



From the President's Desk : Why I Love Serving



I've often been asked why I love serving my professional organization, AAFCS/WAFCS. It always comes back to **specificity**. By that I mean this is the organization that specifically addresses FCS issues and our professional identity. Specificity is "the quality of belonging or relating uniquely to a particular subject." When we gather, there is no need to explain what FCS is about. We are FCS. We get it. We understand it. We believe in its value.

I first joined the AAFCS, and subsequently WAFCS, when I was a college student but it was when I began my career that I became an active member. I served in leadership early on and even though I was intimidated and didn't know if I was up for the task, more experienced members mentored and encouraged me. They helped me gain confidence and develop leadership skills in a safe place. The experience impacted my work, home, and life as a community member. Throughout my career, and now in post-"official" retirement, serving my professionals gives me the opportunity to learn from newer members. This, too, impacts my new post-teaching chapter of work, home, and community life roles.

To be honest, I can't think of another organization that made such a positive impact on my professional life. So many conferences have spurred on my thinking, teaching, and writing. I always left a conference with lists of inspiring ideas. I've been honored with awards at both the state and national levels and given opportunities beyond my dreams.

No matter where you are at in life as an FCS professional-- starting out your career, mid-career, or post-career, your life is still positively impacted by the **specificity** of our profession. Consider becoming involved in 2024. Here are a few ideas. I challenge you to pick one or two. You won't be sorry.

- **Attend the AAFCS Annual Conference** in Minneapolis, June 5-10, 2024. If you decide to come, let me know! Our leadership team would love to spend time with you there.
- **Nominate.** Think of someone you know who deserves to be nominated for an award. Do you know an outstanding FCS teacher, scholar/researcher, leader, or community member? Give them the encouragement they deserve.
- **Become certified** in one of the FCS specializations. If you are interested in taking the qualifying exam in person, let me know and we can arrange to have it proctored at the fall conference in October. Certifications include:
 - ◊ CFCS: Certified in Family and Consumer Sciences (Broad Field)
 - ◊ CFCS-HDFS: Certified in Human Development and Family Studies
 - ◊ CFCS-HNFS: Certified in Hospitality, Nutrition, and Food Science
 - ◊ CPFFE: Certified Personal and Family Finance Educator
 - ◊ CNWE: Certified Nutrition and Wellness Educator
- **Mentor someone.** It could be a fellow member, a colleague, a community member, or perhaps a teacher in your local school district. If that person is not a member, invite them to become one.
- **Contribute to the WAFCS newsletter.** Write a book review, share a teaching idea, or write an article about something that you know and care about.
- **Volunteer to serve in a leadership role**, especially if you are new to the profession. We'd love to have you join us. It is a great way to connect. We always need new ideas and new skills.
- **Propose a speaker** (including yourself) for a Fall Conference workshop in Wenatchee, October 27-29.
- **Renew your membership.** Even if you are receiving this newsletter, your membership may not be current. Check the status of your membership here: (<https://www.aafcs.org/>) Thank you to those who continue to do so in a timely manner.

For those of you who have been in the profession for a while, celebrate the **specificity** by giving back. For those of you who are new, build your resume with leadership experiences. For those of you who are mid-career, lend your expertise.

I am looking forward to celebrating the **specificity** of our profession with you in 2024. Please feel free to send me a message with any questions or comments (skato@spu.edu).

Warmly,
Sharleen Kato, Ed.D., CFCS--HDFS
President WAFCS

WASHINGTON AFFILIATE NEWS CONNECTION

I am an FCS Professional: A Continuing Series by WAFCS Members
In this issue, LynDee Lombardo and Carri Smith share their pathways to their careers

LynDee Lombardo: Researcher, presenter, sewist, quilter, and educator. WAFCS Awards Co-Chair

What was your path to choosing FCS as a career?



Basically it chose me...

