Greetings, WAFCS members—
Summer upon us and with the change in seasons for many comes a change in our daily work and personal habits. Days are longer, the sun shines more often, and we may have more time to reflect, brainstorm, and plan. I hope you find time for some relaxation and restoration, too.

Here are some items that may inspire you this summer:

1. Take advantage of the FREE Clock hours offered to you as an AAFCS member. We just added three more (to a total of nine offered):
   - FCS Body of Knowledge in Your Classroom
   - Start Simple with MyPlate – New Resources and Tools
   - 35 Useful Personal Finance Websites

2. Consider an Easy-Apply Grant—they live up to their name! WAFCS just awarded a $300 grant to a WAFCS member wishing to make a classroom assignment idea into a reality.

3. Register for the WAFCS Annual Meeting to be held in Vancouver, WA, in October.
   - Share your expertise and creativity. Have a workshop idea? Let me know!
   - Promote our Key Note Speakers and invite a friend/colleague to join you:
     - Dr. Raedene Copeland: The Power of You: The Value of Your Story
     - Bestselling Author Danielle Dreilinger: The Secret History of Home Economics (Norton, 2021.)

Dr. Copeland uses powerful storytelling to highlight the lessons we can learn about strategy and success by exploring the twists and turns inherent in our experiences. Combining her expertise in appearance and culture with personal anecdotes, Dr. Copeland will lead you on an inspirational journey revealing how to defy the odds. Dr. Copeland coaches organizations and leaders to deliver impact by establishing strong footing and communicating distinctive brands.

“...In the surprising, often fiercely feminist and always fascinating The Secret History of Home Economics, Danielle Dreilinger traces the field’s history from Black colleges to Eleanor Roosevelt to Okinawa, from a Betty Crocker brigade to DIY techies. These women—and they were mostly women—became chemists and marketers, studied nutrition, health, and exercise, tested parachutes, created astronaut food, and took bold steps in childhood development and education.” (Amazon.com)

Have a wonderful summer season. Feel free to contact me with any FCS-related ideas or comments (skato@spu.edu).

Warmly,

Sharleen
2023 WAFCS President
Join us in Vancouver for three days of speakers, networking, and fun!

Each year the Washington Association of Family and Consumer Sciences (WAFCS) and the Washington Family and Consumer Sciences Educators (WA-FACSE) plan a conference to enhance the professional skills and provide personal enrichment for our members. This year’s theme is **ELEVATE Family & Consumer Sciences**. We want our members to get so much out of the conference and ultimately ELEVATE FCS.

**Online registration is open:** [https://whova.com/portal/registration/washi_202310/](https://whova.com/portal/registration/washi_202310/)

- WA-ACTE, WA-FACSE or AAFCS/WAFCS Member: $550.00
- Non-Member: $850.00
- Retired Member AAFCS/WAFCS or WA-FACSE: $200.00
- Retired Non-member: $300.00
- WAFCS Student Member: $150.00
- Student Non-Member: $200.00

**Meals Provided With the Conference:** Sunday lunch, Monday breakfast/lunch, Tuesday breakfast

**Hotel Information:** Vancouver Hilton, 301 W. 6th, Vancouver, WA 98660
- **Group Name:** WA-FCS 2023 Conference
- **Booking Link:** [https://group.hilton.com/czkfzf](https://group.hilton.com/czkfzf)
- **Arrival Date:** 10/21/2023
- **Departure Date:** 10/24/2023

**Parking Information:**
$29 overnight self-parking, $39 overnight valet

No refunds will be issued after October 1. Cancelled registrations prior to October 1 will be issued a $75 fee. No-shows will be charged the full amount. All requests must be made in writing. Dues are individual, non-transferable, and non-refundable. Meal tickets are non-refundable. Service fees are non-refundable. Any refunds will be issued by check.
**Affiliate Activities**

**AAFCS Annual Conference in Baltimore**
Nine WAFCS members attended the conference, including one new member, Molly Robbins, of Anacortes! Molly attended the 2022 Washington FCS Annual Conference and decided to attend the national conference in Baltimore. We were excited to meet and spend four days with her.

**Executive Board May Meeting**
The spring meeting of the Executive Board was held May 20th at the Kittitas County Extension office in Ellensburg. It was the first time the new board had met in person.

Several important decisions were made at the meeting. After an intensive search for a policy, a proposal was made to purchase board insurance. It was also decided that due to changes in the association rules of the International Federation of Home Economists we would drop our affiliate membership.

Also covered at the meeting were reports from Awards and Recognition, Membership, and Nominations.

Sharleen Kato and Jordy Larson will be attending the AAFCS Leadership Workshop September 29 - October 1 in Arlington, Virginia.

**2023 Washington FCS Annual Conference**
At the May board meeting Sharleen Kato and Rene Ketchum presented up-to-date information about the annual conference in October:
- The two keynote speakers were announced (Page 1)
- A draft of the workshops was shared
- The need and recommendations for sponsorships was discussed
- A proposal for some changes in the Scholarship Fundraiser (Auction) was introduced

Interested in presenting at the conference in October?
Applications are being accepted for speakers for breakout sessions for this year’s conference. Please fill out our Call for Presentations form.

