

Washington Association of Family and Consumer Sciences Educators Fall Newsletter

SPECIAL POINTS OF INTEREST:

- Awards received at WA-ACTE Summer Conference
- New Executive Director
- New Board Members
- FREE Cancer Education for Teens

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OCTOBER 2016

WAFCS and WA-FACSE Annual Conference Preview

by Andrea Ancich & Dawn Boyden, Co-Presidents



We are looking forward to seeing you at the Annual Conference at Great Wolf Lodge, Sunday, October 23rd through Tuesday, October 25th, 2016. If you haven't done so, please complete your registration as soon as possible. Our hotel accommodations will take us to the Holiday Inn Express if you haven't already made your reservations for Great Wolf Lodge. You can call 360-740-1800 and mention "WFC" for your discounted rate.

We have a jammed packed itinerary for you all. Crissy Lauterbach is back and has 3 dynamic presentations for you. If you'd like to plan your conference sessions, please go to our organization website (www.wafacse.org) and under Annual Conference you will find our planning grid. Just like our classrooms and how crazy they can get, please know that the schedule is subject to change.

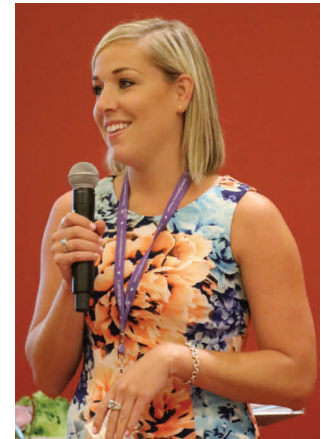
Family and Consumer Sciences Board



Award Luncheon at Summer Conference



Tori and Nancy Fairweather were busy preparing for the Award Luncheon at WA-ACTE Summer Conference in Spokane, WA.



FACS Teacher of the Year Genevieve Menino



GRAD Teacher of the Year Jacqueline Brewster



**FCCLA Adviser of the Year
Cheryl Uceny**



**Outstanding Service to FACS
Leslie Nuttman**



**Outstanding Service to FACS
Roxanne Trees**



Outstanding New Professional Graca Ribeiro



President's Award Dottie Record



Washington ACTE Quality Section Award Accepting the award Co-Presidents—Andrea Ancich and Dawn Boyden



Congratulations to WA-FACSE for receiving this award for the second year in a row!



Washington ACTE Awards

CTE Teacher of the Year

Kathy Hahn



Community Service Award

Mary Nagel



**Lifetime
Achievement
Award
Roxanne Trees**



Executive Director—Kathi Hendrix



I've shared my theory of conference attendance with my former co-workers and family and I'd like to share it with you. The share is not because I think I'm right and you should agree, but rather something to think about and form your own opinion.

I wait for and celebrate ONE thing at a conference I can apply to my work or personal life. The conference is worth the time and effort it took to get ready, travel to and attend if I can gain one thing. I'm never disappointed and I always enjoy the conference because I'm returning home with something valuable. I started calling these things "gems" and I celebrate them in big and little ways. The little way is right then, at the conference, smiling and thinking "This Is It!!!" I write it down, draw a smiley face and point to it with arrows. Sometimes it is just a thought, a possibility, something that needs more thought and I write it down with question marks and circle it. The big way is when I go back to my room and call my husband saying, "You'll never guess what I learned." It continues when I take it home, rework it to use my way, contact someone to speak, or work with a student to help them make an idea come alive. The best gem I ever found at a conference workshop was one I used with my own children and I celebrate it in my heart on a monthly basis.

How much value would you place on an activity or curriculum you use every term for the next five to ten years? How much value does a FCCLA project that provides opportunity for student leadership and success have for you as an adviser? How much value does something learned in a workshop or between workshops at a break have that you apply to your family or personal life? How much value would you place on reconnecting with college friends, new professionals, or long time friends in our profession?

Very seldom in life will everything at a conference be just what you wanted or needed. Conferences are planned to appeal to a variety of needs and wants. The trick is focus on what meets your need, and not on the things you can't apply. Too often we focus on the wrong things, the things that didn't matter to you and you found them worthless. What a waste of energy. Believe me, focusing and applying your energy to the thing you can use will give you satisfaction.

Do I ever get more than one thing? All the time! My 37 years of collecting ideas for the classroom and FCCLA have ended, but I'm still looking and receiving great ideas for my family and personal life. After all like many of you, my vocation is also my avocation and my interests are still all things related to FACS. Most recently I've gathered and used food science ideas to do with my grandkids, a computer organization technique to use for photo memory keepsakes, education on Google Docs and other Google tools, and several online sites to support home businesses.

