“Family Wellness in the Digital Age” is the theme for our 2013 VAFCS and VEAFC Annual Meeting, April 19-20, 2013. The conference will be held at the Marriott Richmond West located in the heart of the Innsbrook Office Park, with convenient access to shopping and local amenities. Plan to see Historic Richmond, enjoy our treasures at the Virginia Museum of Fine Arts, visit the Lewis Ginter Botanical Gardens, or attend the Southern Region Women’s Show. Individual attendees must register directly with Marriott reservations for lodging by calling (800) 228-9290 or (804) 965-9500. You must register your lodging no later than Friday, March 23, 2013 to receive conference rates listed in the registration package. Our block of rooms is reserved from Thursday through Sunday, for those who wish to come early or stay later to take advantage of all that Richmond has to offer.

This year the concurrent sessions on Friday and Saturday will be repeated to allow you to attend each presentation. Friday’s opening luncheon keynote speaker is provided by The Farm Table, a locally owned business that provides insight on filling the food desert gap through a network of neighbors and local farmers. Additional session topics will include experiences in creating a community of wellness, textile design and conservation, technology, the family, and educational tools. Do plan to support our student members by donating items for a student-led community service project on Friday when you arrive. Also, don’t forget to contribute an item for the Silent Auction.

Pack your LBD (little black dress) and wear your pearls on Friday evening to enjoy a reception and networking hour with seasoned and new friends. The evening will conclude with dinner and our keynote speaker, Virginia’s 73rd District Representative Delegate John O’Bannon.

Saturday, April 20th will begin with the VAFCS business meeting. All attendees are encouraged to attend. Concurrent sessions will continue, highlighting student achievements in roundtable presentations and poster sessions to showcase student member projects. Our session will conclude on Saturday with our luncheon keynote speaker Dr. Peggy Meszaros, William E. Lavery Professor of Human Development and Director of Center for Information Technology, Virginia Tech University. She will be sharing her research on women, and technology.

Last year, our past president Mary Rapoport and her team were instrumental in compiling a booklet filled with supportive and poignant tips or “pearls” that we have learned in our Family and Consumer Sciences careers. It was so well received that we wish to continue the “Pearls of Wisdom” at this year’s conference. Write your short story in paragraph form, setting the scene and building to the finale, which will say “And the moral to this story is…” That’s your pearl. Bring your pearls to wear during the dinner and reception. Submit your “Pearls of Wisdom” story to Twandra Lomax-Brown (twandra@vt.edu) no later than March 8, 2013. Your submission can be anonymous.
President's Message
Debbie Will

Continuing on the theme of "connections" that I wrote about in the fall issue, you are invited to connect with your fellow VAFCS members and other FCS professionals during our upcoming events. Lauren Giannotti has worked hard to develop another outstanding legislative day highlighting our profession on February 6, and Jane Henderson and her Program Committee have collaborated on all of the details surrounding our April 19-20 Annual Meeting. Both of these events will provide current and relevant professional development as well as networking opportunities for each of us.

Please plan to attend and bring a colleague along! Your presence and participation will be a blessing to all those who work so hard to bring these events to us. I have no doubt you will be blessed, as well!

Plan to attend the 104th Annual Conference & Expo, *Embracing and Managing Change Through Family and Consumer Sciences*. The conference will be held June 26-29, 2013 at the Hyatt Regency Houston. Connect with FCS and allied professionals to develop resources and share strategies that help individuals and families thrive in times of change and transition, participate in the work of our national association, and earn PDUs.

