MAKING CONNECTIONS

In my many years as a member of AAFCS/VAFCS and as an FCS professional, I have valued the many connections I have made. As a college student, I was in awe of the professionals I met while attending regional and state VAFCS meetings. These professionals were state officers, advisors to the other student unit groups, keynote or workshop speakers, or people who stepped up to mentor the next generation of leaders.

As a new professional, those same VAFCS leaders continued to serve as mentors and provided many ideas and suggestions to this beginning teacher. In the years since, the networking opportunities, professional development, and friendships made have remained invaluable as I continued my journey in the Family & Consumer Sciences profession.

How do we connect today? Just look at our students and you will find them on Facebook, Twitter, Pinterest, and all other varieties of wireless communication tools as they "connect" with friends - both old and new. This is the generation who can type with their thumbs faster than many of us can navigate a key-

Debbie Will, President

September 2012

Special points of interest:
- Beverly Card will be on the AAFCS ballot as president-elect.
- Joanne Pearson serves as Vice President for the Americas at IFHE.
- “Taking it to the Streets” takes a new direction.
- Tommie Lou Hunter, long-time member, passes away.

Inside this issue:
2012 AAFCS Annual Conference & Expo
VSU Students “Taking it to the Streets” in Ghana
2012 IFHE Conference in Australia
VAFCS Regional News
Taste of Reston
2013 VAFCS Annual Meeting
Fall 2012 Professional Development

New Leadership Academy to be Launched in 2013

An exciting opportunity will be available next summer for our newest members and our more experienced members to connect for the purpose of building leadership potential. The 2013 Leadership Academy will meet on June 25-26 in Houston, prior to the AAFCS Annual Conference. New professionals with a BS degree or greater and up to 5 years membership in AAFCS must apply by October 1, 2012 and 15 candidates will be selected. Academy participants will be matched with two AAFCS members who have been active in various aspects of leadership within AAFCS at the national and/or state level. One mentor will have been a member for 5-10 years and the other will have been a member for more than 10 years. Mentors must apply by December 1, 2012. Talk about making connections!

More information on this amazing opportunity can be found at aafcs.org - click on Featured Events and then click on NEW! 2013 Leadership Academy.
President’s Message, cont.

“Connection” can be defined as: something that connects, joins, or relates—a link or bond; a relationship or association; and (often plural) an acquaintance, especially one who is influential or has prestige.

board. This new style of connecting means quick, almost "sound bite", responses to an invisible person through a screen (unless, of course, you are on Skype or OoVoo).

"Connection" can be defined as: something that connects, joins, or relates—a link or bond; a relationship or association; and (often plural) an acquaintance, especially one who is influential or has prestige. Technology is a blessing—it has enabled us to "connect" with long-lost friends, share comments and ideas quickly with others, and expand our circle of friends and colleagues. However, let’s not forget the value of relationship as part of that connection. Face-to-face interactions among FCS professionals and students preparing to enter the field enrich the connections that we make electronically. Being together strengthens that sense of family that we have as professionals and strengthens FCS as a profession.

Your VAFCS board will be working hard this year to make connections with each of you. You can be part of that by attending the Northern Region Professional Development Meeting in October, gathering other FCS professionals in your region together for coffee and a chance to talk, or organizing a local "Taking it to the Streets" event with other FCS professionals in your area. Making connections is what it’s all about...we look forward to seeing you!

"Connecting Professionals: Leadership in Action" ...

...was the theme for the 103rd AAFCS Annual Conference & Expo June 24-27, 2012 in Indianapolis. Nineteen FCS professionals from Virginia were registered for this dynamic and informative conference. Our own Beverly Card, CFCS served as Director-at-Large and was announced during the Senate’s business meeting as candidate for president-elect in 2013.

After last year’s full Senate meeting, complete with the approval of two resolutions, a bylaws amendment, and the creation of the new Associate Member category, this year’s Senate proved to be much more low-key. Debbie Will and Sylvia Mullen served as Senators and voted to approve a number of bylaws changes. Nothing in the proposed revisions to the AAFCS bylaws did anything drastic in terms of the structure or management of the association. Rather, these changes were made for consistency and clarity, in some cases moving items to different articles or sections, or correcting terminology to match current practice.

AAFCS ended the year with 5,125 members, a decrease of 5.4% from the previous year. While there was a membership decline, it was not as great as in years past. The Virtual Professional Development (Webinar) program saw an increase of 47% in revenue and 29% in individual participation over last year. The Annual Giving Campaign exceeded its planned goal of $28,000 by $6,280. The Distinguished Service Award Campaign exceeded its planned goal of $30,000 by $5,910. Overall, AAFCS ended the previous year on a reasonably strong note.

