Family Wellness in the Digital Age – A Fabulous Annual Meeting!

The Annual VAFCS/VEAFCS Conference began on Friday, April 19, 2013 with luncheon keynote speaker Duane Slyder from The Farm Table. He opened the conference with a presentation entitled “Local Foods in an Urban Setting” which described how families can receive fresh produce from local farmers delivered to their doorsteps. As we enjoyed our Miller & Rhoads Tea Room-inspired lunch, Mary Rapoport dazzled the audience and brought to life the charm of the tearoom with her visual interpretation on its history during the mid to late 1950’s.

The concurrent sessions began with enlightening presentations on fashion from couture designer Michael Taylor of MT Design School and caring for heirloom textiles from Colleen Callahan, a local textile historian and curator. Sarah Baughman, eXtension Evaluation & Research Leader got everyone interested in learning about new technology and gadgets with her “Going Social” presentation of some of the most popular social media tools. Attendees also were able to join a session by FCS Extension Agents Karen Munden and Twandra Lomax-Brown on “Partnerships and Networking for Success”.

The evening ended with dinner sponsored by the Virginia Beef Industry Council and a keynote speech delivered by the Honorable John O’Bannon, III. He spoke on being knowledgeable of the government and becoming involved in the process to ensure the well-being of families.

Delegate O’Bannon with members Debbie Will, Jane Henderson, Lauren Giannotti, Mary Rapoport and Charleen Deasy.

Student Table Talk Presentations.

Upcoming Events

June 26-29, 2013 AAFCS Annual Meeting, Houston, TX.

October 17, 2013, Northern Region VAFCS meeting, Fair Oaks Marriott, Fairfax, VA.

March 2014, VAFCS Annual Meeting, Virginia Beach, VA. Hold week of March 17th.
Many thanks to everyone who contributed to the planning of our Annual Meeting and to our sponsors and donors:

Conference highlights included poster and roundtable sessions presented by students representing Bridgewater College, Liberty University and Virginia State University. A first-time student service project brought in over 1300 items for homeless services provided by The Daily Planet in Richmond. Our annual Silent Auction raised over $1,000 for scholarships.

On the last day of the conference we heard from luncheon keynote, Dr. Peggy Meszaros, William E. Lavery Professor of Human Development and Director of the Center for Information Technology Impacts on Children, Youth and Families, Virginia Tech. She delivered a compelling presentation on the work of Ellen Swallow Richards focusing on aspects of family health and how some of the same issues are prevalent in today’s world. Dr. Meszaros left us to answer the questions of today with “what would Ellen Richards do?” Guests enjoyed an Italian menu, sponsored by US Foods.

Potomac Home Economists

Please join the Potomac Home Economists for our First Wednesday of the Month meetings at 10:30 AM - for locations, metropolitan area, contact Geri Banko, PHE Publicity Chair, MAFCS Education Chair at gbanko@comcast.net or 301-221-4652.

We support the objectives of the American Association of Family and Consumer Sciences, promote professionalism, and encourage development and trends in home economics. PHE is a partner in home and community organization of AAFCS.

“The Quilts of Time” was our topic on Wednesday May 6th. Georgia Meadows spoke to the group about “The 19th Century Art of Mourning” on June 5th.

There are no meetings over the summer but there will be program planning by the officers for the 2013-2014 year. Programs are varied and tied to the FCS field, which is wide and varied. Meetings resume in September with the first meeting being the annual luncheon combined with the Fairfax group. Bev Card, president –elect AAFCS, will be the speaker. Bev will speak on her international experiences, especially in Vietnam.

All degreed FCS professionals are welcome to stay up-to-date with information in the field. Membership represents all career fields with many retired FACS secondary teachers as members.
President's Message
Debbie Will
VAFCS President 2012-13

"Two roads diverged in a wood, and I-
I took the one less traveled by.
And that has made all the difference."

Robert Frost wrote "The Road Not Taken" in 1915 and it has long been one of my favorite poems. As I moved through my year as your VAFCS president, I often thought of what I call the road less taken in terms of leadership in the association. Only one person can serve at a time as your president or in any elected officer position, and to do that you often have to be willing to follow a path that you may not have gone down before.

When that call comes from the Nominating Committee asking to have your name placed on the ballot for a position, it is often easy to say "no, I'm too busy" or "no, I could never do that". In my many years of membership and involvement in VAFCS/AAFCS, I have found that it's a team effort and you are never alone on that road. At the same time, it's a terrific journey! We had a vibrant and active association this year, and it was due to the efforts of your board and of all of you - the members.

The role of president can sometimes feel intimidating to those asked to run for the office. I have learned so much about the association this year and have met some amazing new people, and I didn't do the work alone. One change that we've made in our bylaws creates a Leadership Committee to include the president, the president-elect, and the past-president. These officers have functioned in this capacity in the past but we've now made it an official committee - a side benefit will be the team-effort and a support group for the president in doing the work of the association.