**Congratulations to Jacquelyn Warnock of Southridge High School/Kennewick, the first recipient of an Easy-Apply Grant!**

Jacquelyn will be using the $300 she received to provide supplies for the Food Science Challenge Project.

**Easy-Apply Grants**
may fund your creative ideas!
FCS Educators, WSU Extension employees, authorized volunteers, and student teachers are eligible to apply.

Two Easy-Apply Grants of $300 each will be available Summer/Fall
DUE 7/10/2023 & 9/10/2023

Find details and application at washingtonafcs.org

**WAFCS Scholarship Fund**
Seeking Donations...for the annual fundraiser at the Washington FCS Annual Conference

Bring your donations with you to registration...we’ll take it from there.
All proceeds from the fundraiser are added to the WAFCS Scholarship Fund.
Assist our budding FCS professionals!

[Make a Difference! DONATE & BID!]

www.washingtonafcs.org | www.facebook/WashingtonAFCS.org
WAFCS Clock Hours Summer Offerings

Need some STEM credits? Here's a quick and easy way to get clock hours from home!

Available for WAFCS Clock Hours until December 31, 2023:

Food Science: Read It and Eat

Discover opportunities to integrate literacy and critical thinking with food science content. Use article excerpts and other readings to reinforce food science concepts and enrich vocabulary to expand perspectives. Excellent classroom tested strategies and resources will be shared which can be incorporated into any food/nutrition course!

Baking Builds FCS STEAM

Baking in school is science, test-kitchen engineering, art and math. Receive reliably researched baking-specific culinary or foods lab resources and methods to develop your test-kitchen skills and reputation. FCCLA or 4-H service projects and community fund-raising are secondary benefits to the best practices highlighted in this webinar. Family and consumer sciences (FCS) courses can boost their STEM + Art (STEAM) methods and best practices with the resources provided by the non-profit Home Baking Association. FCCLA connections for service learning and fund raising with Smart Snack or specialty baked goods created by the students as the school or community "test kitchen" will be outlined and resources or on-line links provided.

Teaching STEM through FCS Education

Many have shared the key to future career success is the development of STEM skills. But is it? Learn what this means and how the Family and Consumer Sciences classroom is aligned to provide the STEM skill development. This webinar will share the foundational FCS connections to STEM and how you can enhance your instruction through provided key points, resources and classroom lesson samples.

STEMIFYING the FCS Curriculum

Take a deep dive into what it takes to STEMIFY your FCS program. Where the Part I webinar—“Teaching STEM Through Family & Consumer Sciences Education” answered the “why” FCS is linked to STEM, this webinar will walk you through the “how”—how to build the mindset for STEM lesson planning, content connections, and administration support.

Interested in finding out more about AAFCS Webinars?

Here’s a link to the Archived Webinar Page
2023 AAFCS Annual Conference in Baltimore

The Washington Delegation (left to right): Molly Robbins, Debbie Handy, Donna Graham, LynDee Lombardo, Karen Bergh, Sharleen Kato, Jan Bowers, Margaret Viebrock

The 2022-2023 AAFCS Board of Directors: Deb Andres, Martha Ravola, Lorna Saboe-Wounded Head, Heather Haley, Sharen Pate, Debbie Handy

LynDee Lombardo was recognized as a 50-year member one evening.

Jan Bowers sharing information about the National Partnership to Recruit, Prepare, and Support FCS Educators in a General Session. Karen Bergh, Molly Robbins and LynDee Lombardo are seated behind her.

Donna Graham & Jan Bowers at the Welcome Reception

Jan, Debbie and Karen at the Teacher of the Year Luncheon

The weather was unpredictable, airline travel was a boondoggle. In spite of all that, the speakers and presenters were outstanding. It was a great week!

Some Observations:

- It’s always fun to reconnect with FCS friends from all over the U.S. Every year we make new acquaintances.
- The Washington Affiliate is so engaged at the national level: Karen Bergh, Jan Bowers, LynDee Lombardo, and Donna Graham all presented sessions.
- Debbie Handy was everywhere all at once as a member of the Board of Directors. It was a little bittersweet for her, as her term of office ended on June 30th.
- All of us took advantage of the availability of great restaurants nearby with fresh seafood for our meals.
- LynDee and Donna set out on an adventure one day to the Maryland Center for History & Culture to see an exhibit about designer Claire/McCardle. After walking for an hour in the wrong direction finally we got to the museum. We got our 10,000 steps in that day. A bonus was the Jim Henson "Imagination Unlimited" Exhibit where we got to meet...

Margaret, Donna, and LynDee, along with Doris Barela-Fossen from the California Affiliate took a tour of the US Capitol Building followed by a stop at the American History Museum to see the First Ladies Gowns and the Food: Transforming the American Table Exhibit.

www.washingtonafcs.org | www.facebook/WashingtonAFCS.org