



Greetings, WAFCS members!

It is summer in Washington State where we are surrounded by beauty and relatively moderate temperatures, a time for **renewal**! I hope that you are still enjoying the long days, getting out in nature doing whatever brings you pleasure and **renewal**--whether playing, gardening, or exploring.

For as long as I can remember in my professional career, summer has always included attendance at the AAFCS Annual convention. This year it was held early June in Minneapolis, Minnesota. Washington State was well represented both in attendance, leadership, workshops given, and awards bestowed. What a joy it is to see our state highlighted in so many diverse ways, all sharing our commitment and love for FCS. It was a time for **renewal** as we shared ideas, gained inspiration, and celebrated our long profession. If you haven't had the opportunity to attend this annual national event, consider attending June 2025 in Kansas City. A few of our WAFCS members also attended the International Federation of Home Economics meeting in Ireland in June.

For me, this summer I have been finding **renewal** though traveling, reading, writing, and spending time with family. I've enjoyed reading several books. Two are by the historical fictional writer, Kristen Hannah who resides on Bainbridge Island. In preparation for a visit to France/Italy, I really enjoyed her book *The Nightingale* set during WW2 and her newest book *The Women* about the Vietnam War. Another favorite was NYT journalist David Brooks' new book *How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen*. For fun, I've been reading Richard Osman's *Thursday Murder Club Series*. They are great fun and quite humorous and endearing. I highly recommend any of them if you find time as the summer winds down and you seek additional **renewal**.

Although Fall still seems a long way off, your WAFCS Executive Board is hard at work. We gathered in Ellensburg in April and again in July in Bellevue. We spend time together, sharing ideas and encouraging each other. It is always a time of **renewal**. We spent time preparing for the 2024 Fall Conference. The theme this year is *Celebrate FCS!* Instead of a keynote speaker this year, we are including a comedian for our opening and lots of fun activities to follow. An abundance of educational workshops will be offered. We think you will find the conference to be a good source of **renewal**, no matter where you are at in your FCS career.

Here are some items that may inspire and **renew** you as this summer fades into fall:

- **Renew your FCS relationships** by attending the 2024 WAFCS Conference this October in Wenatchee.
- **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 that offer **renewal** to WAFCS.
- **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.
- **Renew** and encourage your colleagues!
- **Consider an Easy-Apply Grant**—they live up to their name! WAFCS just awarded a \$300 grant to a WAFCS member. Apply to **renew** your work or FCS project.
- **Renew your membership**. Even if you are receiving this newsletter, your membership may not be current. Check the status of your membership [here](#). Thank you to those who continue to do so in a timely manner.

Enjoy the rest of your summer season. Feel free to contact me with any FCS-related **renewal** ideas or comments ([skato@spu.edu](mailto:skato@spu.edu)).

Warmly,  
Sharleen Kato  
WAFCS President

WASHINGTON AFFILIATE  
**NEWS CONNECTION**

## Washington 2024 FCS Conference



**Conference Dates:** October 27-29, 2024

**Location:** Wenatchee Convention Center,  
121 N. Wenatchee Ave, Wenatchee, WA

**Conference Registration:**

[https://whova.com/portal/registration/washi\\_202410/](https://whova.com/portal/registration/washi_202410/)

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.

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

**Hotel Information:** Coast Wenatchee Center Hotel

Group Number: GF-4782

**Booking Link:** [2024 FCS Conference](#)

**Hotel Direct Line:** (509) 662-1234

**Arrival Date:** 10/26/2023

**Departure Date:** 10/29/2023

**Room Rates:** Single – \$107, Double – \$127

### REGISTRATION FEES

Member: AAFCS and/or WA-FACSE	\$550.00
Retired Member: AAFCS and/or WA-FACSE	\$200.00
Retired Non-member:	\$300.00
Student Member:	\$150.00
Student Non-Member:	\$200.00

# WASHINGTON AFFILIATE NEWS CONNECTION

## WAFCS in Minneapolis

Eight members from Washington State attended the AAFCS Annual Conference this year. In addition to attending and presenting sessions, chairing committees, and tending to Affiliate business, they enjoyed visiting and sharing with colleagues from around the United States.

