



# FACSE the FACTS



Volume 33, Issue 2

Winter 2011

## New WA-FACSE President-Elect

### Special points of interest:

- Get to know Michelle Green, WA-FACSE President-Elect
- Share your ideas with Karen Palmer, Networking Chairperson
- Cindy Kegley, 2010 Nancy Johnson New Teacher of the Year

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We are happy to announce that Michelle Green has stepped forward to serve as our new President-Elect! Your FACSE Executive Committee approved Michelle's application for the position, in accordance with our association's by-laws (since there was not a candidate for the position at the Fall Conference).

Michelle was asked to introduce herself for the newsletter.

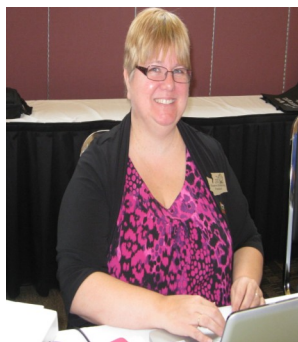
I teach at South Lake High School, and this is my first full-time teaching position, which I am thrilled to have! It is my third year here, which I think makes it like my "junior" year? Next year I will be a "senior"...

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Michelle Green

### President's Article by Roxanne McNerney, FACSE President 2009-2011



Washington State has an amazing Association of Family and Consumer Sciences Teachers! They are far ahead of other state sections, as was confirmed to me again at the National ACTE Conference in Las Vegas, December 2010. Much of what was done by the FACSE section at the National Level was what we do at the state level, such as learning to use the posters Mary gave us at the Fall meeting to apply CTE standards to careers. We are ahead of the game. Be proud of what you do!!

The ACTE Opening session was in a huge hall and began with the mar-

velous sound of a local high school choir that is used to competing with professionals – they were amazing! I was enthralled as the colors were presented – correctly - in front of professionals who all stood to their feet and saluted our flag. Now this isn't such an unusual sight, but the feelings of pride that arose among the audience members were. It was a comradery that you don't get to experience often, and I was glad to be a part of it.

One of the opening speakers emphasized KNOWING what Career and Technical Education is. After all, how can we represent CTE and yet still not know what it is we're involved in? According to the ACTE website "Today's CTE provides students:

- academic subject matter taught with relevance to the real world
- employability skills, from job-related skills to

workplace ethics

- career pathways that link secondary and post-secondary education
- second-chance education and training education for additional training and degrees, especially related to workplace training, skills upgrades and career advancement"

The Washington state profile on the same site [http://www.acteonline.org/profile\\_wa.aspx](http://www.acteonline.org/profile_wa.aspx) gives a vast array of information on how CTE is brought to the public through our education system, how we are funded and more basic information. It is a good read, and I recommend you check it out. After you refresh your memory, or look at these facts, take what you know to your legislators to make sure they understand the value of CTE in our schools .

Applying this personally: Working in a poverty-level

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## Networking Needs Your Input

I am new to the Networking position and am interested in your input.

We have had some great activities in the past with massage demonstrations, BUNCO playoffs, etc.

What are you looking for this next year?

My ideas:

1. I thought we might have groups meet to exchange ideas for specific lesson plan topics. For example: lighting for Interior Design or egg foams for Nutrition and Wellness

2. Knitting or crocheting projects or a trip to the

yarn shop together

3. Kid craft ideas to share for Child Development

4. Recipes for Independent Living- seniors going off to college

Let me know how I can serve you.

Sincerely,

Karen Palmer

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WAFCS Silent Auction  
Fall Conference



Entertainment at the  
WAFCS Dinner and  
Variety Show at Fall  
Conference  
Selah High School  
FCCLA students  
performed  
Yellow Submarine  
Skit

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## WA-ACTE Legislative Message from Debby Strayer

The economic times we find ourselves in as a country and a state have never before happened in our history. What makes this unique is the depth and length of the loss of jobs along with the projected upturn being much more gradual than in previous recessions. Many are saying that this is not a recession but a re-setting of our economy. This creates the climate we are in as we move forward in solving the current budget's shortfall and begin the work of crafting the next biennial budget for 2011-2013.

