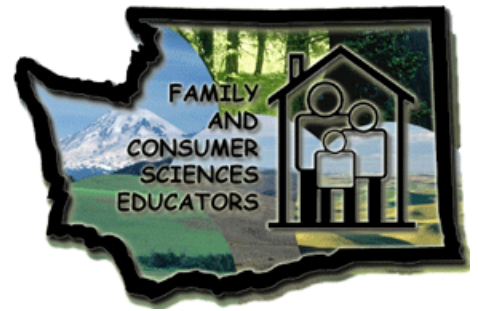


# FACSE

## Family & Consumer Sciences Educators



### Upcoming Events

- **March 25-27 FCCLA State Conference**
- **April 25 Fashion Industry Conference**
- **June 24-27 AAFCS Annual Conference & Expo**
- **July 5-9 FCCLA National Conference**
- **August 9-12 WA-ACTE Summer Conference**
- **October 18-20 WAFACSE/WAFCS Annual Conference**

*Email your  
legislators!*

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I hope you had a great summer. It is always a time of relaxation, vacations, and just doing nothing. I personally had the opportunity to travel with my husband to France for almost 5 weeks. We visited family in Auzits, the Mediterranean Sea, Orleans, Paris, and St. Malo. We had a great trip and a great time.

During the first week of August I attended the WA-ACTE Summer Conference. There were some

### From the Treasurer – Vicki Zimmerman

I am looking forward to seeing everyone at the next conference.

If you are not currently a member of WA-ACTE please first pay your dues and section dues to Tess Alviso in Olym-

great speakers, networking opportunities, and awesome awards presented to our FACSE Group. Please congratulate them when you see them! One session that I attended was “Beef on the Modern Dinner Plate”. I truly enjoyed the video about farms in eastern Washington and how our presenter explained the different kinds of beef in the grocery store. She presented again at Fall Conference and I hope you were able to attend this session.

Some exciting news to FACSE is, for the first time in a couple of years, we have a full FACSE Board. We also have several committee members. It has been one of my goals to have a full board and it is

rewarding to meet this goal. Thank you to the Executive Committee for their work this year. I want to express a special thank you to those who worked on the FACSE awards.

I hope you are having a great school year. It is always refreshing for me to see familiar and new faces. The best part of my job is that I get to share the knowledge I have with my classes each day, make a positive difference in each student's life, and prepare them to be active members in their communities.

Have a great second semester!

Rene'

son. Please also have your district put your name/high school and district names on correspondence. I sometimes receive a check from a school district and I do not always know which school/person it is for.



## Do You Need Help With Conference Expenses?

If you would like to attend Summer or Fall Conference but have been told that it just isn't in the budget this year, some help might be available for you!

Apply for the **C o n f e r e n c e** scholarship that covers \$350 of expenses for one of our members to attend each year.

This is done by reimbursement; if chosen, you will leave the conference with a check in your hand to reimburse yourself or your school district.

The application is brief and available on the FACSE website under the "Conferences" tab. Just make sure it is sent to Executive Director Leslie Nuttman by the due date.

FACSE Executive Board members, don't forget there is a scholarship available for one of you, too.

## Where do I sit? By DeAira Handugan

I walked into a large room for an opening ceremony. There were so many tables, filled with multiple people. Multiple people I didn't know. Where do I sit? Do I know anyone? Who chose the speakers? What sessions are there? Where do I sit? Will I make any friends? Will anyone ask me to sit with them? Oh boy, I'm hungry. What's for lunch? Need to find a seat first. Where should I sit?

This was how I felt at my first WA-ACTE conference.

I didn't know anyone. I had no idea what I was going to learn at the conference. I didn't know any of the speakers. I didn't know what all the acronyms meant: FACS, FACSE, WA-ACTE, etc. And I definitely never heard of who or what the Family and Consumer Science board was. I hated feeling like I was "out of the loop." I felt like an outsider looking in on a group in which I desperately wanted to be included. I felt like I wanted to do more in the Family and Consumer Science community instead of feeling like the only differences I was making were in the classroom.

