struggles of fighting cancer while raising her sons and working full time. She’s not only a survivor, she’s a victorious inspiration!
Suzanne Walker
Sunnyside HS

Shared by Roxanne McNerney

To see more tributes made to inspirational members of our collective professionals click on the link below for a slideshow put together by our sister organization—FACSE.

https://docs.google.com/presentation/d/1RUs5Q19PMqR3-GgAtCGMD3ZpGnXxP13oIgPGq1hfxE/
Home Economics Soaring
Towards Sustainable Development
August 2-8, 2020

December 2019
Abstract & Travel Grant Acceptance Announced; Congress and Hotel Registration Open

April 10, 2020
Early-bird Registration Closed; Presenter Registration Deadline

July 10, 2020
Congress Registration Closed: Hotel Room Block Closed, if rooms are available; book early

For more complete information- https://www.ifhe.org/events-opportunities/world-congress-2020/
For Food, Health, and Safety .......

You may have heard it once or twice since your town, city or county switched to making you pay for brown paper bags for your grocery or other purchases and curtailing the use of plastic grocery bags. “Wash your reusable bags.” How often depends on how frequently you use your bags, but if you regularly use your bags for groceries and have spills of milk or dampness from leaking meat packaging, you are probably long overdue.

Bags like those shown in the photo, which are often given away as premiums or freebies for everything from public radio membership to paid attendance at an Expo or commercial show, can be easily washed by following a few easy steps:

- Wash your cloth-like bags in cold water with a cold rinse on the Gentle wash, available on most washing machines, with the usual amount of laundry detergent to match the size of your load.
- Remove the bags promptly and dry them in your dryer using the Delicate and/or Low setting for about 10 minutes.
- Check for dryness to the touch, and if they are not yet dry, continue drying and checking at 5 minute intervals until the bags are dry.

All of the bags I washed came out clean and dry, ready to continue their work as reusable bags. The bag that completed the process looking the best was a bag purchased at Walmart that specifically stated below the logo that it was made from recycled plastic bottles. Here’s to healthful shopping.

Submitted by LD Lombardo

A special thanks to LynDee who contributed her expertise and knowledge on a variety of subjects pertinent to our profession. If you have an idea for an article in our bi-annual newsletter or for our Web please contact– Vivian Baglien- washingtonafcs@gmail.com or text her at 206 550 0294
**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 Director. The deadlines are April 1st and August 1st of each year. The newsletter is mailed approximately six weeks after the deadline. If you would like to contribute articles, send them to:

Dr. Vivian Baglien  
Executive Director  
washingtonafcs@gmail.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.**

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**WAFCS Calendar of Events**

**WASHINGTON ASSOCIATION OF FAMILY AND CONSUMER SCIENCES**

**2020 Betty Lamp Directory/Calendar of Events**

Dec. 31   Final Vouchers due from 2019 fiscal year

Dates for 2020 meetings

January 11, 2020. 8:30—10-30 AM Zoom

March 14, 2020 8:30—10-30 AM Zoom

May 16, 2020 10 AM—3PM In-person  
Sharlene Kato’s home-  
13103 NE 36th St.  
Bellevue, WA 98005

July: Possibly The Summit or Vivian Baglien’s home in Kent. 10 AM—3PM In-person  
TBD

Oct: Sunday 25-2020 – In person, Wenatchee Conference Center Executive Board

Oct: Monday 26-2020 – In person Wenatchee Conference Center General Business Meeting

**Future WA Annual FCS Conference Sites**

Wenatchee, WA      Oct. 24-27, 2020

Wenatchee, WA      Oct. 23-26, 2021

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Go to the WAFCS website [https://washingtonafcs.org/](https://washingtonafcs.org/) and click on Newsletters at the top tool bar and see this publication electronically.