It's human nature to express your dissatisfaction with a workshop or session, but don't forget it's possible someone else found it to be just what they needed. Spend your energy and excitement on something you can use, learn more about, find intriguing and appreciate. One thing going on to enhance your professional or personal life has great value. It's there and it is waiting for you, all you have to do is find it.



Website—Roxanne McNerney



WA-ACTE Summer Conference gave the Webmasters plenty to update on the website! Check out the changes at wafacse.org. We have simplified the organization of the site and hope things are easy to find.

The opening page is in a blog format, giving you the newest information at the top of the page. The fall WA-FACSE & WAFCS Conference (now called WAFCS Annual Conference) materials are all there. To register, be sure to click on the link!! Conference materials from both yearly conferences are posted online as soon as we get them. Also, the new WA-FACSE Board information has been posted, so if you run into questions feel free to send an e-mail to any one of us, or give us a call.



As you go through the website, if you run into difficulties, links that don't work, etc., please let us know so we can correct the problems and keep our resource useable!

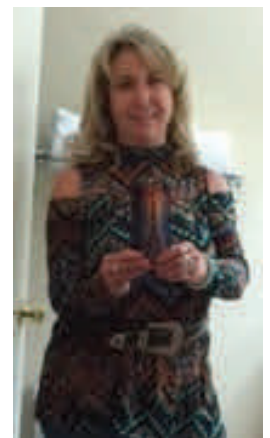


New Board Member—Holly White

Holly White will be joining the Newsletter committee this year working with Kathy Hahn. She is beginning her twelfth of teaching and is currently at Graham Kapowsin High School. Holly has a long list of classes that she has taught, including health, physical education, middle school science, math, AVID, relationships, Pro Start, GRADS, child development and nutrition and fitness. She is the youngest of 5 siblings and the only one not married—although she enjoys 19 nieces and nephews. Some of her favorite things include the movie, *8 Seconds*, country dancing, sports and working out, rock climbing, camping, kayaking, paddle boarding, scrapbooking, Disneyland, going to the beach, and hanging out with family and friends. An interesting fact about Holly is that she cannot sew a straight line, which is not typical of your typical FACSE teacher. One of Holly's most proud moments was being asked to speak at graduation about one of her GRADS students. This particular student had no hope of graduating on time. At the beginning of the school year, Holly and her GRAD student reviewed her transcript, created her yearlong plan, and then began the challenge of putting the plan into action. There were several roadblocks along the way, including missing school for two weeks while her son was in the hospital. At graduation time, this GRAD student was able to walk down the aisle!

New Board Member—Colette Clement

Colette Clement is joining the board this year and will be working with Dona Eddy on the Public Relations Committee. Colette is currently teaching Personal Choices at Huntington Middle School in Kelso. She is an active single mom of three grown children--a girl (28) and two boys (24 and 19). Some of her favorite things include reading the *Bible*, watching *Wizard of Oz*, spending time in the country near the water, or riding her newly purchases horse. One of the things she feels proud about is that she can still ride a horse after 40 years of not owning one. Colette stated that being a FACSE teacher has been very rewarding and that she feels blessed to teach middle school students using her experience, knowledge and education. Colette hasn't always been in the classroom, in her earlier career she spent 10 years as a licensed independent insurance agent. An interesting fact about Colette is that her mother received her Home Economics degree from Cornell and Columbia Universities and also taught junior high in New York in the 1950's.



Fashion Industry Conference—2016

The Fashion Industry Conference was held at the Art Institute of Seattle on Saturday, April 23. The key note speaker was Loui Redmann, global product manager at Volcom, LLC. Redmann attended Central Washington University where he studied Garment Construction, focused on Textiles, and analyzed the History of Fashion. Students could attend workshops that included: Creative Sewing in a Bag, Denim Finishing, Digital Textile Design, Fashion Illustration, Trend Forecasting, and What's Your Prom Style.

The day also included a Fashion Show by student designers from Seattle Central College, Central Washington University, Washington State University, Seattle Pacific University, and Art Institute of Seattle, a Professional Panel, and a visit to "College Row" to learn information about college, university, and fashion and design school options.

Students were able to participate in four contests: Fashion Trend Forecasting, Fashion Forward Using Denim, Fashion Construction, and Recycle a Zipper and Redesign. Judges for the contests were Helen Gorsuch, Marcia Lalonde,



Left: College Row



Right: Hisako and Helen scoring projects



Left: Many prizes to give away



Right: Designs by college and university students

Message from the Treasurer-Marcia Lalonde

I am looking forward to the Washington Annual FCS Conference at Great Wolf Lodge and seeing FCS and Family and Consumer Sciences Educator friends. Please remember to register before September 23 to receive the conference group rate. Online registration closes on October 7.

