Opportunity is the key word for this year. We have events scheduled for professional development, openings to share your leadership skills and chances to promote Family and Consumer Sciences in our communities.

Let’s start by all planning to attend the FCS Day at the General Assembly on February 17. This dynamic program brings issues and concerns of families directly to our legislators. It spotlights our profession and gives us the opportunity to meet face-to-face with senators and representatives. I attended for the first time last year and was impressed with the professionalism of our group and the reception we received by the legislators. Don’t miss this event!

Plan now to join us in Charlottesville April 21-22 for the VAFCS/VEAFCS Annual Conference. The program with the theme, “Advancing the Field with New Technology” is bursting with fantastic learning and networking opportunities.

Say Yes to FCS is our national campaign to collaboratively address the need for qualified family and consumer sciences educator professionals. How can you help? Follow the Social Media Calendar and participate in sharing your learnings, testimonials, contributions and accomplishments. Social Media Campaign

Check out our award nomination forms, sign up for a committee or run for an office. Opportunities to participate are here. Remember, it is true that the more you put into an organization, the more you get out of it.
Nationally Recognized Culinary Arts Program

VAFCS member and former VAFCS Teacher of the Year, Debra Bontz, and her culinary arts program at Massanutten Technical Center in Harrisonburg was recently recognized as an Elite 50 program, and it’s the first time a local school has been selected into the program!

The Elite 50 list is comprised of high schools and tech centers that excel in the areas of culinary arts, baking and pastry arts, and/or hospitality management. Some are state and national competition winners from ProStart, SkillsUSA and Family Career and Community Leaders of America (FCCLA). Sullivan University also conducted research to identify schools with strong hospitality enrollment and influence in their community.

Additional criteria for those selected for the Elite 50 included: an original recipe with photos or a restaurant management design; two essays from students on the topic, "Why I want to pursue a career in hospitality"; and video(s), brochure(s) and additional information about the school’s program. Further considerations were given to schools that operate a restaurant or offer catering service, etc. as part of culinary/hospitality training.

Colonial Forge News
by Kathleen Mellenberg

This year, I am trying the “flipped classroom” approach to teaching. I found the students were not paying any attention to lectures. Also, they want to cook all the time. As this is meant to be a hands on class, flipping is the easiest way to make time for that.

Flipping means that what I used to do in the classroom is now done for homework and then reinforced in class during the lab. Students watch a video of the concept or process that I want to use the following day. Within the lesson, the students complete a quiz. If they get at least 80%, they cook the next day.

In the beginning, students did not take this seriously and did not watch the video or did not complete the quiz. When they got an optional assignment the next day and the other classmates were able to cook, they soon changed their attitudes and got on board with the new method.

I have found they are actually internalizing what they are watching and labs are more successful. We still have the occasional flop, but for the most part, all foods are turning out the way they are supposed to.

This is also working with the Intro to Fashion class. The students watched a video on inserting a zipper. They used donated upholstery fabric to make cosmetic bags which we are filling with toiletries and donating to the troops. Guidance was required with a few of the students, but most have made more than one bag because it was so easy. The fact that they could refer to the youtube at any time make the process more fun.

I am still teaching. In fact, I am more involved with the students on an individual basis than I was before. This system allows me to give more time to the students who don’t get it watching the video. It also allows those who do understand to go on to more challenging projects. Those who completed all the projects to date will start using the embroidery machines to create a project of their choice.

To get the latest information on what is happening in Virginia and nationally in areas we as FCS professionals care about and find interesting.

Go to: www.facebook.com/VAFCS
We will be posting information about nutrition, family studies, fashion design, financial literacy, intern/job opportunities, state and national events and lots more!

Have something interesting to share and not active on Facebook? That’s alright! Please send information to: Jessica McClean at jessicaamcclean@gmail.com.

Would you like to help form the direction of our VAFCS Facebook page? We would love to have you. No experience necessary. E-mail Jessica at the above address for more details.

