AFCS recently announced that Dr. Jan Bowers, a Washington State native and past professor at Central Washington University, will be honored with the AAFCS 2018 Distinguished Service Award (DSA) at the Annual Conference in Atlanta this June.

Currently Dr. Bowers is the Dean of the School of Education and Human Ecology at SUNY Oneonta, where she administers 37 undergraduate and graduate teacher preparation and family consumer sciences programs. During her career Jan has served the profession as a teacher, State FCCLA Director, State Department of Education Program Supervisor, teacher educator, and as a university department chair.

She has had more than 65 grants funded to facilitate innovative education initiatives, and received awards for University Distinguished Professor of Service, National FCCLA Distinguished Service, AAFCS Leader, FCSEA Educator of the Year, and as an American Council on Education Fellow. AAFCS is honored to celebrate her significant contributions to the field, and thank her, for her dedication and ongoing leadership.

If you are attending the 109th Annual Conference & Expo in Atlanta, Georgia June 24-27, 2018, plan to attend the Awards Dinner: Celebrating the STARS of AAFCS when Jan will be honored along with the other DSA recipients.

Each recipient receives a keepsake Book of Letters when honored at the Awards Dinner. If you would like to submit a letter in honor of Dr. Bowers that will be included in this book, please send it by May 25, 2018. Unfolded letters should be mailed to “AAFCS DSA” at 400 N. Columbus St., Ste. 202, Alexandria, VA 22314, or email your letter to staff@aafcs.org with “DSA Letter” in the subject line.

A gift to the DSA Honorary Fund can be made in Dr. Bowers honor and will be recognized in the Book of Letters presented to each honoree at the Annual Conference. Please make your gift by April 30, 2018, to ensure that your donation is included in the acknowledgements in printed materials. Give online via MyAAFCS at www.aafcs.org/Donate, or call 800-424-8080 to make a donation.
Hello Washington FCS Members!

Let me take time to introduce myself. My name is Rachel Aszklar and it is my pleasure the serve as your WAFCS President. I want to take time to share with you one of my main goals as president of our organization. I am very passionate about this organization and believe all Family and Consumer Sciences professionals can benefit by being a member.

My goal this year is to spread awareness about this organization to help increase membership. I plan to do this by using social media as well as provide resources to potential members that can inform them of the benefits of being a member of AAFCS. In addition, I plan to include AAFCS membership information on our sister organization’s webpage to help make the sign up process easier for all members/future members. I also believe it is important to involve our new professionals in our organization. We plan this year to partner with our student unit group and help students make the connection between both organizations.

Overall, I am excited for this year and will share my journey to you all about increasing membership for our organization.

Rachel Aszklar
President

Debbie Handy Honored at FCCLA

At the Gala Dinner March 8th at FCCLA State, Debbie Handy was presented with a plaque, a gift certificate, and cards from each Chapter for her dedicated service to FCCLA as the Washington State Executive Director. Debbie is stepping down from the position in August. She will be sorely missed by the students, educators, and FCCLA colleagues.

Washington Affiliate in Action

The Washington FCS Annual Conference planning team has been meeting to plan the 2018 conference at Great Wolf Lodge, October 21-23. The theme of the conference is “Cultivating Healthy Relationships.” More information will be published as it becomes available.

Several WAFCS members volunteered to assist at the 2018 FCCLA State Leadership Conference in Kennewick, March 7-9. Dr. Vivian Baglien, Donna Graham, and Rene Ketchum served as Lead Consultants, and Andrew Chamberlin was an Adult Evaluator. Also attending as a volunteer was Student Unit, Chair Cori Sears. Many WAFCS member educators had teams competing; all did very well and many are headed to the FCCLA National Leadership Conference, June 28-July 2 in Atlanta, Georgia.

At the Fall Executive Board meeting Executive Director Diane Grossenbacher and Public Information Director Donna Graham announced that they will be retiring December 31, 2018. An ad hoc committee has been formed to determine whether to combine the two positions into one or to move some of the communication, such as the newsletter and website, to an appointed board position.

Several members will be attending the AAFCS Annual Conference in Atlanta including Rachel Aszklar, Karen Bergh, Debbie Handy, Rene Ketchum, LynDee Lombardo, Jessica Monfils, and Margaret Viebrock.