Registration will open in mid-January. Check it out at [http://www.aafcs.org/meetings/13/index.html](http://www.aafcs.org/meetings/13/index.html)

AAFCS Affiliate Leadership Conference 2012 with VAFCS President Debbie Will, AAFCS Executive Carolyn Jackson and VAFCS President Elect Badiyyah Waajid.
VAFCS Student Unit

presents

Annual Meeting Service Project

to support Richmond's Daily Planet ~ a nonprofit organization that offers comprehensive and integrated healthcare to those who are homeless, or at risk of homelessness, with the ultimate goal of moving the individual towards self-sufficiency and independent living. By offering this holistic approach to services, they address the total wellness of each man, woman, and child seeking help. The Daily Planet is the only organization in the Richmond area that provides health services to homeless and uninsured regardless of their ability to pay or their insurance status.

Each individual attending the 2013 VAFCS/VEAFCS Annual Meeting is encouraged to bring donations of any of the following items on Friday, April 19:

- hot & cold cereal
- travel-sized toiletries
- deodorant
- soap
- wash cloths
- towels
- feminine products
- cleaning supplies
- paper products
- plastic utensils
- new underwear
- crackers
- socks
- duffel bags
- back packs
- new pillows
- twin sheet sets
- detergent
- razors
- bleach
- travel-sized hand sanitizer
- belts
- bottled water
- sunscreen
- lip balm
- undershirts
- ponchos
- bug spray

Help us help those in need:
The Daily Planet provided almost $625,000 in healthcare services at no charge to the uninsured in 2011:

In the city of Richmond, 943 adults and 159 children were homeless in 2011.
A majority of persons reported that they are African-American (60.0%), followed by White (33.6%). 3.4% indicated that they are Hispanic.
The average age for adults is 44 years old.
17% are veterans.
55.2% have just a high school education or GED. 21.6% attended some college, and 8.3% have a college degree or higher.
A little more than 50% of homeless persons have been homeless for 5 months or less.

Daily Planet
517 West Grace Street
Richmond, VA 23220
phone - (804) 783-0678
dailyplanetva.org
It's More than a New Year's Resolution - It's a Lifestyle Change!

Today America is facing an obesity epidemic -- two-thirds of adults and one-third of children are overweight or obese. Obesity is estimated to cause over 112,000 deaths each year in the U.S. and is the precursor to over 25 chronic diseases. One in three children born in the year 2000 is expected to develop diabetes. Present statistics indicate that the current generation will have a shorter lifespan than their parents. Each year obesity-related chronic disease and disability costs the nation approximately $190 billion in health care expenses.

A new AAFCS Community has formed on Obesity Prevention

AAFCS has worked to address challenging social and economic issues for over 100 years, and today’s obesity epidemic is no different. Eating nutritious foods and engaging in daily physical activity is a proven approach to maintaining healthy weight and decreasing the risk for obesity. The new Obesity Prevention Community of Practice, an outgrowth of the Taking It to the Streets initiative, is strategizing ways to support AAFCS members in adopting healthier habits.

Join our Wellness Campaign: “Healthy Lifestyles-- AAFCS Leading by Example"

A three-month campaign is planned for January 15 through April 15, 2013. During this time members are encouraged to do the following:

1) Engage in physical activity--30 minutes on five or more days per week.
2) Choose nutritious foods each day based on USDA MyPlate guidelines.

As you begin to join the Campaign, please first take the Pretest Survey: https://uky.qualtrics.com/SE/?SID=SV_2c10tcyYzf3KG7b. Taking the survey is important in providing baseline measures and requires about 10 minutes to complete.

Let’s lead by example!

Hopefully, our personal experiences in pursuing healthier lifestyles will inspire others. Our history shows that we can make a difference in the lives of individuals and families. Let’s show America that the members of AAFCS are united and that we can make inroads in this obesity epidemic to safeguard the health of our nation for generations to come.

2013 STUDENT POSTER SESSIONS

A student poster session to showcase the work of VAFCS and VEAFCS members will be held on Saturday, April 20th during the Annual Meeting. Student members and collaborative teams (teams must include at least one member) are encouraged to share their research, outreach, or educational projects.