I had always planned to do something related to history. Most of my favorite classes in elementary, middle, and high school were in history. And my favorite teachers were often my history teachers in middle and high school. But also, when I finally got into high school, I was able to try out for the drama club productions, so while acting in the plays, I could also help with the costuming and set design. Working on designing and decorating our class homecoming float and dance, and then helping to design and decorate for three proms gave me a chance to experience the work involved in “setting the scene”.

When I entered Western Washington State College – as it was known then – I had declared for a major in history and was assigned an adviser from that department. From the moment I first met with him, I knew this would not be the department for me. I don’t know if it felt like “a good old boys” bastion or that the assigned adviser/mentor distinctively gave off a “dirty old man” vibe, but I left that first meeting knowing I had to look for another department in which to do my major studies. My boyfriend at the time and I decided to sign up for the Home Economics “sex ed” class. He got a better grade than I did in the class, but I found I was interested in so many of the other classes the department had to teach, I decided to put my efforts into studying Art History and Home Economics by taking as many classes in each that I could fit in. Finally, I ended up with a Home Ec. major and minor, and just a few credits short of an Art History minor. But still not thinking so far ahead that I really knew what I would do with that education. All I knew was that I didn’t want to be a teacher!

I really respected all of the professors and instructors I had from Western’s Home Economics department over the years; the staff always found me interesting extra jobs to help me earn a little pocket money for a college student on a tight budget and living at home, so I could afford a few fun extras. They even suggested a foreign fashion study class offered one summer by Colorado State University that I could take to broaden my interest and understanding of what could be considered part of Home Economics. During my senior year at Western, I did an internship with an interior designer, and after graduating I continued working with him.

Where did you teach and how did the job change over the years?

When my husband got a job teaching speech and drama at Yelm High School a year after we got married, (for one year, we both worked for a dinner theater just outside of Washington, D.C.), we moved to Yelm, Washington. After the apartment was set up and I figured out how to keep it relatively clean, I occupied myself by practicing typing for one hour a day and making every form of Italian pasta from scratch that we would ever care eat, I found I was badly in need of employment outside of keeping house and typing up my husband’s English worksheets.

A few months into the school year, when the high school librarian needed a long-term fill-in book binder and repair person, I jumped at the chance to take the job, even if it also involved doing lunchroom duty. I enjoyed the job, and the interesting mix of people, I got to interact with so much, that I never looked back. Candling eggs or being employed by the school district were the two big employers in the area at the time...and I was conveniently allergic to chicken feathers.

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View LynDee’s latest project, ***Margaret Murray Washington: FCS Hidden Figure***, an AAFCS virtual personal development module.

The program is a 54-minute video produced by the Alabama Department of Archives and History which explores the life of Margaret Murray Washington. LynDee collaborated with Meilana Charles, a fellow AAFCS member who resides in Oregon.

To view the module, [Click here!](#)

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The librarian was an interesting and wonderful woman, and would often bring a book to me saying, “LynDee have you read this?” She basically meant, “LynDee you’d better read this if you want to be an educated and knowledgeable person.” She introduced me to the writings of the pantheon of Harlem Renaissance and Black writers. What a gift. I always had a book on my nightstand from her library during the remainder of the year while I worked for her. Near the end of the school year, she started asking if I ever had thought about going back to school to get my teaching certificate. Eventually, it seemed like the logical thing to do. And I started the weekly commute between Lacey and Bellingham to get the one or two classes a semester I needed to earn my certification.

Simply put, within hours of completing my teaching certificate education, I become a substitute teacher for Yelm Community School for one year. As the school grew in enrollment, in the next year I was hired to teach Home Economics and Math.

I never seriously had to think about finding a teaching job outside of Yelm for the thirty-something years I worked there. I taught in every department and taught every family and consumer science class I could get students to sign up for...Basic Home Economics, Independent Living, Child Development, Interior Design, Foreign Foods, Clothing Construction and Costume Design, and Teaching Academy. And for most of the twenty-five years my husband taught at Yelm, I helped design and construct many of the costumes for the three plays per year he directed. There was never a dull moment in my teaching life at Yelm; and always plenty of new challenges like changing campuses, changing rooms, changing preps, and changing principals.

