



FACSE



**Volume 31
Issue 2
Winter 2009**

Dates to Remember

August 10-12, 2009
WA-ACTE
Summer
Conference
Yakima

October 24-27, 2009
Fall
Conference
Wenatchee

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A Message from the President –Molly Galbreath

It's approaching SPRING (you might be reading this in March or April!) and we are in full gear planning for the upcoming **WA-ACTE Summer Conference** held in Yakima this year. It will be **August 10th – 12th** and the WA-ACTE website (<http://www.wa-acte.org>) will be uploading registration and hotel information soon. Be sure to also register on our website (<http://www.wafacse.org>) for the FACSE specific activities we are planning (pre-conferences and meals).

We have a unique opportunity to help WA-ACTE plan and host the **ACTE Region V Conference** at the **Semiahmoo Resort in Blaine April 15th-18th**. Sarah McCoy will be leading a conference session and we're crossing our fingers tightly as she submitted her nomination for the New Career & Technical Education Teacher of the Year award. We'd love to see one of our own FACSE members receive this prestigious recognition

FACSE President-elect-Roxanne McNerney

It's snowing softly – flakes drifting on the light breeze as I stare out the window trying to pull together my thoughts so I can write this news article. For a moment I can slow down and reflect over all that has gone on since I took the position as FACSE President-Elect.

My year began with the rush to find leisure vendors for the Fall conference, and though it didn't turn out quite as I had pictured it, the learning curve was great.

which will make her eligible for the 2009 ACTE national award!! We also hope to send one or two more of our board members to take part in this exciting event.

Our current President-Elect, Roxanne McNerney, along with the Program Development members of both WAFCS and FACSE are busy working on the details of **Fall Conference** held in Wenatchee, **October 24th – 27th, 2009** – mark your calendars for this exciting yearly event! A change of location (it's a beautiful drive that time of year!) and special opening and closing speakers are already booked and plans are underway for all of the pre-conferences, session speakers, and vendors that we'd like to have. Be sure to contact Roxanne at mcnerney@charter.net if you'd like to be a part of our centennial celebration!

This past October we were busy putting on another successful Fall

Conference also held in Yakima with the theme of "Evolving Technology". Our opening speaker helped to kick things off with some reminders of the remarkable advances in technology we have available to us for both business and personal use and our closing speaker left us laughing as we realized how we've adapted (some of us easier than others) to the advances. After we left Yakima, the work continued as we sorted through the evaluations for reflection and improvement in 2009, speakers and vendors who participated were thanked, and clock hours were submitted to the state. We couldn't have done it without all of the hands and minds from the organizations (OSPI, local university representatives, WAFCS, and WA-ACTE FACSE) members and board members putting it all together.



And it's not such a bad place to be, because now I can influence our world in ways I never dreamed of.

Roxanne McNerney

Much to my chagrin, now I find myself right in the middle of it all!



Remember to nominate coworkers for FACSE Awards

Edited by Loretta Davidson and Marcia Lalonde

Please send articles for the Spring Newsletter to:

ladavidson@seattleschools.org and malalonde@seattleschools.org

by April 15



ACTE Conference—Molly Galbreath

In early December, Roxanne McNerney and I had the chance to participate in the national ACTE conference held in Charlotte, NC this year. This was the first time ACTE hosted a conference in NC and they didn't disappoint. The theme, "Racing Toward Charlotte" was inspiring as over 4,000 participants from all over the nation came together. We were to keep these things in mind – to celebrate, reflect, and challenge ourselves to make our CTE programs even better. The opening speakers, Daniel Pink, author of "A Whole New Mind" and Neil Howe, an expert on Millennials in the classroom and

workplace certainly inspired us to understand and reach our students. Dr. Bill Daggett, author of numerous books and noted education-reform expert, our closing speaker, inspired us to take pride in the skills we teach and to keep challenging ourselves as teachers to effectively merge CTE and academics seamlessly to effectively prepare our students for the future.

As I close this update, know that my heart is to share my enthusiasm for pushing and challenging us (FACSE) into the future – to reach, inspire, and effectively train our students for the future.

I am especially touched with the impact of the subjects we teach (relationships and human development, finance, culinary, design, etc.) and how we can effectively integrate technology and core academics seamlessly into how we function each day in our classrooms.

I look forward to sharing more from my heart in the next newsletter article coming to you at the end of the school year (can you believe it's only a few months away?!?). Thanks for allowing me the opportunity to update you on what we're planning for you in the near future!

OSPI Update

Kathleen Lopp has been appointed the new Assistant Superintendent for Career and College readiness. She has been a great advocate for WA-ACTE so it is exciting to have her in this position.

Randy Dorn, the new Superintendent of Public Instruction, has 5 main goals that include both CTE and early learning. These are positive goals for FACSE courses.

The legislative session has begun and the governor's proposed budget did not include funding for Career and Technical Student Organizations (CTSO's) this would severely impact FCCLA.