The deadline for poster presentations has been extended to February 8, 2013. Student presenters will be responsible for furnishing their own easel for displaying the poster and/or any other equipment that is needed. You must be registered for the conference in order to submit a poster for the session. To request information, contact Jane Henderson at (804) 240-4831 or johns59@vt.edu.
Recognition and Awards Opportunities

VAFCS honors its members in many ways and there are great opportunities to receive recognition. Think about nominating yourself or talking to someone you think deserves recognition and encourage them to get their application packet prepared and submitted. All awards will be presented at the VAFCS Annual Meeting April 19-20, 2013 in Richmond.

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. Nominations are due January 30, 2013.

Outstanding Family and Consumer Sciences Professional Award – This award recognizes professionals in the areas of 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. Nominations are due February 15, 2013.

Outstanding Graduating College Senior Award – This award honors up to two outstanding college seniors studying in the areas of Family and Consumer Sciences and enrolled in a Virginia college or university. Students must be members of AAFCS to be eligible. Applications are due February 15, 2013.

Outstanding Graduating High School Senior Award – This award honors up to two outstanding graduating high school seniors, one in the comprehensive program and one in the occupational program of Family and Consumer Sciences. Applications are due February 15, 2013.

Outstanding Graduating College Senior Award – This award honors up to two outstanding college seniors studying in the areas of Family and Consumer Sciences and enrolled in a Virginia college or university. Students must be members of AAFCS to be eligible. Applications are due February 15, 2013.

A $500 scholarships for a graduate student is available:

Ida B. Powell Graduate Scholarship – This scholarship honors a graduate student majoring in any 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. Applications are due February 15, 2013.

The prestigious Friend of the Family Award is given to recognize 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. Nominations are due February 15, 2013.

Nomination forms for each of these awards can be found on our web site (vafcs-aafcs.org) - click on "Awards, Scholarships & Educational Opportunities".

For information on nominations and applications contact:
Dr. Julia O. Beamish jbeamish@vt.edu (540) 231-8881
Northern Region Fall Meeting Highlights
(October 2012, Fairfax Marriott at Fair Oaks)

There are many challenges facing today's families. They range from the ordinary – "what should I eat?" - to the more challenging - teen parenthood. The 2012 Northern Region Fall Professional Meeting featured the most up-to-date information on both topics.

Katie Strong, RD, VCE-FCS agent for Fairfax and Arlington Counties addressed the most current USDA nutrition information. Her presentation, "The Latest Nutrition from VCE and USDA" not only spoke to classroom teachers who teach nutrition at various levels, but was greatly appreciated by all attendees.

The afternoon speaker, Marilyn Faris Scholl, PhD, Arlington County Schools, masterly presented "Making A Positive Difference When Working with Sexually Active Students." This well established program for teen parents helps them to continue their education. Several teachers indicated they would like to develop similar programs in their local systems.

Networking among attendees, who ranged from 50+ years in the field to college students, may be the best aspect of this meeting. A great deal of discussion occurred at the display tables. Tables were provided, this year, by the Virginia Egg Council, the Community Y of Fairfax, FCCLA, and VAFCS, all with excellent displays and handout materials.

Bridgewater College FCS students attended on scholarship due to the generosity of our attendees with both contributions and participation in the onsite Silent Auction.

VAFCS Northern Region was honored to have several VIP's (Very Important People) from the FCS field sharing the afternoon. Debbie Will, VAFCS President, attended. She brought greetings to the group and hosted a membership table. Past President of AAFCS, Susan Shockey, CFCS attended and brought greetings to the group from AAFCS and from NIFA, the USDA National Institute of Food and Agriculture. Also, attending was Beverly Card CFCS, a nominee for AAFCS President.