During that conference, I received an invitation to attend a dinner with the board members to learn what it was about. I eagerly jumped at the opportunity to meet some new people and ask questions. I showed up nervous and

out of my element, but a group that were extremely knowledgeable about multiple aspects related to this field greeted me with open arms. For the first time since becoming a Family and Consumer Science teacher, I was aware and excited about the possibilities outside of my school.

That was three years ago. I am happy to say I've been on the Family and Consumer Science board for the past three years as a Public Relations Co-Chair. I have ordered items to be sold at conferences, run the booth at conferences, been the liaison for the newsletter with amazing stories happening in Family and Consumer Sciences, and was able to network with some wonderful individuals.

I've been able to meet numerous amazing people in the organization. I loved learning what was being planned behind the scenes and I helped plan conferences. I learned how decisions were made, what locations were chosen, how the speakers and sessions were decided, brainstormed ideas based on feedback from previous conferences, and saw how the board members worked together.

Joining the board meant putting in more time, but the experience was a nice change from regular curriculum activities. Also, the work comes in spurts depending



on the committee and most of my duties could be done in the summer versus the school year. The added effort was easy to manage and was worth it. The people I've met, the networking I've been able to do, the lesson plans we've shared, and the ideas we've come up with have all made me feel like I'm truly a part of a unique community. I enjoy being part of a community who cares about what happens in each other's classrooms, schools, and programs. As part of this unique community we need to share all of our successes throughout the state. This community is what has helped me through my teaching struggles and has supported me through my struggles and many successes as well.

I am extremely grateful for my time as a Family and Consumer Science board member. It is an experience I will truly cherish and never forget. However, my term has come to an end. It is with sadness that I move on, but I encourage anyone who has ever felt like I did at my first conference to apply. Come check out the opportunities at the Board Dinner at Summer Conference, you will not regret it!

## The Public Relations Committee has a new member!

Welcome Lori Bialkowsky to the WA-FACSE board PR committee. She has been a FCS teacher in Washington state for 24 years. She is currently teaching Foods, Child Development, and Health at Montesano Jr. Sr. High School.

If anyone wishes to either check out the WA-FACSE banner, send in a

request for a Press Release to showcase excellent work they are doing, or to recommend a store item for the next conference, please email

Lori Bialkowsky at [lbialkowsky@montreschools.org](mailto:lbialkowsky@montreschools.org) or

Dona Eddy at [dona.eddy@shorelineschools.org](mailto:dona.eddy@shorelineschools.org).

*Shop at the FACSE Store!*

The FCS store is open during Summer and Fall Conferences.

## Executive Director comments from Leslie Nuttman

One of my duties as your Executive Director is to compile and summarize the Fall Conference evaluations forms each year so that the Executive Boards of both FACSE and WAFCS can use that information to make positive changes for the following year. Thank you to all of you who attended and took the time to fill out the longer, more detailed evaluation form last October. That provided us with some information that isn't available on the state clock hour evaluation form that has been the only evaluation used previously. I assure you that I read them all, and passed on all of your suggestions and comments to the boards and planners for next year. I'd like to share some of the main points with you that might also explain some of the things we get asked about most often regarding Fall Conference.

**Location:** While virtually everyone LOVED the Heathman Lodge if we stay in one place, the majority of members still prefer to move the conference around the state. (We have also outgrown the capacity of the Heathman.) We realize that this makes longer travel in some years for some members, but hopefully, your year to be closer will come around every few years. The board is continually looking for the best value for the conference package to maximize your registration fees while taking into consideration accessibility and activities in the surrounding area. We hope that you will find things to enjoy about each location and keep an open mind about being in different facilities. We are also purposely moving from the center of the state for a while since WA-ACTE and FCCLA are there every year. (And even the center of the state is not so convenient for those coming from the corners every year.)

