

VIRGINIA ASSOCIATION OF FAMILY AND CONSUMER SCIENCES



Taking it To The Streets Event a Hit at the State Fair of Virginia

Taking Control of Your Health Affects Everybody

Our Message

The State Fair of Virginia is the perfect place to reach a cross section of Virginians, especially our target audience— families. Using AAFCS' *Taking it to the Streets* initiative for this year, our positive message, *Taking Control of Your Health Affects Everybody*, encompassed not only weight loss, but the importance of exercise, maintaining a healthy weight and consuming a healthy diet, which can affect everybody in your life.

Our Method

Four interactive stations were set up around one perimeter of the Arts and Crafts building. VSU FCS students FCS professionals from several disciplines manned the stations. Wearing red tee-shirts with our the FCS logo, we promoted FCS as well. There was something of interest for every age group and each station drew fair attendees in to hear our message.

Station 1: Healthy Living Wheel

Attach health related questions to a spinning wheel and folks just gather around. The questions, designed to be thought provoking, turned out to be a learning opportunity for all with-in earshot. This station, which

Badiyyah Waajid manages the Health Wheel



offered prizes when competing, had a crowd around it all day.

Station 2: Be Fit and Have Fun Doing it!

Collaborating with the Greater Richmond YMCA, who gave out pedometers and day passes to the YMCAs in the capitol city area



was brilliant. Continuous CDs ran videos of Zumba – the hottest new Latin music exercise/dance craze and Weighted Hoop exercises. Many started dancing along with the video proving why the YMCA's Zumba classes are so popular. And special weighted hula hoops were on hand for young and old to try out while watching those music videos. Our FCS student members were terrific at demonstrating and get-



Ann Butler, of Edible Education, along with VSU FCS student gave healthy cooking tips as they demonstrated. The aroma of the veggies cooking drew fair attendees from all over the huge building.

ting folks involved. Charts showing the number of calories various activities burn were on display.

Station 3:

Cook Healthy. Eat Healthy. Be Healthy

This area featured a display of the new USDA MyPlate, where FCS members helped fair goers fix a plate of food, using healthy portion sizes. MyPlate coloring sheets, with the FCS logo, were distributed. Ann Butler, of Edible Education, prepared veggie omelets for sampling.

Station 4 What's Your Number?

This station focused on Body Mass Index, using a BMI machine to help with assessments. Charts showing how easily weight can shift from the normal to overweight and on to obese were displayed. This was where the main message, *Taking Control of Your Health Affects Everybody*, was highlighted. Many stopped to discuss the affects of obesity on the family and community that were shown on display boards. Brochures were developed and distributed, listing FCS professionals as a resource for solving this national problem.

The Results

Twenty-five thousand attended the fair on Sunday, October 2, 2011. The partly cloudy/rainy day drew many inside so our event was even more successful than we'd anticipated. The fact that our stations were inter-active and fun drew people right in. Each area had booklets, hand-outs, coloring sheets and giveaways. Four hundred prizes were given at the Health Wheel. Hundreds of pencils, BMI charts, calendars, pedometers, YMCA day passes and USDA pyramid magnets were distributed. More than 3000 educational items were distributed on the day VAFCS took it to the streets at the State Fair of Virginia to help create healthy and sustainable families!

Our Sponsors & Collaborators

VA Assn. of Family & Consumer Sciences
 YMCA of Greater Richmond
 Edible Education
 VA State Univ. FCS Student Group
 Dick's Sporting Goods
 Staples Office Supplies ~ Aztec Rental
 VA Cooperative Extension
 EFNEP & SNAP Programs
 VA Egg Council
 Virginia Beef Industry Council
 S.E. Dairy Association
 VA Apple Commission ~ Woods' Farms
 State Fair of Virginia
 Various VAFCS Member Donations



From Your President

I'm so excited about the new VAFCS web site (vafcs-aafcs.org). As of this printing, the new site should be up and running and full of terrific information for our members and those interested in becoming members. It's very user friendly and should take you places easily. Please use it often.