Tell us about your post-teaching career.

I started working toward my post-teaching career a few years before I retired from classroom teaching, when I finally discovered a Masters Program I wanted to participate in to continue my personal – just for me – education in Textile History and Quilt Studies at the University of Nebraska – Lincoln. The distance and on-campus education included giving MANY presentations. But two classroom offerings morphed into two presentations I was able to give for wider audiences. One was presented at the 3rd Biennial Symposium – 2007, which was held in Lincoln while I was an on-campus graduate student. That presentation, “*Think Like a Quilter: A Co-Curricular Activity*” involved quilting activities I had done with my high school students while I was still teaching, but enrolled as a distance student. The second presentation, called “*Dressing in Hard Times: Women in Pants*”, was shared at a 2008 university seminar sponsored by the University’s Women and Gender Studies as part of The Personal, the Political, and the Patriotic: No Limits Conference for 2007. Those two experiences got me hooked on making research and experience based presentations.

What excites you about what you are doing now?

I love that I get to discover and develop the topics I want to present for myself, and that I can usually find an audience, small or large, who is willing and sometimes eager to listen to what I have to say and see what I have to share. I have found the ideal union of history and culture, textiles and women’s studies, and FCS that suits me perfectly.



LynDee the Quilter



LynDee the Presenter



LynDee the Leadership Academy Mentor



LynDee an 2014 AAFCS Leader

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Carri Smith, Culinary Arts Educator, Kelso High School, WAFCS Secretary



I truly discovered Family and Consumer Sciences (FCS) in college at Seattle Pacific University. I took Home Ec in the early 90's in middle school (taught by my own mother at a very small private school) and then a cooking class in my high school, but never fully realized that Home Ec had just recently become FCS and that there were actually opportunities to get your degree in it.

After high school, I chose Seattle Pacific University mainly because I received a scholarship to play volleyball there and because it was a Christian College. I had no clue about the opportunities of degrees within the FCS major, but thankfully I went in and chose Interior Design because that was one interest of mine.

After taking a few FCS classes, I was tickled to find that many of my favorite things were found in a common home within the FCS umbrella. From the mind blowing facts about nutrition, to the artistry of interior design, the flair of fashion, and the joy of savoring delicious food, everything I enjoyed growing up, landed right in my lap. But I enjoyed all the majors within the discipline so decided to switch my Interior Design major (which had too much math for my liking) to the General FCS degree and study them all.

Now this route would have worked best if you had planned on becoming a teacher. I, however, had zero plans or desire to be a teacher. I wasn't sure what career I would find myself in, however, I loved the major enough to not worry about it. I was enjoying the present and not thinking about the future except finishing school and getting married.

After graduating college, I began coaching volleyball right away and spent 7 years doing a few industry jobs before I decided to embrace the idea of teaching in the FCS area. In 2010, I went back to school and earned my Masters Degree in FCS Education at Central Washington University.

I now have the privilege of sharing these diverse subjects that once captivated me as a student with my students, and have been teaching at Kelso High School in Kelso, WA for 12 years. It's a fulfilling journey to share my knowledge and passion for these essential life skills with students. I have taught Health, Nutrition, Fashion, P.E. and most recently have taken over the culinary program. Teaching Culinary 1, 2, and 3 as well as Global Cuisine are my new focuses. I love that teaching not only stretches my students, but it also stretches me. There is always something new to learn, something to create, and something to improve in.

I love that FCS is creative, diverse and practical! I chose FCS because I love being a life learner of all its disciplines and I believe that it improves everyone's lives and will continue to do so in generations to come!!



