COVID 19. We are reaching the saturation point in information, precautions, and instructions. We cannot predict what our "new normal" is going to be in the future. As family and consumer sciences professionals we have been trained to deal with changes in our lives and teach others to do the same. We walk the talk.

Members of the WAFCS Executive Board have been sharing with each other how they are making use of their time while self-quarantining and staying positive. Focus on what you can learn and do in this time of adversity; every day ask yourself, “what did I learn today?”

LynDee Lombardo shares her ideas below.

Learning Online

LynDee Lombardo – WAFCS Membership Chair

I’m feeling very lucky right now. So far I have my health. The closure of my Western Washington school district starting on March 16th, has even kept my usual spring cold at bay. I have my family, my husband and son, living in one house together. And I have a reliable desktop computer with a good internet connection to keep me in touch with family and friends from coast to coast.

What to do…what to do?

But what can I do when my regular reading, sewing and cooking aren’t enough to fill the 6 to 10 hours I would usually spend volunteering each week? It’s time for me to join the kids, preschool through university, who will be trying to keep up with some of their studies, and participate in the adventure of online learning.

About half of my graduate study credits were earned through distance learning classes with most assignments posted to an online “Blackboard” center. Although the classes were in an area I had longed to seriously study for decades, they were very much determined by the teachers who were willing to offer classes through the program. Wonderful, but still not a perfectly customized fit. Isolating at home has given me a new chance to individualize my textile and crafting education. So far during this period of “sheltering-in-place,” I have chosen three activities in which I am participating.

#1 - Are we surprised; it is LynDee after all…Quilting!

During this time of the year, “The Quilting Show” with Alex Anderson and Ricky Tims would usually be taping their spring and summer shows, bringing in quilting experts from the United States and some foreign countries. Because she is sheltering-at-home and traveling quilt educators can’t travel to the Texas taping location, Alex is offering “How-To” video education chats from her home three times a week. I decided to pay for a reduced fee membership to “The Quilting Show” to make sure I can access all of the chats, but many will be available from a few hours to a day delayed on Facebook. I don’t expect to be able to use all of the information Alex will be sharing, but already her friendly personality and calm teaching style have helped me fill my mornings, and look forward to the scheduled 10:00 AM PDT classes.

#2 - Reviving an old skill

I also decided this week to literally brush up on my calligraphy techniques. I registered for a free online beginner dual brush pen lettering class. This class is offered through TombowUSA.com, the American distributor of high quality pen art supplies developed and manufactured in Japan. After starting the lessons, I discovered that I didn’t have the needed pens on hand – my newest purchase of Tombow pens were not dual use, but dual-tipped – so I ordered the appropriate pens from my local craft shop for “curb-side pick-up” – I still had to go into the store, but only had a short interchange with one service person. Ordering from Amazon would probably have gotten the pens delivered to my home within 48 hours, but, for today at least, a local retail worker still had a job.

#3 - And now…for something completely different!

For my third project, I have signed-up for Sproule Studios’ “Stitch Along Challenge”. In late winter, I switched from my usual crocheting during an evening’s TV entertainment to playing with some new embroidery stitches and a variety of threads. The idea for a wall hanging that is more hand embroidery than quilting came to mind. Who knows if it will ever fully develop into a finished piece, not just a collection of good fancywork experiments, but by working on some basic embroidery skills with good guidance, I have a better chance of getting my ideas to come to life. For now, I hope to work at the stitching challenge on a t-shirt from my closet that is comfortably wearable, decorating it with the challenge theme of springtime and motif of flowering quince. This short term challenge is supposed to last for four weeks with a lesson every Friday.

Staying positive in this challenging time

If you haven’t already felt the need to be creative or try a new craft it may be hitting you soon. If you have a computer linked to the internet you should have many possibilities at your finger tips for rediscovering and releasing your creative self. The simplest creative challenges can be found by visiting Michael’s or JoAnn’s websites. Many projects will maybe use up the materials you have accumulated over the years. Your project doesn’t have to be overly complicated. My sister has taken up painting rocks; decorating them with fanciful dots, squiggles and paintbrush drawings of insects, flowers and fun words in colorful acrylic paint. She hopes to place them along the trails she will be returning to for the weekly hikes she normally plans and leads over the scenic trails of Western Washington.

If you have ever quilted, it is very likely that you have some UFOs – Unfinished Fabric Objects – hidden in a closest somewhere in your house. Use this time to challenge yourself to complete at least one of those works. And then challenge yourself to another.

You know there is some creative project you have been putting off for years. You want to try it. You want to find out if this is the artistic outlet we all strive to find time for in our busy schedules. Don’t miss this chance to rediscover, or learn and practice a new imaginative skill.
From AAFCS Headquarters:

What is the status of the 2020 AAFCS Annual Conference?