We've had lots of members working on this: We've selected topics; rearranged old information; added lots of new information; created a new look with interesting photos, representing our interests; and proofed, proofed, proofed. It's been a huge effort and we know there will probably need a few *tweaks* as we go along, but we're thrilled with the results. Thanks to all who have worked on this, and espe-

2012 Family and Consumer Sciences Day at the Capital February 15, 2012

Plan now to join your fellow FCS Professionals in Richmond on February 15, 2012 for the Family and Consumer Sciences Day at the Capitol. Extension professionals, retired FCS professionals, FCS Students, Teachers, Business professionals and Friends of FCS are encouraged to show our strength and commitment to the FCS profession.

For a very special presentation, the VAFCS Board has voted to announce the Recipient of the 2012 Friend of the Family Award on the steps of the Capitol during our visit. This will be a short ceremony, but the award is one of our highest honors, given to a person who has been in the public policy area on the local, state or national level. We are very pleased to present this award to one of our Virginia State Legislators this year.

By visiting the General Assembly while in session, we will raise Awareness of our profession and publicize our efforts to decrease Obesity in the population with the AAFCS "Taking it to the Streets" initiative.

We can show our legislators that we are instrumental in teaching our youth valuable life lessons in Personal Finance, Nutrition, Leadership and Preparedness for LIFE.

By joining us at the Capitol, Wednesday, February 15th you will earn PDU's. You will witness your legislators in Session, and you participate in honoring one of our family friendly legislators and you will have a great time with your fellow Family and Consumer Sciences professionals. Hope to see you on February 15th in Richmond. (See tentative agenda and registration information in this news-

Invitation to North Carolina Affiliate Annual Meeting

February 24—26, 2012 in Durham, NC at the Millenium Hotel our sister affiliate will be holding their annual meeting. WE all have bee invited. If you would like registration information and schedule just e-mail VA Assocaiton executive Kay Burke at bbkburke@tds.net.

Family and Consumer Sciences Day

Richmond, Virginia ~ February 15, 2012

Sponsored by the

Virginia Association of Family and Consumer Sciences

- 8:15 - 8:30 AM Meet at General Assembly Building –
7th Floor West Conference Room
- 8:30 - 9:30 AM Join *League of Women Voter Virginia Roundtable*
Discussion of current legislation issues
- 9:30 – 11:30 AM Move to House 4th Floor West Conference Room
Meeting to include Continental Breakfast
Virginia Poverty Law Center – Updates on Consumer Legislation-
Speaker TBA
- Health Benefit Exchange/ How Obesity in Population
Affects Future of Healthcare – Updates on Virginia’s
Response, Timetable and Options - Speaker TBA*
- Financial Literacy and the Non-Profit
Debt Resolution Business - Speaker TBA*
- 12:00 - 1:00 PM Attend General Session of each house
*FCS Professionals Introduced to House of
Delegates and the Senate.* Observe proceedings.
- 1:00 PM *Presentation of 2012 VAFCS Friend of the Family Award*
Presentation outside, on the Capitol steps, in front of
the Portico - Legislative recipient will be surprised by the
Award!!!
- 1:15 Walk to Tobacco Company Restaurant for Dutch treat
lunch
- 2:30 PM Legislator Visits with FCS promotional materials and
position papers
- 3:30 PM Travel Safely Home

Registration Fee: \$10.00, to cover Coffee, Tea, Yogurts, Fruit and Breads

Deadline: February 8, 2012

Please make out checks to VAFCS and send to: Kay Burke, 17500 Genito Rd., Amelia, VA 23002

Name _____ Address _____
Cell number (in case plans change) _____

Awards and Recognition Opportunities

VAFCS honors its members in many ways and there are great opportunities to receive recognitions. Nominate yourself or talk to someone you think deserves recognition, encouraging them to submit an award application.