Executive Director, Carolyn Jackson (l) with Bev Card, AAFCS Director-at-Large
FCS Students, Taking it to the Streets...and Villages, of West Africa

In summer 2012, Virginia State University (VSU) Family and Consumer Sciences (FCS) students spent two weeks engaged in a service learning project designed to help build vibrant communities for families and children in Ghana, West Africa.

Imagine it! A former homeless street-child dedicated to doing anything for the beloved village orphanage and school he founded. A former special education teacher who founded a special needs school with vocational training. A humorous athlete who uses sports to advocate for young mothers, helping them learn to batik fabrics—an ancient West African art form, to sustain their families; also helping the founder of a 6-room village school to build his structure one brick at a time. The VSU students had the opportunity to work with these fascinating individuals during this two-week stay in the country of Ghana.

Compared with a typical summer for students, this international experience was as challenging as it was exciting! Five FCS students were selected from many applicants for a $5,000 Ghana Travel Abroad Project (GTAP) scholarship, as part of a five-week summer session. Alice Joyner, FCS department chair at VSU, was instrumental in securing scholarship funding for this creative summer experience. Badiyyah Waajid, GTAP coordinator and course instructor, facilitated service learning activities in Ghana. Students were enrolled in two courses: early childhood administration and global studies—including 20 clock hours of service in Ghanaian communities. This effort generated over $2,000 in Ghana Cedis (currency) for the programs. It wasn’t all work, however! Weekends were dedicated to excursions and activities such as relaxing on Biriwa Beach, a canopy walk through the luscious rain forest, feeding crocodiles, learning African drumming and dancing, and exploring ancient historical sites that programs. It wasn’t all work, however! Weekends were dedicated to excursions and activities such as relaxing on Biriwa Beach, a canopy walk through the luscious rain forest, feeding crocodiles, learning African drumming and dancing, and exploring ancient historical sites that programs.

SAVE the DATE
Northern Region Fall Professional Meeting
THURSDAY, OCTOBER 18, 2012
3:30 Registration – Speakers & Dinner
Fairfax Marriott at Fair Oaks (same place as last year)
Early registration deadline – October 1, 2012

“Embracing and Managing Change” –
Leadership in Action
Where will YOU be on April 19-20, 2013?
Well, if you mark your calendars now, we hope you will be with the rest of your FCS friends and colleagues at the VAFCS Annual Meeting in Richmond. An exciting and relevant conference is being planned and we want you to be there! More information will be coming through the newsletter, the website, and the listserv.

Daisy Stewart Cartwright, associate professor in the School of Education in the College of Liberal Arts and Human Sciences, has been conferred the “associate professor emerita” title by the Virginia Tech Board of Visitors. Daisy is now retired and living in Holiday Island, AR. Congratulations, Daisy!

Report from IFHE Congress in Melbourne, Australia

The International Federation for Home Economics XXII World Congress was held in Melbourne, Australia from July 16-21, 2012. The theme of the Congress was “Global Creativity and innovation: Developing Capacities for Sustainable Futures”. There were more than 750 professionals from all over the world in attendance.

Joanne Pearson served as the VAFCS delegate to the IFHE Council Meeting. Council, where the “business decisions” of the Federation take place, was held on July 16 and July 20, 2012. Key votes enacted during the meeting included the approval of the IFHE Resolution 2012 “Global Wellbeing”, and approval of the IFHE Budgets for 2013 and 2014. New officers for the Federation are Carol Warren (Australia) – President for 2012-2016, VP Europe – Gerda Casimir (Netherlands), VP Pacific – Tony Worsley (Australia), and Member Representative Americas – Audrey Drayton (Barbados).

In addition to serving as voting delegate, Joanne’s duties as Vice President for the Americas included presenting a report of activities within the Americas during the last two years, reporting from the Project Assessment Committee, and chairing the Region of Americas Business Meeting.

Virginia was well represented at IFHE Congress by Julia Beamish, Beverly Card, Patti Fisher, Irene Leech, Peggy Meszaros, and Joanne Pearson. Julia, Patti, and Peggy each presented research papers in concurrent sessions. In addition to submitting abstracts of papers, which were refereed in order to be selected to present the paper at Congress, it was possible to submit full papers for possible

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Joanne Pearson, 4th from left at the IFHE Congress
The Northern Region has an exciting professional development meeting planned for Thursday October 18, 2012 at the Fairfax Marriott at Fair Oaks. Please see the related article and the registration brochure in this newsletter.