**Registration:** We have heard loudly and clearly that you need information about Fall Conference earlier, preferably before school is out the previous spring. Many presenters don't commit until well into the summer. Sometimes, pre-conference training opportunities become availa-

ble late in the summer. And at times, we have last minute cancellations and need to fill spots quickly with new presenters we haven't previously announced. But we will continue to work to improve the information you get, in a more timely manner. Many of the previous problems with the registration website seem to have been solved, and most members felt the process itself was easy this year. We don't have the ability to send messages to all of our members directly; all of our information must go through our website or through "News Blasts" from WA-ACTE (Tess Alviso). Please make sure to read all of those when they come your way, and if you have questions or can't find information you need when you need it, feel free to contact board officers or me. Our contact information is on the wafacse.org website.

**Breakout sessions:** Scheduling the right number of the right kind of sessions to meet everyone's needs is always a challenge. Effort is made to include some sessions in each area of FACS each year and to bring back popular, engaging presenters. We know that next fall, members want more information about TPEP, Common Core Standard implementation and writing state frameworks, so planners are looking for quality presenters in those areas. All attendees say they like presentations by other teachers who share great ideas that are immediately useful in classrooms, but to do that, we need to have a continuous string of volunteers and/or suggestions of teachers who would be well received. Please contact the President or President Elect with good ideas along those lines. Also, every attempt will be made to minimize those speakers who are there to sell products in their sessions. We will keep them in the vendor area.

**Clock Hours:** Clock hour assignment and our ability to reduce them for those who want to leave early are dictated very clearly by OSPI. Please make every effort to attend the entire conference, saving those requests for only true, unpredictable emergencies. Please try to schedule flights and

driving time needed according to the schedule we will be following.

**Menu:** It is not possible to please everyone with the food choices. For everyone who dislikes a particular meal or style of service, there are always an equal number who love it. Some want lighter meals, and some want more desserts. Some hate buffet lines and others dislike table service. We will work on making special dietary needs easier to communicate to the catering staff. But we ask that you try to be flexible and understanding about the decisions required to provide meals to 300 people quickly and within budget limitations.

In the four years I have been reviewing the evaluation forms, I have seen many changes implemented to make Fall Conference an even better experience for our members. More attendees each year comment that attending is fun as well as valuable and they look forward to coming the next year. When we do hit a glitch, it might help to remember that the board members planning and carrying out your conference are mostly full time teachers who feel as overwhelmed as all Washington teachers feel currently; they willingly take on this responsibility to keep our association strong and provide a valuable service for our members. In many cases, they have a steep learning curve to get on board with the latest technology, get caught up with the newest concern or issue, and work to balance all of that with their personal lives in the short amount of time they are in their board position. So while constructive criticism is accepted and meaningful, nothing feels as good as a heartfelt "Great Job" to those board members who are working on your behalf. Another thank you goes out to all of you who took the time to provide positive feedback last fall along with your suggestions.

I look forward to seeing you at the next conference!

*Leslie*  
lnuttman@wavecble.com



*Save THE Date*

WA-FACSE  
&  
WA-FCS  
2015 FALL  
CONFERENCE  
GREAT WOLF  
LODGE

October 18-20,  
2015  
Centralia, WA



Our registration opening target will be July 1 for districts who close their books on July 31<sup>st</sup>.

Contact  
Program  
Development  
Co-chair persons:

Dottie Record  
[recorddottie@gmail.com](mailto:recorddottie@gmail.com)

and/or

Genevieve Menino  
[gmenino@lwsd.org](mailto:gmenino@lwsd.org)

with ideas for  
workshops,  
speakers, and  
activities

Washington



Summer Professional Development Conference August 9-12, 2015 Yakima Convention Center

Featured Teacher: Dona Eddy

I have taught for 19 (2 years in the Edmonds School District and this is my 17th year at Shorewood)

The classes I have taught in the early years were Foods & Nutrition, Creative Living, and Contemporary Living. Then I took time off to raise my daughters.