2013 Northern Region Fall Professional Meeting; mark your calendar for Thursday, October 17, 2013.

For over 100 years Family and Consumer Sciences has provided local community professionals to meet family needs. Let's keep the tradition!
Focus on our College and University Programs

With the semester finally past, university instructors are looking forward to the challenges of next semester. What can be better than beginning the new semester with novel ideas - something that will give an edge on how to diversify the curriculum, spicing it up a bit? An approach that has proven to be inspirational for students has been a twist on the traditional approach to teaching the history of our profession by having students research and compile information on Family and Consumer Sciences using social media. Particularly in some of our foundation courses, we must begin the semester with an introduction to Ellen Swallows Richards and Lake Placid. Social media has helped with fulfilling this part of our mission, not only with integrity but with enthusiasm for students.

AAFCS’ Virtual Professional Development program and YOUTUBE have been two that have proven to be most useful. AAFCS not only offers webinars, but over 17 archives that support instructional planning and student exploration of this fantastic history of FCS. The downloaded AAFCS archives provide a comprehensive approach to exposing students to details related to the evolution of this field of study. YOUTUBE videos on FCS paint fascinatingly vivid pictures that excite curiosity.

My personal experimentation using these sites revealed students being intensely engaged with one another. They were especially amazed and delighted that YOUTUBE supports their chosen profession to the extent that it does. They anxiously located YOUTUBE videos, used information in PowerPoint presentations, and proudly shared information with one another. It was as if a light switch had been turned on for them, with history coming alive in the form of videos! Now, students are adding to the curriculum by sharing a few of their favorite YOUTUBE videos, below:

“FAMILY AND CONSUMER SCIENCES WIKIPLAYS” Wikipedia has a visual of Ellen Swallow Richards and in-depth history of her life from attending Vassar to her acceptance at the Massachusetts Institute of Technology.

Students’ YOUTUBE Favorites:

“FACs COMMERCIALS”
This is an excellent support to the AAFCS branding effort. These are sets of commercials related to the profession

“ELLEN SWALLOW RICHARDS”
Joyce B. Miles narrates the story of Ellen Swallow Richards’s life, bringing her alive for the students. After following this intriguing narration, students are then directed to GOOGLE Miles to follow her blog on Ellen Swallow Richards, experiencing a 25 minute video of Miles’ one-woman show that many of us personally experienced at a past Annual Meeting.

“LAKE PLACID, HOME ECONOMICS”
This video provides an account of that initial event at Lake Placid, home of the Deweys.

“CORNELL FROM THE ARCHIVES-HISTORY OF HOME ECONOMICS”
This 1948 film by Cornell University is in real-time, documenting the history of that university’s Home Economics program.

“FACS CLASSROOMS”
Videos of activities in other Family and Consumer Sciences classrooms.

Badiyyah Waajid, Virginia State University
From Battleground State to Battle-Fatigue

How to Stay Engaged Without Becoming Un-glued!

This past Presidential campaign with its tsunami of daily political advertisements swelling out of your mailbox and barrage of robo-calls on your home telephone probably left a bad taste in your mouth. And whether you felt relief or resignation at the results on election night, you are probably enjoying the sound of silence, without the constant phone calls and negative commercials on television.

But, staying engaged in the political process is an important part of being a Family and Consumer Sciences professional. Whether you work in Extension, education, business or the community, the work of the General Assembly is sure to touch your lives and pocketbooks.

The short 45-day Virginia General Assembly session convenes on January 9, 2013. As the weeks pass, thousands of bills will be introduced, studied, rejected and passed. You can access current and timely information about specific bills online through the newly renovated Virginia General Assembly website, http://virginialegislature.org.

Issues to look for in the upcoming Session include Virginia’s decision whether to expand Medicaid under the Affordable Care Act. Jill Hanken, of the Virginia Poverty Law Center and a featured speaker at our 2012 Family and Consumer Sciences Day at the General Assembly, reports Medicaid expansion could extend health care coverage to 400,000 of Virginia’s 1 million uninsured. The federal government will pay 100% of the cost for the first three years, then decreasing over time to 90% in future years. This would amount to $2 billion per year in federal funds, supporting an estimated 30,000 jobs in the health care sector. Virginia’s cost after the first three years would be $2 billion over 10 years. Jill continued, “This deal is too good to pass up.” However when the Governor’s budget was proposed on December 17th, there was no such provision included, so we will watch to see if legislators will bring this back up.