A great big “thank you” goes out to Alice Joyner for volunteering to coordinate a get-together for the Southeastern Region, LuAnn Bender for expressing interest in coordinating a regional gathering in the Harrisonburg area, and Mary Rapoport for agreeing to help with gatherings in the Southwest area.

Contact Gloria Harmon at gloriaharmon@msn.com if you are interested in meeting with any of the areas mentioned above or if you would like to organize your own regional get-together for FCS professionals in your area.

Regional News

The Northern Region has an exciting professional development meeting planned for Thursday October 18, 2012 at the Fairfax Marriott at Fair Oaks. Please see the related article and the registration brochure in this newsletter.

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2014, IFHE has started a related campaign entitled “Empowering Families, Individuals and Communities through Home Economics”. Watch for details on how all Family and Consumer Scientists in Virginia can be a part of this two-year campaign leading to 2014 and the IYF 20th Anniversary celebration. To see a full description of the IYF campaign and the IFHE Resolution passed at Council go to the IFHE webpage at www.ifhe.org.

Publication in the International Journal of Home Economics. Five papers, of the more than 60 papers submitted, were selected as the “Best Peer Reviewed Congress Papers”. One of the five papers receiving this award was submitted by Patti Fisher (Virginia Tech) and Sophia Anong (University of Georgia) entitled “Health Status and Household Saving Behavior”.

In recognition of the 20th Anniversary of the United Nations International Year of the Family (IYF) which will take place in 2014, IFHE has started a related campaign entitled “Empowering Families, Individuals and Communities through Home Economics”. Watch for details on how all Family and Consumer Scientists in Virginia can be a part of this two-year campaign leading to 2014 and the IYF 20th Anniversary celebration. To see a full description of the IYF campaign and the IFHE Resolution passed at Council go to the IFHE webpage at www.ifhe.org.

Now that the General Assembly has concluded, I just want to take a moment and say an official “Thank you” to VAFCS for the prestigious “Friend of the Family” award this year. It is humbling and very rewarding. Your “Day on the Hill” was a great success—I believe all of the hard work you each put into it paid off very well.

We managed to keep working on childhood obesity issues this year and helped obtain health insurance coverage for legal immigrants in Virginia for their first five years during the 2012 legislative session, so your kind award has helped us keep focused on helping Virginia families.

Please know that I really appreciate this award and will keep working for families of Virginia. I am certain that you all will continue doing your good work in the future as well. Please let me know what I can do to help VAFCS in the future.

(Letter received from Dr. John M. O’Bannon, Virginia House of Delegates)
“Taking it to the Streets” Arrived on President’s Street for the 22nd Annual Taste of Reston

On June 15 - 16, 2012 the Northern Region of VAFCS, in conjunction with the Fairfax YMCA in Reston, provided an interactive family nutrition activity patterned on the "Taking it to the Streets" model used in October 2011 at the State Fair of Virginia. Educational information was shared linking foods and nutrition with physical activity - tying the two together for combating obesity. Located in the Family Fun Zone, the activity included the "Healthy Living Wheel", the Reston Regional Library and readings by local children’s book authors, and a foods demonstration on the "Family Stage." FCS professionals of Northern Virginia working together included: the Virginia Egg Council, Virginia Beef Industry Council, Virginia Cooperative Extension, and secondary classroom teachers. The Virginia Farm Bureau traveled from Richmond to document the event. The 22nd annual Taste of Reston’s Family Fun Zone! was a HUGE success! Nearly 30 restaurants lined the streets of Reston Town Center, making the event Virginia’s largest outdoor food festival. Taste of Reston was recently voted Northern Virginia’s Best Food Festival by Virginia Living magazine.

The Northern Region, VAFCS is already making plans for the Taste of Reston in 2013. Stay tuned for details!

"Taking it to the Streets" ...

...has a new theme starting this year - "The Impact of the Economy on Families: Strategies and Solutions". The very popular obesity prevention initiative was moved to a Community, therefore, it’s time for our grass-roots educational efforts to take on a new focus. With so many Americans feeling the impacts of layoffs along with increasing costs of food, housing, medical care, and just about everything else, this is a timely topic and FCS professionals are uniquely placed to provide information and insights to families. Please be on the lookout for events in your community where VAFCS could play a role and share this information with the board.
The Secret of Life is Enjoying the Passing of Time ~ James Taylor

Meszaros, Professor of Human Development at Virginia Tech.