LynDee Lombardo, Donna Graham, and Rene Ketchum will be attending and presenting at the California Affiliate Biennial Conference, April 6 & 7, in San Francisco. LynDee will present on her experience at the International Quilt Market: *Textiles from Ancient Trade Routes to Quilt Market: Terms and Trends.* Donna & Rene will be presenting on the Washington Say Yes to FCS campaign.

The Say Yes to FCS Campaign in Washington is moving forward. Posters advertising the three Washington State universities who offer a Family & Consumer Sciences major have been created and were distributed at the Annual Conference in October, the FCCLA State Leadership Conference, and other meetings.
For more than 100 years, the American Association of Family & Consumer Sciences (AAFCS) has provided leadership and support to professionals whose work assists individuals, families, and communities in making informed decisions about their well-being, relationships, and resources to achieve optimal quality of life. As an affiliate, the vision and core values of WAFCS are aligned with AAFCS, as follows:

**Our Vision**

Individuals, families, and communities are achieving optimal quality of life assisted by competent, caring professionals whose expertise is continually updated through AAFCS and WAFCS.

**Our Mission**

To provide leadership and services to our members, promote advocacy, and develop partnerships and alliances to empower individuals, strengthen families, and enable communities.

**Our Core Values**

Association members:

- Believe in the family as a fundamental unity of society.
- Embrace diversity and value all people.
- Support life-long learning and diverse scholarship.
- Exemplify integrity and ethical behavior.
- Seek new ideas and embrace change.
- Promote an integrative and holistic approach, aligned with the FCS body of knowledge, to support professionals who work with individuals, families, and communities.

**WAFCS Executive Director and Public Information Director Announce Their Retirements**

At the Executive Board Meeting in October 2017, Diane Grossenbacher and Donna Graham announced that they will be retiring from their positions December 31, 2018.

Diane has been Executive Director for 32 years. Since 1986 she has sent out thousands of documents to board members, communicated with and submitted reports to AAFCS, collected and sent reports, newsletters, and other files to the Washington State Archives in Olympia, and been a member of at least two Bylaw revision committees. Probably most importantly, she almost single-handedly dealt with getting our 501(c)(3) Non-Profit status reinstated after persevering for almost two years with the IRS.

Donna took over the Newsletter Editor position in 1999. Her position was expanded in 2003 to Public Information Director. Since then, in addition to the newsletter, her job has been to create and maintain a website, a Facebook page, and to send out communications to the membership, AAFCS, and other FCS organizations. Donna has also served on a number of AAFCS national committees, represented WAFCS on the Success by Six steering committee sponsored by a local television station, and was a member of the Washington FCS Annual Conference planning committee from 2009 to 2017.

On the recommendations of Diane and Donna the Executive Board voted to evaluate the two positions and determine the present and future needs of WAFCS. An ad hoc committee has been formed to decide if both positions are still needed. Suggestions have been made to combine the two positions into one or to make the communications director an appointed Executive Board position.

Information regarding the vacancies will be posted as it becomes available.
Hello! My name is Andrew Chamberlin and I was elected as the President-Elect at the WAFCS Annual Conference in October. I served on this board three years prior to accepting my new position.

I grew up in Bothell, Washington where I went to high school and got my first taste of Family and Consumer Sciences.

I attended Washington State University and graduated in 2014 with a major in Human Development with a specialty in Family and Consumer Sciences Education.

I student taught at Roosevelt High School in Seattle. After completing my undergraduate degree, I accepted a position at Roosevelt and have been working there ever since. This is my third year teaching and I have taught courses such as Culinary Arts, Nutrition and Wellness, Independent Living, and 9th grade Family Health.

I also serve as the district chaperone for conferences and trips that include male students. In February, 2017, I took a group of students to New Orleans for a week during our mid-winter break. One week before our trip a tornado tore through an area on the east side of New Orleans. We cleaned up debris and salvaged personal belongings found in the yards of residents’ homes. Having the owners of these homes thanking students for all the work they did made the long work days all worth it.

I picked Family and Consumer Sciences as my career because of my experiences in these classes in high school. I had an amazing teacher, Crystal Rediske, who got me interested in this field and taught me what FCS has to offer students. Crystal was my inspiration to become an FCS teacher, and has helped me start my career. I would not be where I am if it wasn’t for her. Thanks Crystal!