Gun control will be one of the top issues during this session after the tragedy at Sandy Hook Elementary School in Connecticut. Andy Goddard, with Virginia Center for Public Safety, reported during the Virginia League of Women Voter’s Pre-session meeting at the Capitol on December 5th, that Virginia has more annual gun deaths than traffic deaths. Last year saw a number of negative changes including repealing the one handgun per month limit on purchases, prohibiting employers from banning guns in cars in their parking lots, and requiring that guns acquired through buy-back programs be put back on the market. Many bad bills carried over from last year will be opposed again this session. The Center supports universal background checks and tighter concealed handgun permit requirements.

If you are interested in supporting these efforts, on January 22 there will be a 40-year anniversary celebration of Roe v Wade from 10:00 to 11:00 am at the Bell Tower, at the State Capitol.

As Family and Consumer Sciences professionals, staying engaged in the legislative process means making your voices heard. Seek out your local Delegate and Senator and make them aware of your position on these and any other issues that affect you or your clients, students, neighbors and family. The only way they can represent your interest is to know where you stand.
General Assembly Building

8:15 - 8:30 AM  General Assembly Building
910 Capitol Square
Richmond, Virginia 23219

8:30 - 9:30 AM  Join the Virginia League of Women Voters’ Roundtable
7th Floor West Conference Room

9:30 –11:30 AM  FCS Legislative Updates
4th Floor West Conference Room - Continental Breakfast

9:40 AM  Update on the issues, bills and status of the 2013 House of Delegates
The Honorable Peter F. Farrell, Delegate 56th District,
(Louisa, Part of Goochland, Henrico and Spotsylvania)

10:00 AM  Virginia Consumer Voices, expansion of Medicaid in Virginia
Ms. Erin Steigleder, VCV Community Outreach Manager

10:30 AM  Healthcare and Education Issues in Virginia
The Honorable George Barker, Senator 39th District
(Part of Alexandria, Fairfax and Prince William)

11:10 AM  The Future of FCS Education in Virginia
Panel Discussion of CTE Programs, where do we go from here?
Ms. Debbie Will, Co-Specialist Virginia FCCLA

12:00 PM  Attend General Sessions at House of Delegates and Senate
Observe proceedings in House of Delegates and the Senate

1:15 PM  Lunch @ Meriwether’s, General Assembly Building, 6th Floor Cafeteria

2:00 PM  Legislator visits, Promoting Family and Consumer Sciences benefits
to all Virginians.

Registration Fee: $15.00  Deadline: January 30, 2013
Checks payable to VAFCS: Send to: Kay Burke, 17500 Genito Rd., Amelia, VA 23002-4410

Name: ___________________________________________________________________________

Email Address: ___________________________________________________________________

Phone Number: _______________________ Mobile: _________________________________

VAFCS Member ____ FCCLA Member______ FCS Coop. Extension ______

FCS Teacher_______ Friend of FCS ______ Other_________________________________

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Virginia Association of Family and Consumer Sciences
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**Award Deadlines:**

**January 30:**  
VAFCS Teacher of the Year

**February 15:**  
Outstanding FCS Professional  
Outstanding Graduating College Senior  
Outstanding Graduating High School Senior  
Ida B. Powell Graduate Scholarship  
Friend of the Family

**IFHE Activities coming up for 2013**

Feb 8-12, IFHE Leadership Meeting, Vienna, Austria

Feb 27-March 1 IFHE African Regional Conference will be held in conjunction with the South African Association of Family, Ecology and Consumer Sciences Meeting in Pretoria, South Africa. Registration information available from IFHE or Kay Burke, VAFCS Executive at bbkburke@tds.net.


Virginia Association of Family & Consumer Sciences  
17500 Genito Road  
Amelia, VA 23002