Awards for our professionals are:

- **Virginia Teacher of the Year Award:** This award honors exemplary Family and Consumer Sciences teachers in Virginia who have an outstanding program. Any Family and Consumer Sciences teacher in Virginia who is a current member of AAFCS/VAFCS and has been a member for the last three years may apply. The winner is eligible to be nominated for the American Association of Family and Consumer Sciences Teacher of the Year Award.
- **Outstanding Family and Consumer Sciences Professional Award:** This award recognizes professionals in Extension, Colleges/University or Research, Home and Community Service, or Business, Government and Human Service, for their contributions to VAFCS and/or AAFCS and their accomplishments related to Family and Consumer Sciences.

Awards for students include:

- **Outstanding Graduating College Senior Award:** This award honors up to two outstanding college seniors studying in the areas of FCS and enrolled in a Virginia college or university. Students must be members of AAFCS to be eligible.
- **Outstanding Graduating High School Senior Award:** This award honors up to two outstanding graduating high school seniors, one in the Family Focus Program and one in the Work Focus Program of Family and Consumer Sciences.

Two \$500 scholarships for Graduate students are available:

- **Ida B. Powell graduate Scholarship:** This scholarship honors a graduate student majoring in an area of study in Family and Consumer Sciences at a Virginia college or university. The student must be a member of AAFCS to be eligible.
- **Mary Margaret Berry Scholarship:** This scholarship honors a graduate student majoring in an area of study in Family and Consumer Sciences at a Virginia college or university. Preference is given to a student in an apparel and textiles program.

The prestigious Friend of the Family Award recognizes an individual or organization involved at the local, state, national or international level in the policy-making process whose work over time has made significant contributions that affect the well-being of families.

For information on nominations and applications contact:

Dr. Julia O. Beamish, VP for Recognitions
Department of Apparel, Housing, and Resource Management
240 Wallace Hall; Virginia Tech; Blacksburg, VA 24061
jbeamish@vt.edu, (540) 231-8881

*All other nominations and applications are due
February 15, 2012*

*Awards will be presented at the VAFCS Annual
Meeting March 28-29, 2012 in Roanoke
TOY Award application - due Dec. 1, 2012*

VAFCS Northern Region Fall Professional Day

Submitted by Charleen Deasy

Eighty four enthusiastic Family Consumer Sciences professionals attended the 2011 annual Fall Professional Day held on Thursday October 20, 2011 at the Fairfax Marriott at Fair Oaks. This included 22 college students all majoring in some aspect of FCS; they are the future professionals for our discipline.

This year's theme "Connecting Professionals-Leadership in Action" was highlighted with excellent speakers, with poster displays, with networking time, and with fund raising for registration scholarships to the college students.

Andrea Bechberger, Career & Technical Education Specialist with Prince William County Schools, lead us into the 21st Century with her presentation on FACS Related Careers – "Following the Pathways". The next speaker to offer excellent information on managing the income from these 21st Century careers was Anderson Wozny, Director, Financial Planning, Edelman Financial Services.

A Silent Auction and display viewing time created breaks that also provided networking time as professionals connected with other professionals. The delicious and nutritious dinner menu was planned with options for personal selection.

The after dinner presentation by Judy Ratliff, MSW, LCSW and Candy Spitz, LCSW, ACC of the Fairfax Coalition on the Aging addressed the "Bonus Years". This presentation reinforced the role planning plays at all stages of the life cycle. Personal circumstances change, career paths are re-evaluated and personal choices need to be considered as events beyond one's control evolve.

The meeting concluded with Carolyn Jackson, CFCS Executive Director, AAFCS updating everyone on the new branding initiative for the Family and Consumer Sciences field.

PDU credits were given and follow up electronic sharing of the speakers' presentations has been completed to all who attended.

Annual Meeting to Offer Terrific Array of Speakers, Topics

The VAFCS/VEAFCS annual meeting committee, under the leadership of Program Development VP, Cecilia Glembocki, has arranged an interesting and informative range of topics, appealing to all members, guests and students attending and touching on every interest of family and consumer sciences.