Several of the discussions and presentations centered around the campaign to have Family & Consumer Sciences programs be included in the updated National Career Clusters framework being developed by Advance CTE (Career and Technical Education) to include Family & Consumer Sciences (FCS) as an independent Career Cluster.



Some of the Washington Delegation  
Left to Right: Jan Bowers, Donna Graham, Jordy Larsen, LynDee Lombardo, Margaret Viebrock, and Karen Bergh. Missing from picture: Sharleen Kato and Debbie Handy.



Sharleen Kato & Donna Graham following the 2024 Leader Award presentations.



Debbie Handy participating in the Lighting of the Betty Lamp Ceremony



Jordy Larsen, Washington State Teacher of the Year, with Karin Athanis, AAFCS Executive Director.

WASHINGTON AFFILIATE  
*NEWS CONNECTION*

***Focus on Membership***  
***Diane Grossenbache***  
***WAFCS Executive Director***

Over the years, just like many non-profit organizations, membership has been declining. We are in a fragile spot as our numbers are down and many of our members are older and/or retired. We have discovered that some of the younger generations have not had the experience of belonging to an organization of like-minded people; loyalty to a larger group is not of high importance for many. Often, we have people serve on the board or as a committee member, then drop their membership once their obligations cease. Why is this? What can be done to change this practice?

Please consider your role in AAFCS/WAFCS, and your loyalty to the organization. Perhaps you are seeking to belong; if so, we'd welcome you to join our board or help with tasks at the fall conference. Perhaps you don't have any extra time in your schedule; if so, please continue to support your professional organization. Perhaps you're a member of WA-FACSE, but not AAFCS/WAFCS; if so, please join the organization to show your support of your umbrella organization! My involvement with WAFCS over the years has been invaluable, and working with people on the board who share the same passion has shaped me into who I am today.

It cannot be expressed enough; please retain your membership and encourage non-WAFCS FCS professionals to join our organization. Every member is important to our association!

*Diane Grossenbacher*  
*WAFCS Executive Director*  
*grossenbacherd@msn.com*

***WAFCS Member Jacquelyn Warnock***  
***Presents Research Poster at***  
***IFHE World Congress***

As the Family and Consumer Sciences (FCS) landscape continues to evolve and change, educators must keep pace with new pedagogical strategies, technological advancements, and the future needs of students. This statement rang true for me as I presented my research poster, "Factors Influencing Knowledge Gained as Identified by Food Science Curriculum Pre- and Post-tests," viewed other poster presentations, attended research and educational sessions; and participated in technical excursions conducted at the International Federation for Home Economics (IFHE) World Congress held June 23-28, 2024 in Galway, Ireland. Major objective for my research was to determine knowledge gained in four food science classes composed of students in grades 10-12 by utilizing pre- and post-tests with emphasis on preparation of students for proficiency in future knowledge/concepts and determination of knowledge gaps. Conclusions: some knowledge gaps were closed, combinations of teaching pedagogies were created, and pre- post-test assessments were beneficial to students' learning processes and to teacher's preparation of food science content/experiments to fill knowledge gaps. Being able to share this information with the congress attendees from Washington (state) and others who stopped by the poster for a chat was AMAZING! This opportunity allowed me to meet FCS professionals at the international level, to share and gather ideas for new hands-on learning activities as well as obtain suggestions for improvement of current food science experiments, and to be a participator, not a spectator, in the awesome arena of a world congress.

The experiences I have gained through IFHE membership have been insightful and life changing. Seeing research projects put into action to increase quality of life for individuals, families, communities; learning about other cultures, especially foods and dress; and sharing educational visions to enhance student learning in the classroom made this 2024 congress very rewarding. I encourage you to become a member of IFHE so that the field of FCS can be viewed through a much larger global lens.