Stay Connected!
<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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</thead>
<tbody>
<tr>
<td>8:15 - 8:30 AM</td>
<td>Meet at General Assembly Building</td>
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<tr>
<td>8:30 - 9:30 AM</td>
<td>Join the Virginia League of Women Voters’ Roundtable Room 4 East</td>
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<tr>
<td>9:30 - 11:30 AM</td>
<td>FCS Legislative Updates 5th Floor West Conference Room - Continental Breakfast</td>
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<tr>
<td>9:40 AM</td>
<td>Update on the issues, bills and status of the 2016 House of Delegates The Honorable Peter F. Farrell, Delegate 59th District, (Louisa, Part of Goochland, Henrico and Spotsylvania)</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>OneVirginia2021, Redistricting Reform Mr. Brian Cannon, Executive Director</td>
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<tr>
<td>10:25 AM</td>
<td>Children in Virginia: Childcare and Mental Health Mr. John M. Salay, LCSW, Vice President of Programs, ChildSavers of Virginia Ms. Cheryl Mormon, Virginia Alliance of Family Daycare Associations</td>
</tr>
<tr>
<td>11:10 AM</td>
<td>“Say YES To FCS”: FCS Education in Virginia Ms. Jessica McClean, Vice President of Membership, VAFCS Ms. Kathleen Mellenberg, Virginia’s FCS Teacher of the Year, Leadership Academy AAFCS</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Attend General Sessions at House of Delegates and Senate Observe proceedings in House of Delegates and the Senate</td>
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<tr>
<td>1:15 PM</td>
<td>Lunch on Your Own at Meriwether’s, General Assembly Building, 6th Floor Cafeteria</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Legislator visits, Promoting Family and Consumer Sciences benefits to all Virginians. Visiting Legislators to carry our message in personal meetings is an important part of the day, please plan to stay. Reconvene in vestibule by Delegate Farrell’s office, Room 528 GAB</td>
</tr>
</tbody>
</table>

For more information about this event, please contact: Pegi Wright- VP-Public Affairs at lwright@vt.edu
Please remove below and attach to registration fee.

Registration Fee: $15.00 (Covers continental breakfast, printing, and administrative costs) Deadline: February 5, 2016 Credit card payments accepted.
Kay Burke (804) 837-4099
Mail to: Kay Burke, 17500 Genito Rd., Amelia, VA 23002-4410
Register online at vafcs-aafcs.com

Name: _____________________________________________
Email Address: __________________________________________
Phone Number: ___________________________ Cell Phone Number: ___________________________
VAFCS Member____ FCCLA Member____ FCS Virginia Cooperative Extension______
FCS Teacher____ Friend of FCS____ Other____

Sponsored by: Virginia Association of Family and Consumer Sciences
The 2015 Northern Region VAFCS Fall Professional Meeting was a great success! The meeting was held at the Dulles Hilton on October 8, 2015. The program included wonderful speakers, time for networking, and an opportunity to create a card for the AAFCS Student Unit community service project, Cardz for Kidz.

The evening started with a panel including Dr. Marilyn Faris Scholl, Michele “Micki” Coffman, and Regina “Reggie” Morrone. The panel discussed workplace readiness and how local career and technical education programs are preparing students for the workforce. After networking and dinner, Dr. Susan Shockey, CFCS, CPFEE, USDA National Institute of Food and Agriculture (NIFA) spoke to attendees about financial well-being of the family.

The Northern Region planning committee is always looking for new committee members who would like to help plan future meetings. If you are interested in assisting in anyway, please contact Charleen Deasy at charleen.deasy@verizon.net.
Mark your calendars for the VAFCS conference for spring 2016:

**Date:** Thursday, April 21 – Friday, April 22, 2016  
**Location:** Double Tree by Hilton Charlottesville  
990 Hilton Heights Road, Charlottesville, VA

The theme this year follows our national theme:  
“Advancing the Field with New Technology”, Family and Consumer Sciences

**Key note speakers:**

Kyle Laver, Harrisonburg Career Coaching  
Alanna Moshfegh, research leader from the USDA is presenting the Food Surveys of the U.S. and what the research is revealing about our food choices in the U.S.

Student Research and round table discussions are being held on Friday morning

Presentation by Patricia Schweitzer and Laura Klein from Hamilton Beach

Kathleen Mellenberg, VAFCS 2015 award recipient, is presenting the flipped classroom for teaching fashion and food and nutrition

Dr. Donna Hoskins presenting on technology and development of adolescent

Randy Hook, LPC and director of counseling at Bridgewater College is presenting on technology in the dating world and how it affects relationships.

Cristin Springer from Virginia Cooperative Extension will speak about technology in the housing industry

Registration will begin early February. Hotel rooms are $119 for double queen bed rooms. Complete registration schedule and cost to follow with discounted rates for college students for the programs.

**Contact:** Debbie Dunn-Frederick, VP of Programs at ddunn@bridgewater.edu for further information.

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2015 VAFCS Award Recipients

Outstanding FACS Professional: Dr. Donna Hoskins

Outstanding College Graduating Senior: Amber Tyree

Teacher of the Year: Kathleen Mellenberg

Please check out VAFCS Awards Link on the webpage for more information about deadlines and information required.

Outstanding FACS Professional: Dr. Donna Hoskins

Outstanding College Graduating Senior: Amber Tyree

Teacher of the Year: Kathleen Mellenberg
Save the Date!

VAFCS Conference

Thursday, April 21 – Friday, April 22

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 welcomed by the VAFCS Board of Directors and the newsletter editor. Deadlines are August 15th, December 15th and May 15th.

Send articles to: April Payne, Newsletter Editor at arpayne@vt.edu

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.

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