I consider myself lucky that I landed my dream career in an amazing high school at such a young age. My passion for teaching is affirmed everyday by my students.

While at Washington State University I was part of the AAFCS Student Unit as Vice President my senior year. I helped put together the student unit conference meeting that year which helped connect Washington State University with Central Washington University.

When I am not working, I love to try new recipes! I get inspired from exploring the culinary world in Seattle. Getting together with friends is important to me whether a dinner party or catching up over a cup of coffee.

My name is Jessica Monfils and I am the newly elected Secretary of Washington Association of Family and Consumer Sciences.

I grew up in Brussels, Wisconsin, and attended the University of Wisconsin Stout after high school. I originally thought that I wanted to be a Fashion Designer, and completed a year and a half. I then switched to a Family Consumer Sciences major.

What inspired me to become a family and consumer science teacher was the FCS program Director at UW-Stout, Dianne Klemme. After meeting with Diane to discuss the FCS program at Stout, I immediately felt it was the right choice for me and I am so happy with the decision.

Throughout my coursework as an undergraduate I became familiar with FCCLA student organizations and the Wisconsin Affiliate of American Association of Family and Consumer Sciences. My leadership experience includes serving as President of the Wisconsin Affiliate Student Unit. I worked collaboratively with the other officers to coordinating annual conference activities and student leadership conferences.

Also during college I pursued an opportunity to intern at national AAFCS headquarters in Alexandria, Virginia, to gain more experience with FCS. It was while I was serving as an intern at the AAFCS Annual Conference in Jacksonville, Florida, in 2015 that I made connections with educators from Washington. They introduced me to Roxanne Trees. Roxanne helped me get certified in Washington State and assisted in getting me my current position.

When I am not busy teaching in the classroom I like to get outside and go exploring. I like to go hike, travel, trying new restaurants or recipes, and sew.
Everyone responds to appreciation expressed through recognition of their good work because it confirms their work is valued. Praise and recognition are essential to the survival of an organization. People want to be respected and valued for their contribution. Everyone feels the need to be recognized as an individual or member of a group and to feel a sense of achievement for work well done or even for a valiant effort. Everyone wants a “pat on the back” to make them feel good.

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

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.

For 2018 WAFCS is pleased to offer Teacher of the Year, Professional of the Year, New Achiever (a new award), and Group Contributing to the Betterment of Families. The application forms are available on the WAFCS website on the Governing Documents/Awards & Recognition Page for your convenience. Questions can be directed to Karen Bergh, WAFCS Awards & Recognition Chair, at berghk@cwu.edu. All applications are due by September 1, 2018.

**Teacher of the Year**
The AAFCS National Teacher of the Year award was established in 1974 to recognize exemplary teachers who utilize cutting-edge methods, techniques and activities to provide stimulus and visibility to family and consumer sciences in elementary and secondary education. The Washington Affiliate Teacher of the Year will be eligible to be considered for the AAFCS National Teacher of the Year award and will present their program at the 2019 AAFCS Annual Conference in St. Louis.

**Professional of the Year**
The Professional of the Year was established to identify and honor family and consumer sciences professionals who have made significant contributions to the field through their involvement with AAFCS. 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.

**New Achiever**
The New Achiever Award has been established to identify and honor emerging family and consumer sciences professionals who have exhibited the potential to make significant contributions to the field through their involvement with WAFCS. The Washington Affiliate recipient will be eligible to be considered for the AAFCS New Achiever Award at the 2019 AAFCS Annual Conference in St. Louis.

**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! The group can represent news media, government, education, human welfare, business, and/or industry.

**Two Special Award Recipients at the 2017 WA FCS Annual Conference**

*Dawn Boyden*  
*In recognition of her years of exemplary service as a Family & Consumer Sciences Professional and friend of WAFCS*

*Debbie Handy*  
*In recognition of her years of support as a “Wise Woman” for Washington State Family & Consumer Sciences*
Living in a Time of Banned Words
LynDee Lombardo

On December 16, 2017, I awoke to a brief National Public Radio report stating that the Trump administration had informed the Centers for Disease Control that future budget requests and official papers released from the Centers offices could not use the following seven words: diversity, entitlement, evidenced-based, fetus, science-based, transgender, and vulnerable.

