



Washington FCS Annual Conference

Co-Sponsored by
Washington Association of Family & Consumer Sciences Educators, and
Washington Association of Family & Consumer Sciences

*In 2022, we are
#BetterTogether!
October 23-25, 2022
Hilton Hotel Vancouver, WA*

The annual conference planning committee is meeting at least once a month to bring back our first live conference in two years! Negotiations are underway with two powerful keynote speakers, and we are accepting submissions for conference session presentations daily.

Attendees at any conference are probably not aware of everything it takes to organize an annual event such as ours. Sites need to be selected and contracts negotiated and signed years in advance. Keynotes need to be selected by a process of elimination based on the content of their presentation, their current relativity to FCS topics, and their fees. *We have some unexpected challenges this year.* Costs and fees have risen far above our expectations, causing the committee to rethink and reorganize the different components of the overall conference. The conference budget has been revised more than once; our goal is to keep the costs down as much as we can but bring in enough revenue to pay the expenses and have a small profit. It is intense, and at times scary, to present a top-notch conference, but we will prevail.

There are ways WAFCS members and supporters of FCS can help:

- Would you like to present? Complete the online [Speaker Form](#) by August 31, 2022.
- The conference will include a Vendor/Exhibitors Fair on Monday, October 24, from 8:00 am to 4:00 pm. If you know a possible vendor or would like to be a vendor, check out the online [Exhibitor Prospectus](#).
- Finding sponsors is an important part of presenting attendees with a quality conference. WAFCS is taking the lead on finding financial sponsors for 2022. If you have an idea for a sponsor, contact René Ketchum at renek461@gmail.com.

More 2022 WA FCS Annual Conference information on page 2

Donate to the Scholarship Fundraiser Our first live Silent Auction & Raffle in two years!



The WAFCS Scholarship Fundraiser will be back at the 2022 Washington FCS Annual Conference! This annual event assists students who are up-and-coming professionals of all things Family and Consumer Sciences. WAFCS awards the annual scholarship on a rotating basis between Central Washington University, Seattle Pacific University, and Washington State University.

We are starting to solicit for donations to the fundraiser. We would love to have a variety of items, such as gift cards, themed baskets, personal items, things for classrooms, etc.. Our only request is that the items be new. Re-gifted items are also accepted. If you have the inclination to create a special basket or hand-crafted items for the fundraiser, those would be great additions!

You don't have to attend the conference to donate! Arrangements can be made for pickup of donated items! Questions? Contact Donna Graham, WAFCS President, at donnacgraham@msn.com.

WASHINGTON AFFILIATE NEWS CONNECTION



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Conference Rates

AAFCS/WA-FACSE Members	\$500.00
Student Member	\$150.00
Retired Member	\$200.00

Registration includes all sessions, events, 2 lunches and 2 breakfasts

A STUDENT member is defined as an undergraduate/graduate student preparing for a career in Family and Consumer Sciences, with paid membership in AAFCS.

A RETIRED member is defined as a person who has retired from employment.

Register Early! After October 4, 2022, there will be increase in registration fees. Online registration will close after the conference ends on October 25, 2022.

Conference Registration opens May 15 - [Click here](#) to be taken to the Washington FCS Annual Conference Page



Introduction to our first Keynote Speaker:

Arvin Mosely, Jr. - Luncheon Speaker
Unleash Your Inner Leader

Arvin Mosely is a certified Mental Performance Coach, and has a MS in Coaching. He coaches leaders and teams to maximize their talent and unleash their potential. Arvin specializes in Mindset Coaching and Peak Performance Training and has a proven track record of helping organizations and their teams to improve their ability to respond to adversity, challenge, pressure and success.

Concentrated Training Sessions

From Exhaustion to Resilience

Keynote, Arvin Mosely, Jr., will provide a specialized 3-hour training. Participants will learn to feel a renewed purpose at work and feel energized for all of life's challenges.

Sunday, October 23, 2022

Washington 2022 FCS Conference

Cost: \$175 - *This fee is separate from the Conference registration fee.*

ServSafe Training

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 industry support safe food-handling practice. Register by 10/1/2022

Sunday, October 23, 2022

Washington 2022 FCS Conference

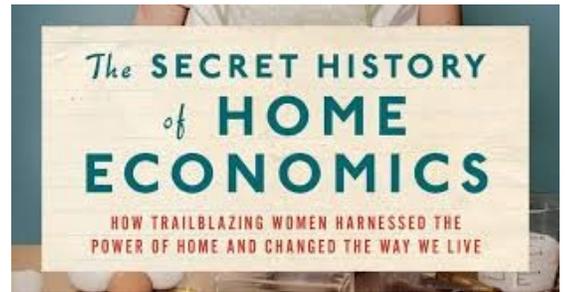
8 a.m. – 4:00 p.m. (includes testing)

\$140 (includes ServSafe textbook and exam) - *This fee is separate from the conference registration and is paid separately. ServSafe is offered through WSU Cooperative Extension. Here's the [link](#) to register. Registration must be completed by October 1, 2022.*

*More conference information will be added to our websites as available.
Check the WAFCS Website at www.washingtonafcs.org and
WAFCS website at wafacse.org/washington-2022-fcs-conference/.*

WASHINGTON AFFILIATE
NEWS CONNECTION

Life Lessons from a Force for Families
 LynDee Lombardo



The Secret History of Home Economics by Danielle Dreilinger may be the book many Home Economists or modern Family and Consumer Scientists have been waiting to be written for most of their professional lives. While the story of Ellen Swallow Richards, written by Caroline Hunt in 1911, tells the herstory of our beloved Ellen, intuition has us suspecting that the history of an entire field of study could never be told by relating the selected happenings from the life of a single person. Dreilinger's **Secret** reveals a cavalcade of Home Economists, from our one hundred and thirteen year history, who offer contemporary Family and Consumer Scientists motivating life stories of individuals, partners, and teams who are deserving inspirations for our field's continuing and needed impact on individuals, families, and communities for the next one hundred years.