"Two roads diverged in a yellow wood...
When that call comes with an invitation to leadership in VAFCS, which road will you take? I would invite you to take the road less traveled and say "yes" to serving. Better yet don't wait for the call but go ahead and volunteer. You won't regret it!
Shake Hands with the Future

The VAFCS Northern Region invites you to Fall Professional Day on Thursday, October 17, 2013.

"Global Gateway to Healthy & Sustainable Families" is not only our theme but reflects an ongoing commitment of your Northern Region. In 2013 we went beyond by funding students to the Northern Region Fall Professional Day. Six new/future professionals attended the VAFCS Annual Meeting in the spring with Northern Region funded scholarships. They say it best:

"This is an experience of a lifetime meeting new people and making connections for my future."

"I had the opportunity to attend the northern professional meeting as well as present a research project at the state conference. With people believing in the upcoming generation and putting faith in new professionals, I was able to develop my family and consumer science knowledge beyond the classroom."

Not only are we concerned with Healthy and Sustainable Families but as professionals we are supporting our future leaders.

Our 2013 speakers are known for their dynamic presentations reflecting their classroom experiences.

Look to the future with Beverly Card, CFCS, AAFCS president-elect speaking on her international experiences. And, "Are We Too Clean?" Nancy L. Bock, American Cleaning Institute, Senior Vice President of Programs and Education always has the latest information.

Reconnect with your "professional family", participate in networking opportunities, visit educational displays, make connections with students, and do much more, including earning the all-important PDU's.

If you live beyond the metropolitan Northern Virginia hub, we are 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.

Meet Jacqueline Snee, chair of the Social Media committee. Yes, VAFCS has a Facebook presence. Those of you on Facebook may login and search Virginia Association of Family & Consumer Sciences. Like the page and the news will be added to your feed as new items are added. Jacqueline is also working with a student committee as this is a collaborative effort across the generations. The teamwork is phenomenal. For our VAFCS Facebook page go to: https://www.facebook.com/VAFCS and “like” the page; check it out yourself and tell a friend.
VAFCS Members Receive 2013 Awards

VAFCS has so many outstanding FCS professional and student members, and it was our privilege to honor several at the 2013 Annual Meeting.

Two Teacher of the Year awards were given this year. Debra Bontz from Massanutten Technical Center in Harrisonburg received the award in December 2012 and her application was forwarded to AAFCS in January in order to be considered for the 2013 national competition.

Sylvia Mullen, Richmond Technical Center was nominated for the second award, which was presented at the VAFCS Annual Meeting in April. Her nomination will move forward for submission to the AAFCS 2014 competition. Making two awards this year puts the organization on track to make the Teacher of the Year award in the spring and continue to prepare the nomination packet for submission the following January.

The recipient of the Outstanding Family and Consumer Sciences Professional award was Charleen Deasy, recognized for her volunteer efforts to VAFCS through Home and Community Service. Charleen has directed professional development efforts for the Northern Region for a number of years, and served as chair of the VAFCS Nominating Committee this past year.

The Outstanding Graduating High School Senior Award was presented to Jennifer Alviar in the Comprehensive category and Anna Martinez in the Occupational category. Jennifer just completed a year as Virginia FCCLA state president and is graduating from Salem High School, Virginia Beach. Anna is a member of the Future Educators’ Association and is graduating from Mount Vernon High School in Fairfax County.

Our Outstanding Graduating College Senior Award was presented to Kori Matteson from Midlothian, an FCS Education major at Bridgewater College.

The Mary Margaret Barry Scholarship was presented to Soak Wai Wong, Virginia Tech. Soak Wai has completed course work for her Ph.D. program and is now working on the proposal for here dissertation research.

Help for Undergraduate and Graduate Students (HUGS)

HUGS is a wonderful AAFCS program to sponsor a university student, majoring in an FCS field of study with membership. At the VAFCS Annual Meeting in Richmond, Debbie Will and Mary Rapoport both encouraged members to step up and get involved. The students are the future of our field and we need to mentor these students in all ways possible for the field to survive. Charleen Deasy was asked to coordinate this effort.

It will be necessary to develop a database of VAFCS members who would like to sponsor a student – either full support at $60.00 for a student membership or partial so student has a buy-in with providing a percentage, say half, of the cost. This would have to be worked out on an individual basis. Here is our initial plan.

If you, as a member, wish to sponsor a student and do not have a student to work directly with, please send your name, including full contact information, to charleen.deasy@verizon.net.

College faculty members, if you know of students who are interested in joining AAFCS and would benefit from HUGS please send Charleen the name and contact information of the student.

Charleen will keep track of all requests and will reply promptly in order that a match can be made.

The HUGS application involves input from both the member and the new student member so this cannot be done without a connection being made.

If you attended the 2013 VAFCS Annual Meeting you should have an application – it was printed on yellow paper. Also, it is easy to download from the AAFCS website as well. www.aafcs.org and simply put “HUGS” in the search box to go directly to the application.