I know I wasn’t the only listener who instantly had an image of George Carlin performing his comedy rant on banned words. Initiating a robust inner dialogue, another part of my brain remembered that we live in an time when political correctness can be strangely elusive, where what is generally acceptable one day can be summarily met by loud and near-violent outbursts the next, or what is vile and repugnant language can quickly become commonplace and acceptable in everyday speech.

Fact-checking the story over the next couple of days, and following the story over the next few months has not been easy. It was not because reporters were reluctant to follow-up on the reported story, but because the real truth of the matter has been hard to pin down. The un-named inside source who agreed to speak on the promise of anonymity was always there, but hesitation always surfaced when I asked myself if I trusted the sources as much as the reporter did, or even if I trusted the reporter.

But most importantly, because of this disturbing report, I was reminded not to become complacent in my everyday life or in following the politics of the day, but to continue as I had in my professional life as a well-educated Family and Consumer Scientist and Health educator, who always asked questions in search of science-based answers wherever and whenever possible, remaining committed to the fundamentals of AAFCS, given in the four formative statements outlining the essence of FCS, and specifically remembering the one which states: The comprehensive foundation of research-based knowledge and essential skills delivered by FCS professionals help families be better prepared to live, work, and succeed in a complex and diverse world.

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Waist Deep in Recipes
LynDee Lombardo

Would you purchase a reasonably priced cookbook or magazine because it contained ONE recipe which you are reasonably confident will be good and which you expect to be able to prepare and enjoy again and again over the coming years? Recently, I asked that question to female friends from coast to coast. Enough replied “Yes!” without any hesitation, that I was finally able to free myself of the recurring purchase guilt I still harbored from buying an eleven dollar hardcover cookbook in 1975 while enrolled in university to earn my teaching certificate. I didn’t even have to explain to my friends that over the years the microwave apple crisp recipe (yes, let’s be honest there is nothing about that recipe that will actually crisp-up if prepared in a basic microwave) has been cooked as written, adapted to a lower calorie version, adapted for a higher wattage microwave, adapted for use with students in a beginning foods class, and easily prepared hundreds of times in the forty-three years I have owned the book.

Changing the question a bit, I wondered if many people even buy cookbooks anymore. A quick trip down the book aisle at Costco, a scroll down the book section at Amazon.com, and a visit to my local public library used book sale, made me think that the answer is still an emphatic, “Yes!” It is true that people use their cell phones, hand held devices or laptops to access recipes today, but for most home cooks that is a convenient addition to having tested, published, and printed recipes available. It still brings a smile to my lips to remember a few years ago when my niece cooked her entire contribution to our family Thanksgiving dinner standing right beside me with her cell phone precariously propped against an egg carton, swiping up and down through epicurious and allrecipes.com as her only recipe resources.

Recently my favorite radio food talkers, both experienced home cooks, commented that they find that recipes seldom take as short a time to prepare as the recipe states. What could be a believable explanation for this situation? The food talkers thought that contemporary eaters and cookers aren’t patient enough to wait much more than 30 minutes for any food preparation except a roasted meat portion of beef, pork, or poultry. Early this winter, and without any
prompting, my sister told me about her experience with cutting up and roasting her undecorated Halloween pumpkins for preparation in a body-warming pumpkin soup. The recipe suggested 20 minutes of oven roasting – give or take a few minutes. Sister reported that it actually took over an hour in her oven for the pieces to cook to the level of doneness she preferred. In gushing terms, she reported that the soup was fantastic and had posted the results on Facebook, but if, before starting the recipe she had known that the oven time would be an hour, she likely would have put off the preparation, perhaps until the pumpkin was beyond using. Doing a simple count of thirty-eight Hello Fresh recipes I have used during the past year, I found that two out of three recipes gave 35 minutes or less for the recommended preparation time.

Desperately trying to reduce my still growing collection of recipes gleaned from magazines and branded pamphlets in thirty-plus years of teaching foods classes and forty-five years of marriage, I discovered there was a clear pattern to the hundreds of recipes I have collected. Many, certainly more than is necessary or logical, contain apricots – fresh, canned or dried. It is a fruit I love to eat, but I have never grown them, and every year I seem to awaken from my summer fresh fruit binge to discover that the apricot season is almost over. I also have a handful of bursting files of yeast bread recipes that are “flashy” but relatively simple. I still can remember a demo I did for a foods class where I prepared five different rapid-rise yeast bread variations – from small loaves to rolls to bread sticks – that included forcing the rolls to proof and rise again as quickly as possible over an improvised proofing oven of a wire cooling rack over an old Sunbeam fry pan of simmering water under its large steam grabbing aluminum lid.