We continue to closely monitor the situation to ensure that we make the right decision. As of March 20, we are moving forward with plans for the 2020 AAFCS Annual Conference and EXPO, June 26-28 in Baltimore, Maryland. As noted on our website, the early bird registration deadline has been extended to May 1. Should the situation change, we will inform our members and post an update at https://www.aafcs.org/covid19.

Full Registration Rates:

All Full Registrations include the Friday Welcome Reception and Saturday luncheon. Saturday registrations include the Saturday Luncheon.

Early-Bird Registration Deadline Extended to May 1st

Member: $439
Nonmember: $549
Student: $184

Hotel Information


The deadline to book hotel at the conference rate is June 2nd, 2020; the link to book will be available soon!

Single/double annual conference rate: $169.00 (plus taxes and fees)

SAVE THE DATE!

Our annual state conference will be in Wenatchee for the next two years. Jointly sponsored by WAFCS and the Washington Association of Family & Consumer Science Educators (WAFCSE), the conference is a great event which includes networking, keynote speakers, extended and standard length breakout sessions.

The planning committee is proceeding with plans for the conference to take place as scheduled. Keep checking for updates on our two organizations’ websites, washingtonafcs.org or wafacse.org, and our Facebook page www.facebook.com/WashingtonFCS.

We are always seeking presenters and ideas for breakout sessions. We are especially interested in getting more local presenters; the Wenatchee Valley and Central Washington areas have vibrant and diverse populations of professionals and businesses that may be interested in participating in our sessions.

• Do you have a session idea?
• If you are a retired member, what would entice you to the conference this year?
• Do you know a vendor in the in the Wenatchee Central Washington who might be interested in joining us for one day?
• Are you interested in presenting?

Please contact Andrew Chamberlin, WAFCS President, or Donna Graham, WAFCS President-Elect with your ideas at the email addresses listed below:

achamberlin@nsd.org
donna.graham@msn.com

Congratulations to Dr. Debbie Handy, recently elected to the American Association of Family & Consumer Sciences Board of Directors!

WAFCS is proud to announce that Dr. Debbie Handy has been elected to the AAFCS Board of Directors. Currently she is an Associate Clinical Professor in the Department of Human Development at Washington State University (WSU). She is the Family and Consumer Sciences Teacher Educator at WSU. Debbie served as the 2014-2015 President of WAFCS. She was also the Executive Director for Washington FCCLA from 2000 to 2018.

Debbie values the time she spends with students in class and through student leadership. She stays abreast of classroom issues through active involvement with the family and consumer sciences teachers and teacher educator associations. Her research focuses on providing high quality instructional environments. She has studied school safety; engaged and collaborative learning; bullying; student leadership; and teachers’ roles as FCCLA advisers and collaborators in the learning environment. She is actively engaged in curriculum development and assessment through departmental and university committees. She leads the Washington State efforts to recruit family and consumer sciences professionals through Say Yes to FCS. She has been honored by her students and colleagues for collaboration, teaching, and advising many times in her years at WSU. Congratulations, Debbie!
Mark Your Calendars: WAFCS Events in 2020

May 1: Early Bird registration deadline for AAFCS Annual Conference in Baltimore. See page 2 for complete information.

May 16: WAFCS Executive Board Meeting, Bellevue.
   If you have questions or suggestions for the Board, contact Andrew Chamberlin at achamberlin@nsd.org.

June 26-28: AAFCS Annual Conference & Expo, Baltimore. For complete conference, registration, and hotel information, see page 2.

July 5-9: FCCLA National Leadership Conference, Washington DC. Washington FCCLA is proud to have representatives!

July 18: WAFCS Executive Board Meeting, TBD
   If you have questions or suggestions for the Board, contact Andrew Chamberlin at achamberlin@nsd.org.


August 2-8: IFHE World Congress, Atlanta, Georgia.


Every four years the International Federation for Home Economics (IFHE) hosts a World Congress. IFHE is the only worldwide organization focused on Home Economics. It is an International Non-Governmental Organization (INGO), having consultative status with the United Nations (ECOSOC, FAO, UNESCO). For more information, go to www.ifhe.org.

The theme of the IFHE 2020 World Congress is Home Economics: Soaring Toward Sustainable Development.

IFHE-US and Family and Consumer Sciences colleagues from across the United States are excited to be your hosts. Plans include a pre-Congress for educators, plenary speakers, research presentations, exhibits, opening and closing ceremonies, a welcome dinner, home visits, and a banquet. New at this Congress is “Learning Day on the Move,” which incorporates educational and technical excursions in and around Atlanta, including the University of Georgia-Athens.

WAFCS Executive Board Awards IFHE World Congress Subsidy to Two Lucky WAFCS Members

Eleven members put their names into the drawing for the World Congress Subsidy from WAFCS. During the recent Executive Board meeting, President Andrew Chamberlin assigned a number to each entry and then used a random number generator to pick the winning names.