For the last 16 years I have taught Lifetime Choices, Culminating Project Coordinator, Adult Living, Personal Health, and Interpersonal Relationships

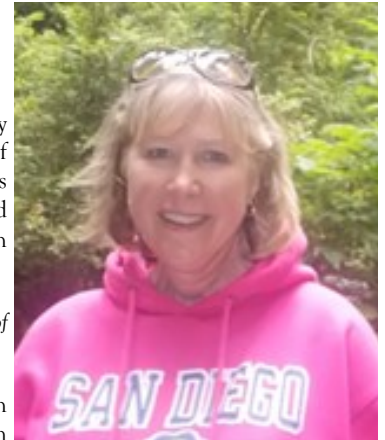
My husband and I have been married for 36 years, we have 2 grown daughters and 4.5 grandchildren (15, 8, 3, 18 months, due in December)

I love to read and I have too many favorites to mention all of them. One of my favorite authors is Mary Higgins Clark. I enjoyed the book *The Help* by Kathryn Stockett.

My favorite movie is *The Sound of Music*.

My favorite place is Cannon Beach and sailing in the San Juan Islands and my hobbies include reading, sailing, camping, and playing with my grandkids.

Something people might not know about me is that I entered SPU the first year it became a university. At that time Dr. Barbara Bovy was working on her PhD



and I was in the first class that she taught at SPU. I attended CWU for 3 summers to get the classes I needed for my vocational certificate.

My Success story is that I am a cancer survivor (33 years cancer free).



Featured Teacher: Susan Grant

Independent Living, Family Psychology, Nutrition and Wellness, Careers in Education, Sewing, and Child Development.

I have been married for 22 years to Kerry Grant. I have two children: Kaeli (18) and Kayden (12)

My favorite book is *Bridges of Madison County* and my favorite movie is *Steel Magnolias*.

My favorite place to be is at home or anywhere with my family.

I enjoy cooking, home decorating,

shopping, sewing, and traveling

Things you might not know about me is that I have had the pleasure of mentoring over a dozen student interns and have been a FCCLA state officer advisor to more than a dozen state officers.

I feel successful when my children and students are successful. I am rewarded by the accomplishments and successes of those with whom I have worked.

Chocolate is my weakness.

Family & Consumer Science Teacher of the Year—Dottie Record

At the Washington Association for Career and Technical Education (WA-ACTE) conference held in the convention center in Yakima over the summer, Dottie Record was recognized as Teacher of the Year by the Washington Family and Consumer Sciences Educators organization.

For the past 19 years, Ms. Record has worked as a Family and Consumer Science Educator at PACE High School in the Wapato School District. Her outstanding and innovative programs have met the needs of her diverse students and school. Ms. Record has provided quality instruction

in the following areas of study: computer applications, culinary arts, and financial fitness.

The learning experiences in her courses have provided students with real-life experiences. For example, her culinary students have successfully catered for school district events such as open houses

and advisory committee meetings. In addition to coursework, Ms. Record has held teens accountable for their own well-being and has worked to reward and foster growth. She has given them the opportunity to practice skills they need to be successful adults.

(Continued on page 5)

## Thank you WA-FACSE Executive Board!



A special thank you goes to the WA-FACSE Executive Committee for their work this year on the awards luncheon.

Those members include: AiliDee Nyberg, Awards chair, Dottie Record, Program Development, Vicki Zimmerman, Treasurer, Martha Eldred, Secretary, Rene' Ketchum, President, and Leslie Nuttman (not pictured), Executive Director.



Debbie Romsburg and Cathy White at the Oregon Coast Culinary Institute Teacher's Camp preparing crawfish.

## Area 4 Fall Meeting

We had a wonderful Region IV Area Group meeting on September 17<sup>th</sup> hosted by a Northshore SD 'green school' in Bothell (Secondary School for Success) with Graham Kerr, former Galloping Gourmet, tv personality and author leading off the event.



Graham Kerr with Trudy Swain to his left after purchasing one of his books, *Growing at the Speed of Life*

Graham focused on menus, gardening tips, portion control, and cost savings per portion ~ sharing his philosophy with an audience that agreed with him.