After the last visit to my recipe stash, I started thinking about categorizing my recipes more simply by dishes I regularly love to cook or their main ingredient. With this new understanding of my recipe preferences, I may be able to limit my groupings to such basics as fruits including my favorite apricots, plus apples and plums as the star ingredients in the pastry based galettes and pies, and few betty or buckle recipes. Then I can have a simple bread grouping – both yeast and quick, followed by no more than four or five more categories of chocolate concoctions, of all types, basic soups, beans, and simple meats and sausage recipes. These are the categories of recipes I return to time and time again, and the ones I still find myself “cutting and pasting” from online sources. I may finally have to accept that my everyday cooking preferences are not as varied as I imagined. And it gives me insight into why my maternal great-grandmother’s recipe book contained ten different marked or collected pickle recipes. (Well, she did give birth to ten children!)

There is certainly a lot that can be said about our favorite recipes, but here is what I have found to be necessary for a good recipe:

- The ingredients are readily available – at a fair price – to the cook.
- The recipe results are tasty and reproducible – time after time – even from location to location. My basic eggless scone recipe was as easy to get right in the basement galley-style kitchen in my husband’s Italian apartment as my friend’s country kitchen in Nebraska.
- The recipe is imminently edible as written, but appears to lend itself well to interesting variations or sometimes necessary substitutions, including oil for butter, reductions of fat or sugar, brown sugar for white sugar, yogurt instead of sour cream, buttermilk for milk, and rolled oats for nuts, just to mention a few.
- The recipe is nutrient dense or psychologically pleasing in a way that makes it a welcome addition to a normally well-rounded diet.

And finally, I am personally committed to the realistic guideline that a recipe should never exceed one single-spaced, Times New Roman, size 12 font, page in length. If your recipe is that long and involved, it is too pretentious for most modern cooks, and is likely based on a cookery technique that requires at least one specialized or expensive tool which most people do not already own. It is possible to find a special dessert recipe that goes on to a second or third page, and we may all luxuriate in the final results made by a amateur cook or professional chef who loves to spend hours in the kitchen, but please don’t send the recipe to me!
Family Career & Community Leaders of America is a student led Career and Technical Student Organization with its primary focus on the family under the umbrella of WA-ACTE: Washington Association of Career and Technical Education. Family & Consumer Sciences Education and Family & Consumer Sciences are programs where FCCLA is integrated in and outside of the classroom. Students learn many 21st Century skills that will help support them in the world of work like planning, preparing, presenting, career preparation, self-management skills, and skills for life. Family & Consumer Sciences occupations and Family & Consumer Science Education work together so students will benefit.

We are lucky in our state to have support from WAFCS at our FCCLA State Meeting and FCCLA participation at the FCS Annual Conference. As Past President of WAFCS, one of my goals was to get all entities working together. It has been amazing to see the FCCLA students helping with vendors, greeting FCS/FACSE members, and helping where needed at the FCS Annual Fall Conference. Supporting our conference provide great exposure for FCCLA students and State Officers. Also, it has been adventitious for WAFCS members to help at FCCLA State conference. Donna Graham was a Lead Consultant again this year in the Tri Cities, along with Vivian Baglien, long time FACSE/WAFCS member. Their expertise was valuable at State Meeting in March 7 & 8. The partnerships that we are building are only the beginning. If you don't have an FCCLA chapter then your students are missing out on so many opportunities offered to them: Community Service, bringing current issues and concerns into a project, making a difference in their schools, communities, and families, career research, jobs, travel, competition, and so much more.

If you are not a member of both FACSE and WAFCS, you really need to consider the educational opportunities of both. AAFCS offers webinars that support what you do in and out of the classroom, free to members. Most of us who teach are FACSE members but not everyone is a part of WAFCS. Check out opportunities on both the national (www.aafcs.org) and state (www.wafcs.net) websites.

I look forward to a lifetime partnership with all three organizations.