Students can make a difference by contacting their local legislator. Senator McAuliffe and Senator Hobbs are working on a bill to put these dollars back into the funding. So get the word out. Please let me know what you are

currently doing for Equivalency Crediting and AP courses in your districts that is innovative so I can share this with others.

We have a committee working on completing a new Textiles and Apparel Framework. We have set a deadline for this spring.

by Mary Nagel
Mary.Nagel@k12.wa.us

FACSE National Board Teachers

Congratulations to our new NBCT/CTE teachers for the FACSE area: Amie Bryant, Melanie Clark, Janet Diener, Peggy McNabb, Vicki Shaffer-White, Carol Smith, Mary Thompson, and Susan Wolf. It is great for our profession that you are meeting this high standard of professionalism. 1/3 of the CTE teachers certified were FACSE teachers.

Culinary Educators' Workshop

The Art Institute of Seattle offered Culinary Workshops on January 24 and January 31. The educators took a tour of the kitchens and restaurant. They were given information about scholarships and admissions for high school students.

The tasks for the educators was to prepare the recipes after demonstrations from the chef instructors, practice working as a team, and meet the production timeline. The menu for the day was Assorted Antipasto, Minestrone Soup, Homemade Pasta, Homemade Tomato Sauce, Chicken Cacciatore, and Tiramisu for dessert. The techniques taught included grilling, sauté, boiling, sauce work, butchering, and knife cutting skills. After plating the food the educators tasted and evaluated the dishes.

Educators left with recipes and lesson plans to take back to the classroom. The Portfolio Restaurant at the Art Institute in Seattle is open to the public on Wednesdays, Thursdays, and Fridays, 5:30-7:00 pm for dinner. Reservations are recommended. (206.239.2363)

Fall Conference Planning

Planning the next fall conference has become exciting as I finalize plans for our guest speakers and arrange the break-out sessions. I'm looking for teachers that are willing to share with the rest of us on how to put more vigor into our curriculum. YOU are the experts!! If you are willing to teach a break-out session on your area of expertise, please e-mail me at mcnerney@charter.net or call me at 509-839-2228. I look forward to hearing from each of you. It's with hope that I look to our future. Remember that the future depends on us.

Roxanne McNerney

Randy Dorn at OSPI



Randy Dorn has made CTE a priority, and as we move into our future, we need to keep aware of the issues facing us, so that we not only keep our programs, but improve them. Working English and math into our lessons is something we have always done. Now we need to make a point of

it, stressing the academics of what we know are real-life applications. We need to work at cross-crediting our courses with math, science, art and social studies.

We need to make ourselves invaluable in reaching the gap between academics and life after graduation. We are there to not only help our students survive, but to thrive in their chosen careers, careers in Family and Consumer Sciences.

Roxanne McNerney

The mission of Family and Consumer Sciences Educators section of WA-ACTE is to provide leadership and services to the members through advocacy, education, networking and recognition. Members are valued as professionals facing the challenges of empowering individuals and families in a diverse global society.

FACSE New Treasurer

Our new treasurer is Martha Eldred. Molly Galbreath, Karen Palmer, and Martha have been working together for a smooth transition. Payment for Fall Conference has been received from the majority of school districts.

Several districts are continuing to use very old addresses to send payment or inquiries so please take a moment to make sure your business office is aware of the new address.

Martha Eldred
60 Vannatton Grade
Pomeroy, WA 99347

Networking Committee News

We would like to thank all the FACSE teachers who brought lesson plans to share at the round tables during Fall Conference.

The feedback that we have received is that the round table session was a great success. The benefits of these activities can only be realized with active participation from you!

Please consider bringing a lesson plan that you love to share at Summer Conference.

Please contact Kim Fisher at km.fshr@gmail.com or Rogene Seidel at rseidel@swsd.k12.wa.us if you have any questions or suggestions.

Olympia Update

Bills to watch include:

**Senate Bill 5593-
Regarding Career and
Technical Student
Organizations
and
Companion Bill: HB 1697**

**Senate Bill 5676-
Providing for career and
technical education
opportunities for middle
school students.
and
Companion Bill: HB 1356**

Keep informed and contact your legislator.

Public Relations Committee Needs Your Feedback

There are some new and fun things in the WA-FACSE "store". If you weren't able to make it to Fall Conference in October, we will have all of our goodies for sale at Summer Conference, including new water bottles. If there are items that you'd like to see in the store that we don't have, just send an email to Andrea Ancich,

andrea_ancich@lkstevens.wednet.edu and she will look into it.

Also, be on the lookout for some special prices on things that we need to "MOVE" out of the store. This is so we can continue getting in great new products.

See you in August!



Awards! Awards! Awards!



It is the time of year to begin recognizing the wonderful professionals within our field!!!

ElaineMarie Berg and Dottie Record, Co-Chairs of the Award Committee, worked extremely hard last year to make the winners feel really special. **We are all special to our world of work.** We all know someone that needs to be recognized for their work in the Family and Consumer Sciences field! To quote Mary Kay Ash, "There are two things people want more than sex and money—recognition and praise."