Pictures from Carrie's fabulous culinary classroom and samples from The Kilted Kitchen at Kelso High School

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EDUCATORS

Making a Difference in the Lives of Individuals, Families, & Communities

The National Partnership for Recruiting, Preparing, and Supporting FCS Educators, funded by a USDA/NIFA Higher Education Challenge Grant addresses the documented shortage of educators across the nation. The grant has ended but the National Partnership continues to offer support through the website www.fcsed.net. All resources on the website are free. Lessons, materials, videos, webinars, and podcasts can be reproduced and/or shared.

Website resources include:

- FCS education graphics
- state and national networking opportunities through State Action Teams
- career exploration materials
- recruiting tools
- an online national licensure directory by state to help candidates identify and meet specific state FCS requirements.
- an online catalog of state FCS curriculum guides and resources for educators.
- access to free webinars and podcasts on current FCS topics and pedagogy strategies.
- an overview of preparation options (traditional and alternative model programs).
- information on scholarship opportunities, financial aid links, and loan forgiveness for high need teaching fields.
- a bank of online FCS content courses delivered by multiple universities.
- a national "Say Yes to FCS" marketing plan.
- Information about national leadership summits to advance recruitment, preparation, and support for FCS educators.

The National Partnership plays a crucial role in ensuring that qualified educators are prepared to meet the needs of diverse learners in Family and Consumer Sciences Education.

Please take time to explore the website and use the resources to promote the value and visibility of FCS programs and ensure that qualified educators are prepared to meet the needs of diverse learners in Family and Consumer Sciences Education.

We are highlighting the 2024 FCS PSA videos and Poster contest winners in this issue (page 6). You can access previous videos and posters under the FCS Educator Day tab on the website.

Special thanks to the sponsor of our contest prizes:



*Submitted by
 Karen Bergh
 Co-President FCSEA
 National Partnership Management Team*

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FCSEd.net
PSA Contest 2024: Why FCS?

The National Partnership to Recruit, Prepare, and Support FCS Educators, facilitated by the Family and Consumer Sciences Education Association (FCSEA), announces the 2024 winners of the FCS **Public Service Announcement (PSA)** and **Digital Poster** contest.

Contestants created an original video or digital poster to deliver information about the value and impact of family and consumer sciences education for individuals, schools and/or communities. It was open to FCS students (middle, secondary, post-secondary or graduate level) and FCS professionals.

To view the videos, go to <https://www.fcse.net/fcs-educator-day/psa-contest>

1st Place Video - \$500 prize
Wayne State College Association of Family & Consumer Sciences Professionals Nebraska

2nd Place Video - \$250 prize
"Why FCS Matters to Us"
Melanie Wroblewski, FCS Professional,
Tim Kohl (FCS Supporter)
Wisconsin

3rd Place Video - \$100 prize
"Say YES to FCS"
Florence Wydra-Gat, FCS Professional
Pennsylvania

Winning Posters

WHY FCS?

#SAYYESTOFCS #FCSED

"Family and Consumer Sciences" may make you think of cooking, family planning, or health-based studies, but it is so much more! Family and Consumer Sciences shapes America's future by providing information about life skills, how to build healthy habits and relationships, healthy life choices, and other information to build a stronger future for families and their communities.

HOW CAN FCS HELP YOU?

- Teaches skills to succeed in your career.
- Provides skills in family and household management.
- Prepares you with life skills that can lead to a healthier future.
- Shares how to make meaningful contributions to our communities.

WHERE CAN FCS BE FOUND?

- In our school systems, from elementary school to college.
- Community education as well as Extension Programs.
- Businesses, industries, Human and Health Services.

CAREER PATHS

- Interior Design
- Health Management
- Financial Planning
- Hospitality
- Education
- Retailing
- And so many more!

1st Place - \$500

Family and Consumer Sciences

We are the foundation of great communities.