*Jacquelyn Warnock*



*Jacky Warnock,  
IFHE World Congress -  
Galway, Ireland*



*Karen Bergh & Jan Bowers at IFHE World  
Congress in Galway, Ireland*

WASHINGTON AFFILIATE  
*NEWS CONNECTION*

*I am an FCS Professional: A Continuing Series by WAFCS Members*  
*Margaret Viebrock, WAFCS Treasurer*

My aspirations for a career in Family & Consumers Sciences unknowingly began with the role modeling of my mother, Marcella, who was an outstanding grade school teacher, seamstress and homemaker. I can remember standing on the stool at the kitchen counter learning to measure food, sift flour and stir ingredients while listening to soap operas on the radio. At about 8 years old I was using the sewing machine to make bags and doll clothes. Not once, but twice, Marcella had to come to the rescue when the sewing machine needle went through my finger, but that didn't stop me from more sewing. There was no such thing as a needle guard on that electric Singer sewing machine. My four years of high school home economics classes and a career with FHA (Future Homemakers of America) with an outstanding role model home economics teacher paved the way for what would be a long lasting career. Betty taught me all about planning, public speaking, organizational skills and teaching. She gave me many opportunities to use these skills.

I received my bachelor's degree in home economics education and textiles and clothing from North Dakota State University. After student teaching a career in secondary education was not appealing but working for "Extension" sounded exciting. I applied for jobs in the states of Washington and Florida because I was tired of cold North Dakota winters. I was hired on the telephone by Washington State University in 1970. With my Dad's help I bought a VW Bug and packed all my earthly possessions and moved west to Whitman County and then later to Douglas County. To put costs into perspective, the car cost \$2300 and included a sunroof and air conditioning and my starting salary was \$7600 a year! I was out to change the world.

When I was originally hired my job responsibilities included working with homemaker clubs, teaching people how to use a microwave oven (yes, in 1970 microwaves were brand new and it took two people to lift one), food preservation classes and financial management. It was all a far distance from textiles and clothing. It was also a time when classes were offered and people flocked to them and of course to check out that young "county home demonstration agent" that was brand new. I must have passed the test because I'm still employed!

Over the next several decades, the job morphed from the narrow perceptions of home economics to a more focused approach to education. The background of home economics is not forgotten, but the way we teach, how we package the content for different audiences and adapt to many societal changes as family structures shift is very different. I am one of few people who has remained with Extension for my entire career. To keep my job interesting and challenging, my mantra has always been to have at least one new educational project every two to three years. I have chosen to keep looking for something new and different to do to keep the job interesting.

My career over time included a master's degree in education and nutrition, administrative responsibilities as WSU County Director in Chelan and Douglas Counties, directing a 3-county SNAP-Ed nutrition education program and managing a variety of other educational and grant projects. I am a tenured WSU professor in the College of Agriculture, Human, and Natural Resource Science (CAHNRS) and in the Extension Youth & Family Unit.

Many times, people ask me what I do because a career in Extension is not easily defined. Over the years major projects have been working with women involved in agriculture, helping entrepreneurs develop food businesses, diabetes education, Strengthening Families programs, Supporting Children Through Divorce, food safety, farm family communications, estate planning and much more.

I also believe it is important to support my profession by being involved in the profession. I have chosen to find the time to serve several professional organizations in a variety of leadership capacities. As a young professional I found small ways to be involved to find out what was important to me. As my career continued I took on new leadership responsibilities and found myself serving on state and national boards. Over time, I have had opportunities to use my leadership skills, influence decision making, learn from other leaders and give back to my chosen profession. For me, it is the right thing to do.