René Ketchum
WAFCS Past President

I recently had the pleasure of volunteering at the 2018 FCCLA State Leadership Conference. I do this because I support the organization’s mission “…to promote personal growth and leadership development through Family and Consumer Sciences education.” I also volunteer because of what I observe at this conference.

My duty at the conference is “Lead Consultant” for the Fashion Construction, Fashion Design, and Interior Design competitions. The job isn’t difficult. I check in the competitors for each event, make certain their paperwork is in order, chat with the competitors, answer questions, and assist the evaluators who judge the competitors. Once all the competitors have presented and all the paperwork is done my duties are complete.

This year I decided to stick around and attend the Opening Session in the evening. I’m so glad I did. The program is completely run by the state officers. It included introducing all the state and chapter leaders and advisors, giving awards to chapters, introducing officer candidates for 2018-2019, and an inspirational speaker. It was fascinating to watch how well organized the program was; I know that the state officers had spent considerable time practicing the order of the program and who would be speaking at any given time. It was nearly flawless. Each speaker was prepared and in place at the right time so the flow was continuous. I was amazed at how fast the time went by.

What really inspired me was what was happening in the audience. First of all, FCCLA has a strict dress code. The students must follow the guidelines clearly set out by the state and national organizations. Additionally, the dress code is enforced; violators have consequences. I have not seen so many white long sleeved dress shirts and ties on young men, appropriate length skirts, and dress shoes on young women, or polo shirts on both for at least a generation.

Secondly, I don’t know if FCCLA has a written code of conduct, but for the most part the behavior of the students was exemplary. In the two days I was there I did not observe any disrespectful behavior by the students to their advisors and other adults or to their peers. Of course, I am realistic – my observations were just snapshots in time but during the opening session students cheered for other students regardless of whether not they knew them. There were some young men sitting behind me that were making such positive comments about the officer candidates that I had to turn around and look at them. I was impressed.

It’s too bad that the media doesn’t give more exposure to students who demonstrate exemplary behavior such as what I saw at the FCCLA state conference. I find it disturbing that it has taken a tragedy such as the shooting at a high school in Parkland, Florida, to put more focus on the positive accomplishments of young adults.

The current political climate that prevails in the United States does not encourage civility or positive behavior by our leaders. I think that our elected leadership at the state and national levels need to learn a few lessons from students in organizations such as FCCLA.

Donna Graham
Public Information Director
Say Yes to FCS - Filling the Educator Pipeline: A Campaign to Address the Educator Shortage

Say Yes to FCS was initiated by the National Association of State Administrators of Family and Consumer Sciences in the spring of 2014. The goals of this national effort are to recruit young people and adults and increase visibility and awareness of Family and Consumer Sciences educator opportunities.

Current information, resources and events can be accessed through the following organizational platforms:
- AAFCS: http://www.aafcs.org/sayyes/home

FCS Educator Day, which was observed on February 13, 2018, during FCCLA week, was a rousing success. FCCLA national officers were featured on Good Morning America. Twitter, Facebook, and Instagram posts resulted in a reach of 1,360,257. You can access the FCS Educator Day Story from Twitter at: https://storify.com/arcs/fcs-educator-day-2018

On a national level the focus is to develop a common message, use branding logos, form meaningful partnerships, expand resources for educators, develop strategies for facilitating FCS educator certification, and participate in legislative activities. On a State level there is an effort to form partnerships between OSPI, FCCLA, WA-FACSE, WAFCS, CWU, SPU, and WSU to recruit and retain new educators and raise awareness of the Family and Consumer Sciences profession. Stay tuned.

The Say Yes to FCS team is encouraging you to participate in the campaign:
- Access the websites for the latest information and resources.
- Share or plan to highlight professional successes and strategies for recruitment.
- Use FCS "Branding" logos for your correspondence.
- Plan to participate in FCS Day, December 3, 2018.
- Participate in FCS Educator Day 2019 (date to be announced).
- Attend Say Yes to FCS Summit IV, June 28, 2018 in Atlanta.

Karen Bergh
Co-Chair
Say Yes to FCS National Campaign

WAFCS NEWSLETTER - SPRING 2018

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

The mission of Euthenics: To promote networking, provide scholarships, and increase professional knowledge in the related fields of FCS for the betterment of individuals, families, and communities.