The 'Farm to Table', healthy eating, and nutrition and wellness focus was evident with our meal and every speaker including Tracy Baumgartner and her experience with the FDA training on the teaching materials *Science and Our Food Supply*, and Mary Podrabsky, UW Director of School & Community Initiatives.

Mary shared information on recent research regarding school lunches, food sales and policies,



Graham Kerr signing a book for Crystal Rediske

and ongoing research on efforts to make healthy eating choices an easy choice.

The Bellevue SD will be in charge of the 2015 Spring and 2015 Fall Regional Area Group professional development for Area 4.

Roxanne Trees  
Seattle School District



Dottie Record, FACS Teacher of the Year continued from page 4

When asked why she thought Ms. Record won this award, Wapato Public Schools superintendent Becky Imler explains, "I have always appreciated Ms. Record's positive, student centered attitude. She provides a unique setting that serves to improve



Dottie, her daughter Tiffany, and her husband Garry

family and consumer skills for a very diverse student population. The skills Ms. Record teaches

enhance the student's success as they navigate their often challenging lives."

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*Fashion  
Industry  
Conference*

*April 25<sup>th</sup>*

*at*

*Sanford-  
Brown  
College*

*Seattle*

*Contests:*

*Fashion Construction*

*Fashion Forward Design*

*Fashion Writing*

*Recycle & Redesign*

*Details on  
website.*

[www.fic2015.evenbrite.com](http://www.fic2015.evenbrite.com)

King Arthur Flour Presentation at Olympic View Middle School

In February Nathan Sandel, from King Arthur Flour, presented bread baking information to 270 Family & Consumer Science/STEM/Art Rotation students in a TV cooking show type format as part of their Learn/Bake/Share program.

Two students assisted while Nathan explained how science and math are part of the bread baking process. He then challenged the students to take home the kits they were given to bake bread for their family and for the community.

The following is a sampling of student notes from the King Arthur Assembly

Student writing is exactly as written, no corrections were made.

"I learned a lot doing this. For example I learned how to make bread. Making bread takes a very long time but in the end it pays off. I think I learned a lot on how to cook. This was a very fun experience."

-Chad

"I liked doing this (baking bread). It was cool because I got to learn how to bake bread from scratch. I really liked using my extra dough

to make cinnamon rolls. I was proud to bake it and turn it in for the food bank which supports people who don't have food."

-Bobby

"I learned how to make/bake bread. I also learned to make food for the needy. The learn, bake, share program is a good program. I wish I could do it again next year. When I baked my bread I made a very big loaf of bread it almost did not fit in the bag. Now that I know how to make bread I might do it again later in the near future."

-Dani



The students had just finished a week of learning about Random Acts of Kindness so the timing for this activity was perfect.

The students brought the bread back after Mid-Winter break and it was donated to Lynnwood Food Bank. We had 180 loaves returned along with several boxes of soup to go with the bread, a total of 268 pounds of food.



"This experience made me re-think bread baking. Tossing and turning the dough is not the way to go. Simply knead the dough. When making the bread, I had to push my baking skills to the limits. Seriously I can't bake. The bread turned out amazing, I was shocked. I will definitely make this again. The loaf of bread for my family was gone within the day. We ate that thing like there was no tomorrow. Helping others gives me a great pleasure. This was a great experience!"

-Simone

"This was a great experience! I love doing nice things for good causes, and I think everybody at the shelter is thankful for all the food. Knowing that I did something nice for someone makes me happy. Making the bread did take long and was a little challenging at times but it was worth it. The loaf that I got to eat was so good! My family loved the taste and we ate it with every dinner until it ran out. I would definitely consider re-creating this amazing bread. It was so fun that if I got the kit again I'd make more. I hope that everybody at the shelter will enjoy our bread! Thank-you Mrs. Phillip for the opportunity!"