Kicking off the meeting is **The Honorable Diane Strickland**, one of Virginia's first female Circuit Court judges. While on the bench, she developed the Drug Court, an opportunity for first time convicted drug offenders to remain in the community with their families and in the workforce, as long as they appear each week for drug testing. Working with Attorney General, Janet Reno, they took the program to the national level. After retiring, Judge Strickland became credentialed in mediation, which is a cost effective and more controlled environment for settling differences. Both topics are more positive ways of dealing with unfortunate family situations.

Patricia Schweitzer, formerly with Reynolds and now with Hamilton Beach, will take us inside the test kitchen, giving us the lowdown on why certain tests are important, how they are done and how consumers' needs, points of view, and demands help drive the manufacturer's development of products.

Marcia Greenblum, RD, developed this presentation, *Protein: It's What's for Breakfast* after nutrition research showed the importance of eating top quality protein after a night's fast; why protein rich foods satisfy; how they help with weight loss; and how they help with memory, brain development and muscle mass retention, particularly for the young, the elderly, and those dieting.

Olivia Oldaker, noted speaker on tea from the Charlottesville area, will give us the history of tea – it's economic impact and social importance through the ages and in different cultures. She'll build a beautiful story about one of the finer aspects of living and entertaining, as we all enjoy afternoon tea.

Jill Weber, PhD, from Hollins University's Communication Studies Department will show us how we can *Speak with Confidence, Clarity and Charisma*. She'll give us incite into how in this election year, the candidate that wins may be the one who presents himself the best in speeches – it's that important. This is one topic we can all benefit from and won't want to miss.

The Early Morning, Guided Walking Tour of Downtown Roanoke, will show a half dozen amazingly different forms of architecture within a few city blocks. You'll see perfect examples of Art Deco, Gothic, and Tudor to name just a few. This brisk walk will get your day started off just right. Pack your walking shoes.

Senator John Edwards, VAFCS Friend of the Family Award recipient, will fill us in on what transpired in the 2012 General Assembly of interest to Family and Consumer Sciences. His focus has always included legislation that would benefit children, education and families.

Connie Guelich, CEO of Guelich Capitol, presents Lunch & Learn presentations to groups of women, and her *7 Steps to Managing Your Wealth Wisely*, is one of them. It will be a crash course in how we handle our money, particularly hard in this economy. She will be on hand for questioning.

Laura Godfrey's designer silk handbags have been spotted on Rodeo Drive, on the TV show, *Desperate Housewives*, and on the red carpet all over the world. Laura is the founder of *Claire V*, and will give us insight on having a dream; taking that dream into reality; and why it is important to give back along the way to success.

Sarah Wall, M.Ed, MCHES and PhD candidate at the VT Dept. of Human Nutrition, Foods & Exercise will present *Small Steps to Better Health*, the perfect backgrounder for this year's *Taking it to the Streets* initiative. Sarah, an informed and superb speaker, with cutting edge information, will help us understand why small steps can lead to lasting health benefits.

Marilyn Faris-Scholl - Teen pregnancy: We'd rather not talk about it, but it won't go away by burying our heads in the sand. Marilyn's very successful *Virginia Teen Pregnancy Program* could be the answer. How she developed the program, how it works, and the effect it is having is the fascinating story she'll be presenting.

Karen Munden's presentation will help open the doors for us in any part of life we happen to be in. *Dress for What You Want to Become and Look Great Wherever You Go*, will help our student, working, and our retired members, since we can all become more successful by the way we present ourselves.

Beefing Up Family and Consumer Sciences will feature snippets of what we've done this year to promote FCS and our beliefs; how the new FCS brand should help our profession grow; and the recognition of our top FCS professionals with awards. The Luncheon is sponsored by the VA Beef Cattle Industry Board.

After Conference Tours (about 1½ hours) will take us through what was an old cotton warehouse (The Cotton Mill) and a dilapidated old hotel (The Patrick Henry), both now turned into high end condominiums, with gracious and state of the art living spaces in a growing downtown community.