Thursday March 29th
Morning: Dr. Lee Burnside MD, MBA, Assistant Professor UW, Medical Director Providence Hospice of Seattle. He will be telling us about creativity and brain health.
Afternoon: FareStart, a culinary training program helping people become self-sufficient. The presenter will share programs over the last 25 years with updates, new ideas, and partnerships especially with Amazon.

Tuesday April 24, 2018
Morning: Bring your treasures for resale, and enjoy a time of networking. Program and field trip ideas for the fall will be shared.
Afternoon: Carry Me! A vintage purse show sponsored by Seattle Children’s Hospital. Bring a purse, if you wish, from before 1970 for evaluation by Kate the commentator.

The meetings are held at Prince of Peace Lutheran Church, 1415 20th Ave S.E., Shoreline. The meetings begin at 9:30 with networking, member sharing, morning and afternoon speakers, and a very nice lunch for $16.

Email Susan McDaniel at SJMcdaniel@msn.com or Eileen Knobbs, 425-885-1380 for membership info.

Congratulations to
Debbie Handy
Honored with Two Awards in 2017!

2017 was a big year for Dr. Debbie Handy, WSU FCS Teacher Educator and long-standing member of WAFCS.

Debbie was selected by the WAFCS Executive Board to receive a special “Wise Woman Award” at the WA FCS Annual Conference in October for her very thoughtful guidance of important board issues over the years.

WSU also received a Provost’s Featured Faculty recognition for her outstanding contribution to the university’s teacher education program.

An article about Debbie’s contributions can be found in the CAHNRS Newsletter at http://news.cahnrs.wsu.edu/blog/article/teaching-life-skills-key-for-award-winning-wsu-educator/

Debbie Handy, here with WSU Provost Dan Bernardo, received a Provost’s Featured Faculty recognition in 2017 at a WSU men’s basketball game.
Washington State University Extension is offering a Preconference 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.

ServSafe is a nationally recognized, comprehensive food safety training and certification program for anyone involved in food preparation or the food service industry. The training includes the latest updates in food safety and best practices used in the industry to implement critical food safety procedures. It is the highest standard in food safety training and certification to keep food safe and protect the public from foodborne illness. In addition to learning about preventive measures to keep food safe, the course also includes crisis management, and handling emergency situations. ServSafe training is an opportunity to obtain nationally accredited food safety certification from the National Restaurant Association.

The cost for this course is $130 and includes the textbook and test. Each participant needs his/her own textbook. Pre-study is highly recommended. Upon receipt of registration money, the textbook will be mailed to you. Successful completion of the course includes a ServSafe certificate for 5 years.

Click on the link to the WA FACSE website, fill out the form, and mail to WSU Extension with your payment. Registration should be received by October 1 to assure a textbook and ample study time. Class size is limited to 25 people.

If you have any questions about the class, please contact Margaret Viebrock at 509.745.8531 or viebrock@wsu.edu.
Washington FCS Annual Conference
*Cultivating Healthy Relationships*

October 21-23, 2018
Great Wolf Lodge, Grand Mound (Centralia)

**Plan now to attend**
- Preconference sessions
- Cutting Edge & Peer Sessions
- Program Updates
- Networking
- Social Events

**Interested in Presenting?**
If you know of anyone who would be a great speaker for our conference, please click on the link below:

2018 Speaker Interest Form

Questions? Please contact:
Donna Abbey at abbeyd@issaquah.wednet.edu
Trudy Swain at trudiswain@nsd.org
or
Rachel Aszklar at rachel_aszklar@sumnersd.org

Registration will be open soon; watch your inboxes for updates!
WAFCS 2018 Calendar of Events

March 29  Euthenics ~ Prince of Peace Lutheran Church, Shoreline
April 24  Euthenics ~ Prince of Peace Lutheran Church, Shoreline
June 24-27  AAFCS Annual Conference, Atlanta, Georgia
June 28  Say Yes to FCS, Summit IV, Atlanta, Georgia
June 28 - July 2  FCCLA National Leadership Conference, Atlanta, Georgia
August 5-8  WA-ATE Summer Conference, Davenport Grand, Spokane
September 1  WAFCS Award Nominations Due
October 21-23  Washington FCS Annual Fall Conference, Great Wolf Lodge, Grand Mound (Centralia)