While this all seems very bleak, it creates an opportunity to again share with our lawmakers the value that CTE brings to students and ultimately to the economy of the state. The key message

is that CTE is vital for all students to have the knowledge and skills needed for employment directly or while attending school for further training or degrees.

This is a time for all of us to be involved by contacting our local legislators and sharing a two-fold message about CTE and the good work you all are doing with students and how that positively affects their futures. They are asking for information on what will be lost with specific budget cuts, so please let them know what will happen in their local districts as they go about their work.

The good news is that many of the returning members talk openly about the value and need for CTE. It will be our job to share that same

enthusiasm with the new members on key committees.

We all also need to share CTE's value with other educational stakeholders such as the [State Board of Education](http://www.sbe.wa.gov/) (SBE), which creates policies and rules that directly affect high schools. <http://www.sbe.wa.gov/> Along with the [Higher Education Coordinating Board](http://www.hecb.wa.gov/) (HECB), which affects community and technical colleges. To that end the HECB has launched a [new blog](http://hecb.washington.blogspot.com/) to provide a forum for the exchange of information and ideas by members of the higher education community and the general public. <http://hecb.washington.blogspot.com/> We encourage you to visit and participate.

**Fall Conference Thoughts By Leslie Nuttman, Executive Director WA-FACSE**

One of my responsibilities last fall was to review all of the Fall Conference evaluation forms and to write a report for the officers to use as they plan for the conference in 2011. There were some consistent themes ; for instance, I wasn't surprised to see that teachers definitely prefer to attend workshops that are presented by other teachers and which share immediately usable ideas for their classrooms. But I was surprised how many comments were in direct opposition to each other. Attendees either loved or hated the salmon lunch; it is clear that we will never please everyone all the time. In a few cases, it might be helpful for members to understand that we have some contractual obligations we must meet with the meeting site.

First, here are some things we will look at improving. We will try to provide more clear directions to off- site conference sessions. Members also want to be able to pick up registration materials on

Sunday night so they can review session choices; we should be able to have some materials available for a limited amount of time at least to accommodate that. We will make sure that meals include some social time before presenters start to speak so that networking can take place more easily without talking over speakers. We have already had discussions about how to revamp the Monday night banquet session so that it doesn't get over so late, but we have been obligated to have the banquet as part of our meal contract with the conference centers. Planners will see if there is any ability to make changes to contracts we have already signed for the future. We had very few people attend the tours on Monday morning, so those need to be reassessed along with the scheduling as a whole. . And we will definitely make sure that we have a good understanding of what will be provided to those who pay extra to attend any breakout sessions to make sure that they-

get their money's worth. Some have found the registration process easy, and others are frustrated. We will try to smooth out the bumps in that process for next year. No one liked the new charge for using purchase orders last fall, but it was a direct result of the number of districts who are very slow about paying their bills. Some districts still hadn't paid for the previous year's conference when their teachers attended this fall! Those attending can help by turning invoices in to their business offices quickly after the conference and then following up to make sure bills have actually been paid.

Evaluation respondents were about evenly split on preferring buffet style meal service or being served at the tables. We had a mixture this year which seems to be the best compromise. With few exceptions, opinions about presenters are definitely split; everyone enjoyed John Norland last year, but others got mixed reviews. That will probably always be the case.



**Leslie Nuttman**



**Diane Grossenbacher at H.M. Gilbert Homeplace**

**President's Article continued from page 1**

rural school district, I get to see first hand the validity of CTE education for kids who will NOT go on to college. They train for skills they can use NOW in the hope that they will be able to help support their families after graduation. Training to go to college, in their minds, is just a waste of time. Though we work to teach them they have many opportunities, including college, we also give them skills they need to survive today. This is what

CTE is about: leaving no child behind because of financial level or family difficulties, , seeing what skills a person enjoys and is good at and teaching them how to better those skills as well as use them to provide an income.

We give our students hope, a chance at success, and the encouragement they need to dream. I'm proud to be a part of that process.

As members of WA-CTE FACSE section, you are ahead of most CTE organizations in the nation. You know what you do and why you do it. Share that information. In this time of budget crunches and eliminating wasted funds, help our budget managers – our legislators – know what you are about and why it is important to keep CTE in our schools; reaching our students and giving our future direction.

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**Fall Conference, from page 3**

Similarly, some enjoy being in the central part of the state each year, while others would like to look at new venues. Officers are exploring the possibilities of other locations.