The two winners are Margaret Viebrock and Debbie Handy! Andrew also drew two alternates in case Margaret or Debbie are unable to attend. The two alternates are Roxanne Trees and Karen Bergh! Congratulations to you all!

The awarded funds will only cover a portion of the conference fees, but every little bit helps for attending the congress.

Corona Virus Update, March 23, 2020

Please be assured that we are continuing to closely monitor the COVID-19 situation. We are exploring postponing the Congress. Check the IFHE World Congress Website and click on Coronavirus (COVID19) for updates.

Gwendolyn Hustvedt, Acting President
Geri Hodelin, President of Honour and IFHE Council Committee Chair for Congress 2020
Bev Card and Janine Duncan, IFHE Congress Co-Chairs
**Historical Facts about Home Economics / Family Consumer Sciences in Washington State**

Many are familiar with the story of Ellen Powell Dabney, but it is worth repeating as we prepare for our Centennial in 2021.

*An Early Pioneer Influenced by Ellen Richards*

Known by various names including "domestic science," home economics, as it came to be called, was seen by many of its adherents as the application of science and economy to the home; and "home" was frequently meant to include the larger community beyond the family house. Science and its application to municipal health issues formed the background of Ellen H. Richards, the founder of the home economics movement. In 1899, Richards had convened a group of interested people at Lake Placid, New York, that ultimately lead to the formation of the American Home Economics Association (AHEA).

Attracted to this developing movement, Ellen Dabney applied to the Teachers College at Columbia University in New York and in 1906 began a one-year study of home economics, coming into contact with the primary circles in the field at one of its key centers. When the American Home Economics Association was formed in December of 1908, Ellen Dabney was listed as a founding member.

Dabney had moved to Seattle in 1907 to teach at the new Lincoln High School, and at the age of 46 began a career in education that would span the next 30 years. Her background, education, and experience fit well with the growth and direction of the Seattle school system, and her classes in "Cookery" at Lincoln High helped launch her leadership role in the emerging Home Economics movement, a key component of the progressive reform movement of the time.

In 1909 Ellen Dabney taught three classes in foods and cooking under the name "Domestic Science" at the University of Washington. She taught again at the University during the summer sessions of 1911 and 1913. For the summer term of 1913, she was in charge of a department of four that offered courses in foods and cooking, textiles and clothing, and daily lectures on the subject of "preservation and adulteration of foods."

*Founding of the Washington Home Economics Association*

In 1909 she took the initiative to organize. Educators at the Washington Education Association including home economics teachers, were meeting in Seattle with a very crowded program. Dabney could see the time slipping by without having the home economics group organized. Being an innovative and resourceful person, she chartered a street car and reserved it for the home economics/domestic science professionals. Once she had them on that streetcar she was able to convince them the importance of having a professional association and the Washington Home Economics Association came into being.

In 1910 she became the first Supervisor of Home Economics in the Seattle Public Schools. She was active in the Washington Education Association, serving as chair of the new Home Economics Section in 1911. In April 1911, she presided over the first state conference of the Washington State Home Economics Association as its founding president. That same year, she developed a statewide curriculum for home economics as a supplement to the state teachers' manual.

Resources: John Daughters, “Ellen Powell Dabney: Leading the Home Economics Movement in Washington,” *Columbia: The Magazine of Northwest History* Vol. 22, No. 3 (Fall 2008), 8-11. The complete article can be found online at https://www.historylink.org/File/8109

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**Centennial Celebration Update**

The celebration is a work in progress. Updates will be sent as soon as they are available. In the meantime, the Centennial Celebration Committee is preparing displays to recognize the history of the Washington Affiliate, collecting information from the Washington State Archives and from members who submit pictures and stories.

We would like you to write your stories to share with others. The committee will compile your stories in a binder to display at our special event in 2021 and place one copy in the Washington State Archives to preserve for future generations.

We would also all like Washington FCS Professionals to participate by telling us who has influence you, mentored you, or been your role model. Who would you like to publicly honor?

If you have pictures, stories, including ones about a person you would like to honor, or questions about the Centennial Celebration, please contact Donna Graham, President-Elect, at donnagraham@msn.com.

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**TELLING OUR STORIES**

*Why is it so important to tell our stories?*

Our culture demands proof of the value of FCS.

FCS needs to engage more in the story-telling movement to help show value and to stem the decline of support for our work.

Share your FCS stories with others! If you would like to have them included in our Centennial, send them to Donna Graham, Centennial Chair, at donnagraham@msn.com.

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**The New Normal ~ Weekly Inspirations**

LynDee Lombardo has been creating some inspiring thoughts during this time of crisis that are posted on our website and Facebook pages. Topics so far have included missed spring holidays, social distancing, the importance of communicating with each other, and taking the opportunity to make old recipes again. Find her posts on our website at washingtonafcs.org or our Facebook page at www.facebook/WashingtonAFCS.org.