It would be wonderful to get all our FCS university students involved with AAFCS – the benefits are numerous. VAFCS is expanding the student unit organization as well and the VAFCS Facebook presence is improving everyday with Jacqueline Snee chairing that. Jacqueline is also working with a student committee as this is a collaborative effort across the generations.

Early involvement with association work is key to continued involvement. It is also the world of networking for these young professionals. They are the future of the field and we need to maintain an ongoing interest in both the students and in the profession in all ways. Opportunities are there but only if they are nurtured.

Please give consideration to getting involved with AAFCS HUGS. This will be a small commitment on your part but a major benefit to an FCS college student. These talented young people are the FCS future.
**Students Shadow on the TV News Set**

Several VAFCS student members from Bridgewater College have spent the past year and a half shadowing VAFCS member, Mary Rapoport, while doing TV presentations on WHSV, the local ABC station in Harrisonburg. After many e-mails, and careful hands-on training, Jenna Gnann got her chance to be under the bright lights. On air, she prepared *Migas*, a delicious Spanish concoction of eggs, salsa, cheese and corn chips, which host, Tom Dempsy and the WHSV newsroom promptly devoured.

To get a message across in three minutes is no easy task, but using skills learned in her FCS curriculum, and tips gleaned from shadowing Mary, she came through with flying colors. Move over Giada, Paula, and Rachel … here comes Jenna!

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**Passing of long time member Susan Zajac**

It is with great sadness that the Northern Region VAFCS shares the news that Susan Zajac died on June 7, 2013 after a short illness. The family continues to work details for local services and interment with her late husband at the National Cemetery at Quantico, VA.

Susan was a long time member of the Potomac Home Economists (PHE) which is a Partner in Home and Community organization of AAFC. She faithfully attended local, state and national meetings as a committed FCS professional. Susan wanted PHE to update the name to reflect FCS however, the membership preferred to wait until the majority of the membership had degrees which read “FCS” rather than “Home Economics. In time there will be that change.

Susan was a retired Arlington County classroom teacher who volunteered with numerous local organizations. She was an active member of the Arlington Retired Teachers organization. Her service on the VCE ELC for the county was long term and valuable to the county. Local and state 4-H councils also benefited from her expertise. Susan was a board member of the Northern Virginia 4-H Center at Front Royal, VA. Locally she often helped Jennifer Abel, FCS Agent with the Kids Market Place and Reality Store. The Arlington County VCE will miss Susan as will the community.
VAFCS STUDENT UNIT: MAKING A DIFFERENCE

At the 2013 Annual Meeting, more than 20 Family and Consumer Sciences college students in attendance were responsible for making life a bit more tolerable for some Richmond Metropolitan Area citizens. This year’s student project was focused on making a difference for the homeless population by inviting meeting attendees to join them in collecting toiletries and sundries to be presented at our Saturday luncheon to Ms. Olivia Gardner, AmeriCorps representative for the Daily Planet, a provider of health services to those experiencing homelessness in the area. Some 1312 items - assorted soaps, shampoos, lotions, hand sanitizers, tooth brushes, tooth paste, socks, bottled water and other items - were wheeled into the luncheon and proudly presented by three VAFCS student representatives selected at the student session the day before by their peers.

The energy-filled Friday student session was focused on students becoming acquainted with one another, counting and categorizing the donated items, and selecting a representative from each college to present the donated items at Saturday’s luncheon. In addition, the students had an opportunity to work with Jacqueline Snee on the VAFCS board’s new Facebook project. College representatives selected by their peers to serve on a coordinating committee next year included Allison Owens, Bridgewater College; Blair Bennett, Liberty University; and Ciera Johnson, Virginia State University.

This 2013 student project was such a success that it will be repeated next year at the 2014 Annual Meeting in Virginia Beach! We may all support this effort by beginning to collect toiletries and other items for individuals in our society who find themselves moving about life without a place to call home, often seen carrying all they have in a bag, grocery cart or backpack.
VAFCS Officers for 2013-2014

The Nominating Committee wishes to thank those members who graciously agreed to serve as affiliate officers for the next year. Yes, it takes a time commitment but it is a rewarding experience for the individual and it is likewise important for a vibrant association. As the Virginia Affiliate grows and takes on new projects such as the AAFCS “Taking It To The Streets” initiative, it is important to consider accepting that phone call to be an officer. Even better, volunteer to be an officer.

Congratulations to the 2013-2014 VAFCS officers (listed on the right). Joining them will be the following Nominating Committee – Irene Leech, Alice Joyner, Cristen Sprenger, Linda Spruill, and Jessica McClean for 2013-2014. Thank you for your leadership and your time.

Thank you, as well, to all VAFCS members who voted. For the first time, we used an online voting system along with the mail-in ballot. It is important for all the members to work with the leadership team. The next 100 years of Family and Consumer Sciences is the responsibility of all so that the discipline may grow and flourish as it provides research-based information to strengthen families across the Commonwealth. This is accomplished through various career paths but for the benefit of all residents across the age spectrum.