Planners from both sponsoring organizations continually work to improve each conference based on feedback from members. We are acutely aware that budgets are being increasingly constrained, and will strive to provide the most we can for your dollar. Those who attend need to remem-

ber that we are trying to meet a wide variety of needs and preferences within budgetary and contractual constraints. For teachers, we can only provide more breakout sessions or round table sharing led by teachers if you are willing to volunteer to be a presenter.

Thank you so much to those of you who continue to step up to help with presentations, provide auction items and constructive criticism and suggest great presenters. Please contact officers of either organization with any good ideas you have for this coming fall.



Fall Conference Vendor Fair

**Treasurer's Update**

by Martha Eldred



There are a few districts that have still not paid on their purchase orders for the Fall 2010 (and 2009!!) FACSE conferences so invoices continue to be sent periodically. I'm sorry, but if you only put your email address on the reg-

istration form, those invoices are going to come to you with a request that you forward them to your accounts payable person. Since we are now invoicing and receipting electronically it really helps if you include the

email address of either your CTE secretary or the accounts payable person for your district.

Thanks so much for your help and cooperation.

Keep having fun!

Kindest regards,  
Martha Eldred, Treasurer



**Remember  
August 14-17,  
2011  
WA-ACTE  
Summer  
Conference  
SeaTac WA**

**On-line Resources for Foods and Fitness Classes By Dawn Boyden**

Looking for some new ideas to make your curriculum more relevant to your students?

Here are some of the on-line resources that I use in my Foods and Fitness class:

<http://www.cdc.gov/vitalsigns/> - brochures, articles, research papers, video on any health-related topic imaginable, regularly updated. See "Obesity" for latest facts and state by state statistics. Did you know that 30% or more adults in 8 states are obese compared with no states in 2000? Check it out!

<http://www.uaex.edu/depts/FCS/EFNEP/Lessons/> - Many nutrition resources in one place with ready to use PowerPoint presentations and

student handouts. Some topics include Super Foods, Fad Diets, Healthy Eating, MyPyramid, recipes, physical activity and much more.

<http://eatthis.menshealth.com/slideshows> - Many slideshows based on the Eat This, Not That books. My students love the "20 Worst Drinks in America 2010" show.

[www.Zunal.com](http://www.Zunal.com) - teacher made webquests, including "Teen Health" about creating a state of the art fitness club with a trainer, chef, dietician and physician. The group creates a plan for a sample client. Could make a great final project for the class.

[www.media-awareness.ca](http://www.media-awareness.ca) - Lessons about the impact of



advertising and gender role stereotypes.

Please feel free to use any of the teaching materials from my teacher page at [www.viking.lkstevens.wednet.edu](http://www.viking.lkstevens.wednet.edu). If you have a favorite website, please let me know. We all appreciate new tips and ideas to enliven our curricula.

Dawn Boyden,  
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## The Power Of Why:

There are many different factors that motivate educators. They include financial reasons, power, achievement, opportunity for advancement, the ability to contribute, etc. Another major factor is the power of... **RECOGNITION**. Educators who feel good about their abilities and their contributions are more likely to be happy, content and motivated. When they are recognized for their efforts, they will also continue in their desire to excel.

Another factor that needs to be considered is the importance of retaining good teachers in

CTE- FASCE. Each FACSE teacher invests significant dollars, time, and resources in training to become a great educator, often only to leave for other careers or opportunities when they feel unappreciated. Presenting an award or gift helps to recognize the effort invested by a teacher. As a fellow teacher, take the time to look at all our educators and nominate one or more for one of our FACSE awards.

We have the following awards available: New Professional of the Year (3-5 years), FCCLA Advisor of the Year, Out-

standing Service to Family and Consumer Sciences, FACSE Teacher of the Year, and GRADS Teacher of the Year. Applications for each award are available at our website, <http://www.wafacse.org/>, under the tab labeled "WA-ACTE FACSE Awards".

Nominating a peer will give them a year of recognition for their special efforts.

For more information email Dawn Boyden at [Dawn\\_Boyden@lkstevens.wednet](mailto:Dawn_Boyden@lkstevens.wednet) or Dottie Record at [dottier@wapatosd.org](mailto:dottier@wapatosd.org).