Our Awards Luncheon is held every August during the WA-ACTE Summer Conference. This year it's in Yakima. Let's be sure we have each of our awards go to deserving members... but we need your help!

We have the following awards available:

- New FACSE Professional of the Year (3-5 years)
- FCCLA Advisor of the Year
- Outstanding Service to FACSE
- FACSE Teacher of the Year
- GRADS Teacher of the Year

These forms are available on our website, so please download them, take a look at which one fits the person you'd like to nominate and let us know! We will help you (or them) fill it out and get it sent in by the due date.

We are challenging you!!

We would like to receive nominations from each Area Group and Region. **Your job is to nominate someone.** Let the Award Committee know who you have nominated and we will follow up to make sure they do the nomination packet. If you want to keep it a secret honor...we can also give you suggestions on how to obtain the information and still keep it a secret surprise for the person you want to honor.

Recognition within our field is very important and we hope you will take the time to nominate those professionals that make a difference in the field of FACSE, including FCCLA and GRADS.

We leave you with this thought from Carl Gustav Jung,

We think of our efficient teacher with a sense of recognition, but those who touched our humanity we remember with gratitude. Learning is the essential mineral, but warmth is the life-element for the child's soul, no less that for the growing plant.

If you have questions regarding the awards or the nomination process, please contact us at dottie@nwinfo.net or eloise2mom@q.com.

Dottie Record and ElaineMarie Berg



Sarah, Megan, Steve, and Katelyn McCoy

ATTITUDE By Sarah McCoy

ATTITUDE...what is your definition? What is your attitude towards life? I'm not looking for the student's name that just pulled a seriously bad attitude on you and you're about to pop off and show what a real attitude looks like. I'm looking for something deeper, more meaningful and how it relates to your life.

Attitude is not a bad word. Charles Swindoll shares: *The longer I live, the more I realize the impact of attitude on life. Attitude, to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our attitudes. (www.quoteland.com).*

For me it has been an extremely long winter. There was no vacation to a hot spot, no pampering at the spa, no housecleaning or laundry fairy, no click, click, click and bam a perfect lesson plan ready in 20 minutes...it was just LIFE. How about you? How are you doing? What is your attitude like right now? Do you wish in one blink June would be here and many of your responsibilities would be lessened...even if it is just for a short time?

You're not alone. How are you reacting to life's challenges? How would you like to respond? What is your ATTITUDE?

Life is happening way too fast and especially after a long winter I find myself needing an attitude check. Feel free to check your attitude using my attitude check test.

McCoy's Attitude Check Test

1. What setbacks are getting in the way of having a positive attitude?

****Guess what???** A setback is like tripping in public. When you trip in public usually you don't stay on the ground very long because you're too worried about if someone saw you. So, you bounce right up, brush yourself off and keep going. When life sets you back get up, brush it off and keep on moving forward. That moment is now past. You will never get it back. The clock doesn't tick backwards. It ticks forwards. Check your attitude... Seize the moment you have now and the moments ahead so you don't miss the blessings ahead because you're too busy looking back at what you tripped on.

2. Did you say I can't?

****Guess what???** You can. We teach our students to believe in themselves but yet do you even believe in yourself? If you would have asked me five years ago if I believed I would be able to serve as President for FACSE I would have laughed in your face and said I can't. Now I'm beyond the "I can't" and I'm saying I did. Check your attitude...I have become a very firm believer if I really want to do something then I have to believe I can do it and step out in faith and make it happen. You can too!

3. I think it will be too hard?

****Guess what???** It's not. A baby child didn't walk when it was born (thank goodness) and that means you didn't either. Life is not too hard but you have to be willing to work at it. If you haven't watched a child learn to walk lately take a moment and watch. When a child is learning to walk you see them thinking, very methodical about each move they make. Even when they look like they have it completely figured out they still fall. But watch what they do. They get up, think it through and do it. Even though it is too hard at that moment they persevere through it and all of sudden it is a piece of cake to walk. Now they're running. Check your attitude...You have to focus yourself and each time you fall down, just like a child learning to walk, you have to think through it, adjust your plan, get up and go for it. Eventually the difficulty will lessen and you can say at the end it WAS hard but I did it.

Take a moment and do an attitude check for yourself. You are in charge of your attitude. I know every day is not easy to face, trust me. When that alarm clock goes off at 4:30 a.m. my attitude needs a real quick check because otherwise I'm in trouble. But the more often I check my attitude and go through my checklist the better my attitude becomes. In return the long winter does not look so bad because it's behind me and spring is before me!

Blessings to you as you persevere to the end. If you're in need of a friend to help you because you need a hand to help you walk to the end I'm here. Feel free to reach me at mccoysl@mukilteo.wednet.edu or on my cell at 509-969-6452.

Remember...you are in charge of your attitude!