Please also remember that to receive the member conference registration rate you must be a member of AAFCS or WA-FACSE. If you do not know if you qualify as a member of WAFACSE, contact WA-CTE (<http://wa-acte.org/memjoinus.php>) to be sure you are a WA-CTE and FACSE section member. See you at the conference!



Meet Our New Executive Director—Kathi Hendrix

Kathi Hendrix is our new WA-FACSE Executive Director. Kathi retired from Selah High School after 37 years of teaching. Kathi taught all FACSE courses, but her favorite included child psychology and teaching academy.

While teaching in Oregon, she also taught pre-algebra and physical education. She has been married to Frank for 41 years and has 2 married children and 6 grandchildren. Some of her favorite things include reading *Charlotte's Web* and *A Town Name Alice* and watching *Sound of Music* and *Harry Potter*, her favorite place is home, but she does like going places and seeing new things. Her hobbies include reading quilting, crafting, flower gardening, writing, and spending time with her family.



Kathi grew up on a wheat farm in Eastern Oregon and paid her way through college as a harvest cook (15 years) and competing in 4-H livestock projects. Her greatest success story is having her own children excel in FACS courses and FCCLA. She enjoys mentoring future teachers and is proud of the number of her students who have gone on to become teachers.

Kathi has been honored as the FACS Teacher of the year in both Oregon and Washington. She has also received awards and recognition from FCCLA, the most memorable being the first time Selah won a National Program Award and her personal award of receiving Spirit of Advising.

Something you might not know about Kathi is that she was equally capable of mucking pens and showing hogs as she was wearing a crown. She pursued a dream to become Miss Umatilla County and got to be in the Miss Oregon Pageant twice, placing in the top five both years. Kathi was also a 4-H International Youth Exchange Student to The Netherlands.

Friendship

FACSE retirees who remain good friends after we left the classroom. All those years of supporting each other led to some lifelong friendships. This group of Olympic Peninsula/Area 1 retirees gets together two or three times a year. This picture was taken at Bloedel Reserve on Bainbridge Island last spring. From the left, Leslie Nuttman, Carol Keathley, Cynthia Blinkinsop, Mary Tuffley, Teresa Stone and Susan Abbe.



Free Health Education Program for Teens

WWW.CANCERPATHWAYS.ORG

Cancer Education for Teens

FREE Health Education Program For Your Students

CET Course aligns
with High School
Health Education
Standards!



Innovative
E-Learning
Tool that
Promotes
Lifelong Health

At a Glance

- FREE program to Washington State schools
- Requires one 50 minute class period
- Lesson Plan and Teacher Guide included
- Aligns with Health Education Standards
- CET has served more than 80 Washington schools since 2005

Cancer Pathways has partnered with Washington State Department of Health to create an online curriculum to educate teens on cancer prevention, detection and survivorship skills. This innovative tool is highly successful because of its interactive content, cost effectiveness and ability to reach diverse populations.

How to use:

Projection

Teachers will have one classroom account and project the course to entire class. Teachers need to print surveys.

Computer lab

Students work individually on their own device during class period. Students will have their own account, with survey included.

Homework

Students will have individual accounts to work at their own pace within teacher guidelines. Survey included.





Topics Discussed

Tobacco use (including e-cigarettes), sun exposure and tanning beds, HPV, family history, importance of diet and exercise, self-exams, and paying attention to your body.



Supporting Those with Cancer

Whether it is a family member or a classmate, students will learn how to communicate and support those they care about. The information provided in the program is not only educational and important, but also initiates a discussion on the often-avoided topic of cancer. We provide communication tips and supportive techniques. According to our student surveys, 77% of teens have been touched by cancer. They need and want to be informed about cancer.



Register Now

www.cancerpathways.org

Jana Mastrogiovanni
jana@cancerpathways.org
 206-709-1400

cancer
PATHWAYS
 EDUCATION · SUPPORT · COMMUNITY
... facing cancer together

Program Development

Program development is a process that takes a team to be successful. You are a member of our team. As we look forward to our 2016 Annual Conference, we on the program development committee are reaching out to you so you can plant a seed of needs that we can nurture and make grow.

What program would you like to see? Who are speakers that you could provide for the committee?

Please send all idea to Dottie Record at recorddottie@gmail.com

No seed is too small to grow into a plant.