Michelle Green, from page 1

that's exciting. I will say that it is much easier after getting my masters degree out of the way, and I am almost feeling like I have a grasp on things. I teach Family Health/Independent Living and GRADS (Graduation, Reality and Dual-Role Skills) or teen parenting class. I also have an advisory period, which is mainly homework help and counseling.

I did my student teaching with the amazing Beth Gruenke at Mead High School in Spokane. However, I would also like to thank Vicki Zimmerman for her mentorship and for giving me my first long-term subbing position, as well as letting me observe in her classes for my practicum.

As for my hobbies, I love to knit (when I can find time), make canned pumpkin bread and do anything outdoors and in the woods. I am learning preserving and it's fun.

I sell Mary Kay and I love the product line, although I have stepped back from doing a ton of parties. Basically, if people want some I am here for them!

During my term as President-Elect, I would love to keep getting more people involved with our organization. I know that if I had not had the help and support from this group then I never would have felt supported and strong enough to make it through my first few years.

I would like teachers to find ways to make time for themselves. Self-care is a big deal for me personally right now, and I would love to get people on board with taking care of themselves so we may take better care of the students we teach.

Also, I would love any recommendations as to how we can make our organization the best one ever!!



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**Michelle Green**

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## Cindy Kegley Named New Teacher of the Year for 2010

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.

*Mrs. Kegley understands that the young women need to see the variety of careers open to them.*

Members are valued as professionals facing the challenges of empowering individuals and families in a diverse global society.

At last summer's WA-ACTE Summer Conference, Cindy Kegley, of Nathan Hale High School was selected as the FACSE Nancy Johnson New Teacher of the Year. Mrs. Kegley has brought a variety of opportunities to students, allowing them to consider non-traditional careers, brought Careers in Ed to her school, advised school clubs and reinstated home visits. Although she has only taught for three years, her impact on the school and its students is great.

Mrs. Kegley has brought career education to life for the students of Nathan Hale High School. At Career Construction Day, students attended a variety of engaging workshops and participated in hands-on activities related to the construction trade. One would assume that Cindy brought boys on the field trip, but girls also participated in many of the exhibits and were interested in talking to the women from the trades who were recruiting at the event. Students have also had the opportunity to tour the Microsoft campus while attending the IGNITE (Inspiring Girls Now in Technology Evolution) conference. Mrs. Kegley understands that the young women need to see the variety of careers open to them.

In addition to field trips, students continue career education in the classroom. Each student completes the FCCLA Career Investigation and presents it to the class. WOIS is one of the tools students utilize to research careers and the related colleges and universities offering training in the programs and degrees of their interest. One student

presented this learning beyond the classroom at the Region 4 Star Events competition, earning silver.

Cindy brought Careers in Education (CIE) to Nathan Hale High School, making it the second school in Seattle to offer this future teachers program. It has grown from the first year with 7 students in three schools to 14 students interning in five schools in the second year. The CIE students have helped to plan field trips to the beach, assisted with all-school fund-raisers and beautified the school by decorating hallway bulletin boards.

She knows that ideas from the past may bring us closer to our students. Cindy conducts "home visits" with about 30% of her students families. They may meet at the local coffee shop, library or home. By keeping the lines of communication open, student achievement has risen. Families appreciate getting to know their child's teacher, and Cindy is able to better understand the needs of

her students.

In addition to being an FCCLA adviser, She is also the adviser for RADD (Raiders Against Destructive Decisions). RADD's main purpose is to prevent destructive decisions like alcohol and drug use in the community. As student Rebecca Endrizzi states, "I can honestly say that without Mrs. Kegley, these clubs would not have been as successful as they [are]". RADD brought awareness of underage drinking during Red Ribbon Week in October of 2009 by involving their football team, cheerleaders and cross-town rivals, Ingraham, in wearing red ribbons as a commitment to not drink or use drugs. KING 5 News heard about the event and televised the story on their 5, 6 and 11 pm newscasts.

As student Rebecca Endrizzi summarizes, "She is an amazing person as well as an amazing teacher, and I am extremely lucky and thankful, that I had her as a teacher, a role model, a club leader, and a friend."



Molly McFadden, Cindy Kegley, and Dawn Boyden