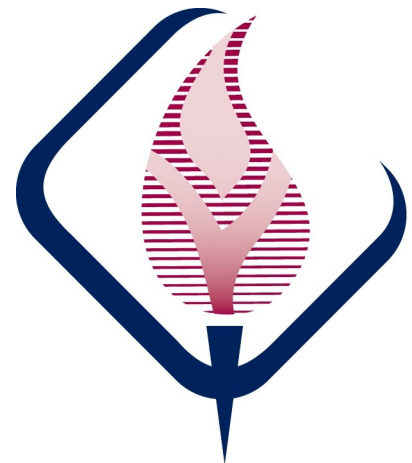
ADVENTURES IN STAIN GLASS

Twenty-five Potomac Home Economists in the Northern Region of the Virginia Family and Consumer Sciences Association were privileged to attend the “Adventures in Stain Glass” presentation by an eleventh year member, June Dickinson. June began her quest in Home Economics in 1957 at the University of Kentucky. She served a Dietetic Internship at the Yale Medical Center and was an ADA Registered Dietitian. She completed her MS degree in Foods and Nutrition in 1960 at the University of Wisconsin. June served as a clinical dietitian in USPHS at the National Institutes of Health and spent 23 years as a Public Health Nutritionist in Prince George’s County, MD. She followed that with six years as Assistant County Nutritionist and seventeen years as Chief of the Nutrition Division.

June always wanted to teach, loves doing things with her hands and began her stain glass classes two years ago. June presented photos of the many stain glass pieces she has made, stating that she “has had more fun learning this new craft!” June showed the equipment and supplies used to produce the 31 Christmas ornaments she made for purchase by the attendees as her donation to the Potomac Home Economists. Orders continue to come! Part of the funds raised will be given to support the post secondary student attendees to the VAFCS Northern Region Fall Professional Day in October.

June is the perfect example of a home economic professional creating and living the transitions that align a person with their values and passions so they live with no regrets. What a wonderful role model for leadership in action!

Janet Phillips, Publicity, Potomac Home Economist



Invest in your Profession – Attend a National Meeting

Mark your calendars now - June 24 – 27, 2012 for the AAFCS annual meeting in Indianapolis. Plan to gather up several friends from our local affiliate and drive there for a cost effective travel experience. The city itself is beautiful, with gorgeous architecture and interesting restaurants. You’ll marvel at all you’ll learn - not only from the astounding number of sessions but especially when connecting with other FCS professionals from around the country.

Highlights from the 2011 AAFCS in Phoenix

- o A dozen Virginia affiliate members attended.
- o In AAFCS Senate Action: See last newsletter for Dr. Rebecca Lovingood’s report.
- o Dr. Bill Gillory, Pres. Innovations International, noted that small acts on behalf of others can make for huge transformations; that your tool box of attitudes, mind-set, beliefs and skills can help drive behaviors and practices; and that life doesn’t offer you make-up exams so accept your losses, learn from them and move on.
- o The American Cleaning Institute was awarded the AAFCS *Friend of the Family Award*.
- o The Minnesota affiliate has reenacted HEIB.
- o 6.7% of FCS teachers nationally, are males (252)
- o Mentoring programs are important for new FCS teachers, since many feel out on a limb in their schools.

Connecting Professionals—Leadership in Action

DON'T MISS OUT ON MEMBERSHIP BENEFITS

Debbie Will, Vice President of Membership

One of the great benefits of your AAFCS/VAFCS membership is timely announcements of issues, Webinars, and other items of interest to members and the profession. If you are not receiving updates by e-mail, be sure to go to www.aafcs.org and update your profile to include your e-mail address.

Another benefit for our newest members is sponsored by the Elementary, Secondary, and Adult Education (ESAE) Community for college juniors or seniors and for first- or second-year teachers. An application form can be found at www.aafcs.org/res/communities/2012_Incentive_application.doc and is due by March 1, 2012. Five college students and five teachers will receive a free one-year AAFCS membership!