There is a long future for family and consumer sciences. The family structure will never disappear but it will continue to look different. Helping families become more self-reliant and more resilient is going to get tougher. Families are busy with outside activities, they eat fewer meals together, cook less often, spend money differently and never have enough time. With fewer role models, parenting skills are changing and the influence of the media has tended to replace research-based information. If social media says it's true, it must be! Family and Consumer Sciences will always have challenges but this is good. It keeps us up-to-date, looking to the future and finding new ways to be effective. Our biggest job is to articulate our value to our audiences and our funders.

***What excites me about what I do?***

WSU Extension extends knowledge and changes lives. We engage people, organizations and communities by fostering inquiry, learning and application of research. Extension is a great career because every day is different. The best parts about my career with WSU Extension are working with people and families and seeing the differences we can make in their lives. I enjoy working with colleagues who remain at the forefront of our profession and believe in what they do!



WASHINGTON AFFILIATE  
**NEWS CONNECTION**

***I am an FCS Professional: A Continuing Series by WAFCS Members***  
***Diane Grossenbacher, WAFCS Executive Director***



Having grown up in a family where my mom was a true Home Economist, Family and Consumer Sciences has been part of my life as long as I can remember! I always enjoyed the traditional FCS areas of sewing and cooking, and spent much of my childhood participating in 4-H, competing in fairs, completing all the Home-Ec related badges in Girl Scouts, and taking all the Home-Ec classes available in junior high and high school. Given my experience, I was often called upon to help students in sewing classes, which proved to be an invaluable asset to the teacher and great experience for me.

When planning for my post high-school career path, naturally I wanted to be a Home-Ec teacher. I attended Shoreline Community College for my AA degree, but my dad was not in favor of me becoming a Home-Ec teacher because he said I couldn't make a living being a teacher. He steered me in the direction of dental hygiene. I quickly discovered I didn't enjoy the courses needed for that field, so I started taking Home-Ec Classes. I was immediately introduced to Dr. Carolyn Blount, which was the beginning of a very long, lovely, relationship with a true FCS role model and professional. Carolyn quickly got me involved in the student section of AAFCS/WAFCS, which guided me on a lifelong FCS path. I am forever grateful for her leadership and mentoring!

I received my AA degree from SCC, got married, moved to Ballard, and headed to Seattle Pacific University to finish my Home Ec teaching degree. My advisor/mentor at SPU was Dr. Barbara Bovy. She guided me through the Home Ec portion of my degree, and I ended up with an education degree. I taught Home Ec at Meadowdale High School for two years, then started my family. At that time (1986), Barbara Bovy had been elected incoming president of WAFCS, and the board had decided to hire an Executive Secretary; Barbara asked me to apply. I was just about to give birth to my first child and was planning to stay at home, so the timing was perfect. I applied, and got the job. I have been Executive Director since then (minus a year), and have made a lot of friends sharing the same FCS passion!

In addition to being WAFCS Executive Director, I started a sewing school out of my home that I operated for sixteen years. This was a lot of fun, and I thought I could do that the rest of my working career. That wasn't to be the case, as I was pulled back into education to help with the Careers with Children program in Edmonds School District. That led to a job in the Career and Tech Ed office, and fully back in the work force in an area that I loved.

Ten years ago, I had the opportunity to work at my neighborhood elementary school as their office manager. This isn't a field that's directly related to FCS, however, I am able to practice a lot of FCS areas in the job. I follow a lot of FCS teachers, which encourages me as to the future of FCS. Family and Consumer Sciences is alive and well in our schools! Thank you to those who teach our next generation the skills needed for their future; you are making a difference in the lives of your students, and ultimately in our community.

Personally, I bake a lot with my granddaughters (ages 3 and 6), and have done a few simple sewing projects, which is such a highlight for me! I'm hoping to pass along my FCS skills to that generation, and hope that as they get older, they will say, "I learned FCS skills from my Nana, and grew up with a Nana who was a true FCS professional!"

Thanks for allowing me this fun walk down memory lane!



*Diane with four of her grandchildren*

WASHINGTON AFFILIATE  
NEWS CONNECTION

**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

Find details and application at [washingtonafcs.org](http://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 the 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 Apply 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."