Plan now to attend a fabulous professional development meeting and networking opportunity - bring a colleague along!

"Family Wellness in the Digital Age" is the theme for our 2013 VAFCS/VEAFCS Annual Meeting April 19-20, 2013. You will enjoy your stay at the Marriott Richmond West, located in the heart of the Innsbrook Office Park in Glen Allen, Virginia. You must register no later than March 23, 2013 to receive conference rates - registration details will be coming soon. Please consider contributing an item for the Silent Auction!

The first day of the conference will begin with lunch on your own in Richmond. Our hotel is located a short drive from the Short Pump Town Center. To find out about local events and nearby restaurants visit: http://www.visitrichmondva.com/things-to-do/.

Association meetings will be held at separate times on Friday afternoon so that you may attend your professional association meeting and concurrent sessions offered during other business meeting times. Friday’s opening dinner keynote speaker will kick off our meeting theme. The program on Saturday morning will include concurrent sessions and conclude with our luncheon keynote speaker, Dr. Peggy This year our theme is “The Secret of Life.” Our first meeting was held September 5, 2012 at the First Christian Church in Falls Church, Virginia.

Please contact Geri Banko, CFCS, MAFCS Education: PHE Publicity Chair at 301-221-4652 or gbanko@comcast.net for more information.

Professionalism, Connecting, and PDU’s

The VAFCS Northern Region invites you to the Fall Professional Meeting on Thursday October 18, 2012. “Embracing and Managing Change” – Leadership in Action is not only the theme of our program but the founding principle of the FCS profession.

FCS has never been afraid of dealing with the hard issues facing families. Our featured speaker, Marilyn Faris-Scholl, FCS Supervisor, Arlington County Public Schools, is helping families find their best solutions. Her topic “Making a Positive Difference When Working with Sexually Active Students” is an ongoing program!

Are you confused about all the changes in nutrition - from the Basic 7, to the Basic 4, to a pyramid, to the new MyPlate? Plus, new research and EVERYTHING else! Katie Strong, MS, RD, FCS Agent, Virginia Cooperative Extension, will educate everyone with “The Latest Nutrition Information from VCE and USDA.”

If you live beyond the Northern Virginia hub, the Fairfax Marriott at Fair Oaks is easy to get to. The conference site is conveniently located just off Interstate 66 at the Fair Oaks Mall. For more information contact Mildred Arnold at 703-385-8958 or Charleen Deasy at charleen.deasy@verizon.net.

The PHE is a group of primarily retired FCS professionals. PHE is an AAFCS Partners in Home and Community group. We welcome members from the Metropolitan Washington, DC area and from all professional areas of Family & Consumer Sciences. The group generally meets on the first Wednesday of the month for informational meetings.

Do you want to know if your identity is really safe? Do you like to tour gardens and have tea? Do you want to get a discount and taste different ways to combine olive oil and vinegar? These are a few of the meetings planned by the Poto- mac Home Economists (PHE) for this fall.

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In memory...

Tommie Lou Hunter, a retired District Home Economics Program Leader for Virginia Cooperative Extension, died September 4, 2012 at age 85. Tommie Lou arrived in Virginia in 1968 from Oklahoma and worked until her retirement at the Northern District office. She continued her AAFCS/VAFCS membership until her death.

She mentored Extension staff by providing opportunities for growth and development. Many of the extension home economists in the district as well as other staff moved on to other positions because of Tommie Lou’s “quiet pushing” to obtain Master’s and Doctoral degrees and then move into other positions of leadership both at the district and staff levels as well as in professional organizations. She was one of the founders of the Northern Virginia 4-H Educational Center.

Tommie Lou was a driving force behind the Page County/Luray Habitat for Humanity and the many homes that were built during her involvement. She loved her church and the people that were a part of it. She and her traveling partner and friend, Bea Kalka, enjoyed traveling and also their place outside of Luray, Hunk-a-rock. In her younger days, she also had her own private plane and enjoyed flying.

She was a quiet person who was more interested in everyone else than in herself and until the end never lost her desire to know “what you were doing.” She made a difference in this life by her support of all those she came in contact with and was always delighted with other people’s success.

She is survived by her brother, sister, and nieces. Memorial contributions may be made in her name to one of the following: Page County Habitat for Humanity, Box 613, Luray, VA 22835 or Big Spring Mennonite Church Compassion Fund, 2545 Mims Drive, Luray, VA 22835