VAFCS welcomes the following new and reinstated members since August:

Debra Benoit, Lynchburg
Debra Bontz, McGaheysville
Laura Butcher, Bridgewater (student!)
Michelle Collins, Suffolk
Anne Elkins, Bridgewater
Susan Fraser, Arlington
Cheryl Gould, Henrico
Audrey Lee, Bedford
Bobbie Mandro, Woodbridge
Jessica McClean, Harrisonburg (student!)
Janet McMillan, Roanoke
Sondra Snidow, Glen Allen
Debbie Speilman, Lovingston
Pat Stello, Fredericksburg

March 2012 Annual Meeting Will be One to Remember

You won't want to miss this year's annual meeting, to be held on March 28 – 29, in Roanoke. It's a changing venue, with two beautiful and comfortable locations and loads of top notch speakers and fun events. The planning committee has worked hard to present some cutting edge topics that will span the generations and be of interest to our active members, students and retirees alike.

Possibilities in Family and Consumer Science; Remembering the Past While Celebrating our Future is to be a reunion meeting, and we encourage all past members from both VAFCS and VEAFCs to attend. Go onto our new website, aafcs-vafcs.org and download the meeting flyer to share with your friends or copy the one enclosed in this publication. February 5th is the deadline for early bird registration, so don't delay.

Check your Junk Mail for Listserve Detour

Most of us with email addresses are on the VAFCS listserv – a wonderful way of getting important information out to members since it is instant and free. Unfortunately, some of us have these messages go directly into our junk mail – a no man's land for unimportant items. If you have an email address and have *not* been getting VAFCS messages go to your junk mail folder and scroll down the list. If you see VAFCS messages, that's where they are going. Since all computers are different, we can't tell you how to correct it, but there may be a way. You may have to ask someone who knows your computer how to change it (your child or grand child, probably) so important association information isn't diverted.

Help us find past members. We'll be pouring through past member lists, but ask you to contact our meeting planning team, headed by VP for Program Development, Cecilia Glembocki at vir-gniaegg@cox.net or 703 790 1984 with contact information for past members and FCS professionals.

CONNECTING PROFESSIONALS. TOUCHING LIVES.

The Shadow Knows – A New VAFCS Program

We all do some pretty terrific things in FCS. Some grand, some routine, but basically we're in the business of reaching out to people in our communities with our messages that *Create Healthy and Sustainable Families* (by-line on the new FCS brand).

The Shadow Knows, a take on the old radio program of the fifties, will offer our students the chance to shadow us when we do some of our events. They'll learn the challenges and feel the excitement as we share our science based knowledge. It'll give them a better understanding of what we do and how we do it.

It's still in the ironing out stages, but it basically means we contact one of our colleges or high schools when we have something special coming up, and invite a student to join us as we do what we do. In the next few months we'll be arranging contacts at the different FCS college programs that can connect us with interested young people. Extra credit may be an option for them which makes it even more attractive. Contact Mary Rapoport with your ideas for this wonderful mentoring program.

Wanted: Your Program Photos or Videos

Most of us use digital cameras now and find ourselves recording what we do in photos and videos. If you have any special shots and footage you'd like to share, such as interesting projects you're doing with your students or with other FCS professionals, send them on to Mary Rapoport, eggsrgr8@rev.net. We're hoping to get enough to put together a year in review and highlight it at our annual meeting. Please send them on by February 29th. It'll be fun to how we all are touching lives!

Help Us Update Our VAFCS

Listserve

VAFCS members who have email should be getting email messages through our VAFCS listserve. If you are *not* getting email messages from us, or have just recently acquired email or changed your email address, please contact Kay Burke at bbkburke@tds.net.

This is the official publication of the Virginia Association of Family & Consumer Sciences.

Thank you to the members who contributed to this issue.

The newsletter is published three times annually. Submission of articles is appreciated and welcomed by the VAFCS Board of Directors and the Executive Director. Deadlines are August 15th, December 15th and May 15th. Send articles to Kay Burke at bbkburke@tds.net.

AAFCS is the only professional association that provides leadership and support to Family and Consumer Sciences students and professionals from both multiple practice settings and content areas.



Upcoming Events:

February 15, 2012
Capitol Day, Richmond

March 28 - 29, 2012
VAFCS/VEAFCS Annual Meeting, Roanoke

June 24 - 27, 2012
AAFCS Annual meeting
Indianapolis, Indiana