Our Value

Through research, experiential education, and technology, our professionals help people develop the essential knowledge and skills to:

- lead better lives,
- be work and career ready,
- build strong families, and
- make meaningful contributions to our communities.

Our Content Areas

- Culinary Arts, Hospitality, & Tourism
- Education and Training,
- Food Science and Nutrition,
- Health Management and Wellness,
- Housing and Title to Occupancy,
- Human Capital Development and Family Relations,
- Personal and Family Finance, and
- Textiles, Apparel, and Retailing.

What is FCS?

Family and Consumer Sciences (FCS) is a field of study focused on the science and art of living and working well in our complex world.

LEARN MORE AT WWW.FCSED.NET // SCAN THE QR CODE

2nd Place - \$250

Why FCS?

WANT TO LEARN MORE?
SCAN THIS QR CODE!

The People-Centered Science

TEACHING OTHERS TO:

LEAD A BETTER LIFE

Family and Consumer Sciences gives you the opportunity to teach others the skills, values, and knowledge needed to live happy and successful lives.

DEVELOP LIFE AND CAREER SKILLS

By working in Family and Consumer Sciences, you have the opportunity to help others develop transferable skills that can be used in both the workplace and the home. These include leadership, problem solving, cooking, sewing, and more!

BUILD STRONG FAMILIES

Family is a key component of Family and Consumer Sciences. Careers in Family and Consumer Sciences allow you to instill the value of family in others and teach important skills needed to create happy homes.

MEANINGFULLY CONTRIBUTE TO COMMUNITIES

Through Family and Consumer Sciences you can contribute to your own community, while teaching others the importance of active citizenship.

DOES THIS SOUND INTERESTING TO YOU?
Say Yes to FCS

Family and Consumer Sciences

3rd Place—\$100

WASHINGTON AFFILIATE
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WAFCS Member Support Programs

LOOKING FOR FREE CLOCK HOURS?

Washington Association of Family and Consumer Sciences (WAFCS) will offer 9-18 Clock Hours per year. Interested?

Spring/Summer 2024 Offerings
 #1 Recorded Webinar: Improving sleep: the latest research
 #2 Recorded Webinar: Nourish to Flourish Stress & Its Effects
 #3 Recorded Webinar: Margaret Murray Washington

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 for 2024
Applications DUE 5/10/2024

Find details and application at washingtonafcs.org

2024 Affiliate Action Plan

Goals and Objectives

#1: Foster the development of the next generation of FCS professionals in the workforce through emerging offerings and professional opportunities

- Assess Fall Conference feedback
- Support and mentor young professionals (<10 years) in board service and recognition
- Survey and later offer sessions suggested by young professionals
- Nominate and financially support at least one young professional to attend Leadership Workshop

#2: Increase Membership by 10+%

- Brainstorm ideas for recruiting and keeping members
- Invite higher ed instructors and extension agents to share their expertise or note practical research
- Continue to explore possibility of bundling AAFCS membership with Fall Conference registration
- Invite featured vendors, business owners, and influencers to join WAFCS

#3: Elevate FCS Professionals and Build Member Community

- Hold Board meetings in January, May, July/August, October, and special update meetings as needed
- Create a newsletter that is distributed at least 4 times per year
 - ◊ Publish a "I am an FCS Professional" feature in each newsletter
 - ◊ Feature a learning module/article in each newsletter
 - ◊ Communicate and promote Easy Apply Grant, AAFCS webinars, and WAFCS Clock Hour offerings
- Publish a monthly update message from President
- Participate in Fall Conference by attending and volunteering
- Use Fall conference as a venue for reconnection with members and potential members, marketing AAFCS
 - ◊ Each board member creates a conference workshop and invites another member to co-present
 - ◊ Propose session for Easy Award Grants
 - ◊ Propose college reunions with intention
 - ◊ Propose a "What is FCS?" session
- Nominate members for state and national awards for teaching, scholarship, and community group "making a difference."