Mostly women, these are not cartoon versions of modern heroes, but fully-formed educated, thinking, and caring individuals who managed to represent themselves and their work with dynamic energy and drive. Finding a person or two, in addition to Ellen, to admire, learn from and perhaps emulate should be a goal for every person who reads this book. If you favor the business-related specialties of FCS, read about Satenig Sahjian St. Marie and her work with JC Penney's in the 1960s. If your aspirations are to teach at the University level, look to the enormous professional accomplishments of Martha Van Rensselaer and Flora Rose in the establishment and operation of the Cornell Home Economics School in the first half of the 20th century. If your goals are food or food science oriented discover the professional creations and impact of US Air Force and NASA recruited dietician Bea Finklestein, Hazel Stiebeling of the Bureau of Home Economics, or University of Chicago Home Economics dean Lydia Roberts. And if you feel our profession needs to move beyond a history of ignoring the contributions of Blacks and other minority groups, read about how our past included Home Economists such as Flemmie Kittrell, Margaret Murray Washington and Fabiola Cabeza de Baca Gilbert who traveled down parallel paths separated by the shade of their skin or the first language they spoke to make monumental and lasting contributions both nationally and internationally to Home Economics.

As I read this book, I wondered how we can take our goals and accomplishments of our first century, and reshape and grow them into a future that is important and viable, that will have a recognized and indelible impact on today's world and the world of tomorrow. Our legacy can't end somewhere in the mid-21st century when Family and Consumer Scientists fail to find a firm footing from which we can continue to share our research-based, evolving skills, and techniques which can help citizens of the world attain healthier, safer, and more fulfilling lives.

I value this book not just for what it says but how the author gathered and presented the Home Economics story. Dreilinger's book contains resource NOTES for each chapter so you too can access her primary sources. The PREFACE, written by the author, allows the reader to become familiar with her writing style, history and goals before venturing into the first chapter; the substantial INDEX will be helpful when returning to the book to look up the contributions of various famous and not so famous historical Home Economists. And the CONCLUSION earnestly asks some of the same questions each of us has likely asked since we became professionals working in the people-centered field of Family and Consumer Sciences.

Finally, if the occasion presents itself, I would suggest listening to a recorded video interview such as <https://www.c-span.org/video/?511831-1/the-secret-history-home-economics> or https://www.youtube.com/watch?v=xytjamR_LQc or attending a ZOOM or live presentation by the author, Danielle Dreilinger, to discover even more of **The Secret History of Home Economics**.

WASHINGTON AFFILIATE
NEWS CONNECTION

My Recent Rabbit Trail

Diane Grossenbacher, WAFCS Executive Director

Have you been down a rabbit trail recently? Perhaps it was in a conversation with a friend, and the topic kept changing, or maybe it's something you were researching, and you came across links to more interesting topics, and more links, and more links!

That's exactly what happened to me when I was introduced to The Home Baking Association in the last AAFCS *FCS Matters Online Newsletter*. I went onto the Home Baking Association website, Homebaking.org, and got lost in all the great information. That site led me to more baking-related sites, which lead to me purchasing a cookbook and some fun cookie cutters on Amazon, that I just couldn't live without! What a fun morning that was thanks to the AAFCS newsletter email!



I love to bake (now, that's an understatement!), so just the title 'Home Baking' had me drawn to their website very quickly. If you like to bake, then HomeBaking.org is a must-visit website! I first started looking at their RECIPES; they are sorted by skill level, courses, and types. From there I went down the LESSON PLAN trail and then explored their RESOURCES. Not being a classroom teacher myself, I imagined myself teaching many of the lessons in an after-school club or to my grandchildren; so many great ideas for the classroom. My next diversion was to their VIDEOS; oh, my! This made me wish (for a quick second) that I was teaching in the classroom. So many great videos to share!

Three hours later, my final rabbit trail landed me at Gemma's Bigger Bolder Baking website, biggerbolderbaking.com. That was my final stop, as there was so much that Gemma Stafford has to share in an entertaining way. She grabbed my baking heart, now I am hooked! One video I viewed was of Gemma baking with her little guy, George. She was not at all flustered when he started eating the shortening off the spatula, or when the flower when flying. I just had to join her community blog (how could I resist; it's free and full of great resources!).



My goldfish and animal cracker cookie cutters have arrived, and my next baking project with my grandchildren will be fun, and probably about as entertaining as cooking with George!

Now that I have introduced you to the Home Baking Association and Bigger Bolder Baking, I hope you take the time to click on the many links and tabs. May you also find lots of rabbit trails to explore!