-Kyler

## GRADS Teacher of the Year Award recipient—Peggy McNabb

Peggy began her career in FACSE in 1980. Currently, she teaches FACSE at Evergreen High School in Vancouver, WA.

Peggy has served on the Meadow Glade Adventist Elementary School board and at Columbia Adventist Academy in Battle Ground, WA.

In November, 2008 Peggy received her National Board Certification. She is a member of the American Psychological Association/Teachers of Psychology Secondary School.

Peggy has been active as a WA state representative to the Federal Office of Adolescent Health Inclusion/Equity Conference in Washington DC. She was also a teacher leader for Evergreen High School TPEP support.

Peggy runs the Evergreen Public Schools GRADS Program. All pregnant/parenting students from 5 other high schools are encouraged to attend. Evergreen

GRADS serves their high risk population including homeless/transition students, students with adverse childhood experiences, and many students who are classified as special Ed. that have IEPs.

Peggy works with partnerships that include: a nurse who does prenatal, labor, delivery education, public health, Fort Vancouver Regional Library, Young lives teen Moms club, Vida's Ark, Smith Tower Friendship club, Squires United Methodist Women, and so much more.

Peggy spends countless hours writing grants for books, maintaining close relationships with students who contact her regularly after they leave Peggy's Evergreen GRADS program.

One student stated, "Mrs. McNabb has molded me as a person and parent and has made a huge difference in my life. She has taught me how to be a great parent and all but, she has also taught me that I need to obtain an education for



not only my future success and my son's future."

A Supervisor said, "I don't think you could find a more dedicated GRADS Teacher! Peggy has mastered the art of being firm but fair, having expectations yet, and maintaining strong student relationships. She reaches our most struggling students. Peggy impresses me by her professionalism, dedication, teaching caliber, and determination to support her students".

Congratulations Peggy McNabb for all that you have accomplished!

## Outstanding Service to FACSE recipient—DeAira Handugan

DeAira Handugan taught at Chief Sealth International High School, in Seattle, and has been a joyful inspiration to her students and colleagues. Within her first few years as a Family and Consumer Science Educator she brought FCCLA to Chief Sealth International High School, coached girls varsity softball, and advised the Filipino Club and the Unified Club where she planned numerous community events to promote inclusion in Chief Sealth International High School and all of King County.

DeAira wrote and implemented a program for the student store, hosted an Academy dinner and silent auction, spoke at the academy graduation, partnered with nutrition services to redesign the lunch menu, helped the community urban garden that was featured on NBC, and has been an Ignite Liaison- a program to introduce young women into the information technology field, provide students with job shadows and intern-

ships at Microsoft. Most recently, DeAira coordinated and implemented typhoon relief for the Philippines with Child United, Denny Middle School, and Chief Sealth International High School. Her efforts were featured by Kiro7 News.

She was assistant coordinator for starting the China Exchange Program with the Confucius Institute, Nankai Middle School Chongqing, China and Chief Sealth International High School. In April 2014, DeAira took 14 students to china for a cultural immersion experience for 3 weeks. DeAira became the Liaison between Global Visionaries and Chief Sealth International High School and helped 30 students raise money for the program.

Outside of the school DeAira was selected as an opening session speaker to present information about fundraising at the National Academy Foundation Conference in Orlando.

DeAira's Colleagues and students say, "She is a very hard worker, is responsible, compassionate team player, and a woman of integrity." "In all areas of her life, she willingly challenges herself, tackles problems by asking critical questions, and analyzing them to reach real solutions," A student said, "As a teacher to many students of different age groups, Ms Handugan sets a perfect example of someone who you would look up to as a role model. Not only did she become a teacher that has taught me the substantial knowledge in her classroom, but a person of great importance that has become a part of my life today." One of her supervisors said, "I never worried about the FACSE program, as long as DeAira was there!" Her strength is caring for students and providing opportunities for them. She has taught many cutting edge courses and is a program champion!

Congratulations DeAira Handugan!

Seattle  
Art  
Institute  
Teacher  
Workshop

July 9-11, 2014

