

AAFCTX

**SPECIAL
POINTS OF
INTEREST:**

- **Our name has official-ly changed**
- **AAFCS has a new member category**
- **Texas will host the 104th AAFCS meeting in Houston in 2013**

**INSIDE THIS
ISSUE:**

Board	2
Cyberbullying	3
Research	4
District Meetings	5

AAFCS-TX Action

FALL 2011



Message from the President, Janet Rodriguez

Donna Pharris is planning the Annual State meeting for February 16-18 in



Waco at Baylor. Hope you have marked your calendar to attend for a time to connect and network with each other. If you know of any speakers, exhibitor or partners for the annual meeting please contact Donna at pharrisd@sfasu.edu.

My focus this year is membership both student and professional. A new category, Associate Member, has been introduced by AAFCS. This allows membership to individuals with an associate degree, pre-baccalaureate level certification or licensure in a family and consumer sciences or related field supporting the vision and mission of AAFCS. I ask your help in this endeavor as a mentor to a student or a representative of TAFCS to a professional. Let me know if I can help with an email, information or a visit at tnjrod@gmail.com. AAFCS-Texas Affiliate once again is #1 in membership among the American Association Family Consumer Sciences affiliates and together we can only make our membership stronger.

As Fall arrives bringing with it cooler weather TAFCS introduces our new web page. Check out tafcs.org and see the wonderful handy work of Frances Hare, VP Marketing. Just some more of the changes to American Association Family Consumer Sciences-Texas Affiliate.

Summer was filled with many changes. The appointment of Natalie Knesek as the Executive Director of AAFCS-Texas Affiliate sparked new electronic communications. In June at the 102 Annual Conference of American Association Family Consumer Sciences in Phoenix a new marketing initiative was introduced, read about it and see the new icon in this newsletter. Texas officers were told that the 2013 National Conference will be in Houston. In August American Association Family Consumer Sciences Texas Affiliate became TAFCS's legal name. I spoke at the FCSTAT Professional conference in Dallas and registered eight new members. The board met at Baylor University and saw the site for the 2012 State conference and a new idea was conceived. Please read articles from your board members in this newsletter and get to know them. They are a very committed group of outstanding ladies.

Fall brings district meetings the Northeast District meeting was held on September 17 at Texas Woman University and with the guidance of chair Dr. Joyce Armstrong it was informative and enjoyable. The Southeast District was held in Bryan, Texas; Judy Warren, chair had an excellent meeting.

The name of our organization has been officially changed to American Association of Family and Consumer Sciences—Texas Affiliate (AAFCS-TX) to align with the American Association of Family and Consumer Sciences.

Proposed minutes (condensed) from August 6th Board of Directors Meeting at Baylor University.

Submitted by Mary Olle, condensed by Natalie Knesek

Board of Directors

President
Janet Rodriguez

Counselor
Janelle Walter

President Elect
Jaylie Beckenhauer

Secretary
Mary Olle

Treasurer
Patricia Rambo

Vice Presidents:

Professional
Development
Donna Pharris

Prof. Development Elect
Janette Willard

Marketing
Frances Hare

Member Relations
Nancy Shepherd

Membership
Veronica Billingsley

Public Policy
Paula Summers

Academic Affairs
Harriet Griggs

District Chairs:

Northwest
Nancy Shepherd

Southeast
Judy Warren

Northeast
Joyce Armstrong

For an email list visit
our website at
www.tafcs.org

Log in to www.aafcs.org
to access the complete
directory of all
members.

BOARD MEMBER REPORTS:

President Janet Rodriguez reported on the exhibit at the Family and Consumer Sciences Teachers Association of Texas Conference held in Dallas the first week of August. She also shared the new AAFCS icon and FCS Branding initiative.

Executive Director Natalie Knesek, CFCS discussed the transfer of website hosting and registration from Darlene Hicks name to hers.

President-Elect Jaylie Beckenhauer, CFCS presented information on the new "Associate Membership" category.

Secretary Mary Olle led the discussion about the minutes being posted on the Web site.

Vice President, Professional Development, Donna Pharris presented information and the tentative schedule concerning the Annual Meeting to be held at Baylor on February 16-18, 2012. Possible guest speakers, workshop titles, tours and costs to be considered were discussed.

Vice President Member Relations Nancy Shepherd shared the need for consistency and clarification of award forms.

Vice President Academic Affairs Harriet Griggs presented

the continued investigation concerning the processes of indexing papers published in the Annual and Journal

Finance Committee – LuAnn Soliah shared five changes for the 2012-13 proposed budget.

1. 10% of district revenue goes into savings

2. \$400.00 for student travel

3. 500.00 for FCSTAT Conference travel

4. \$1,250.00 for Pre-PAC

5. Change from Excel to Quick Books

OLD BUSINESS:

Natalie Knesek provided a resolution for board approval so that the name can be changed to align with AAFCS.

Frances Hare presented the problem of AAFCS records missing members for Texas membership.

Janet Rodriguez asked for suggestions for the strategic plan to be emailed to her.

Discussion followed on specific outcomes.

New Business

The AAFCS National Conference will be held in Houston in 2013.

There are two items that need immediate attention: theme, and a Local Arrangements Committee Chair

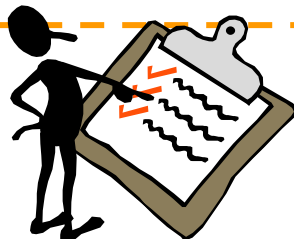
President Rodriguez presented the new credential: Certified Family Financial Planning.

President Elect Jaylie Beckenhauer distributed copies of the new FCS brand and icon.

President Rodriguez asked Counselor Janelle Walter to present concerns of how scholarships are distributed to the students.

For a complete set of proposed minutes visit our members only portal at www.tafcs.org. Refer to the October member email or call Executive Director, Natalie Knesek at 830-857-6164 for username and password.

Attention!



Please be gathering special items for the Silent Auction at the Annual meeting in February 2012. Remember! The proceeds go to our scholarship fund.

Raising Our Shield Against Cyberbullying

Cindy Estrada and Idara Akpata Texas Woman's University Practicum Students at the UNT Center for Parent Education

A text message, an email, a phone call to one's cellular phone, a comment on your social networking page, a message on your blog, or personal videos/pictures posted without consent; technology has opened a variety of avenues for a bully to reach one easily, anonymously, and at all times of the day. Physical bullying was traumatizing enough, but one could possibly find a safe haven at home or at least a place to hide at the end of the day. That is not necessarily an option anymore, especially when it comes to cyberbullying. For this reason, cyberbullying has become a greater threat to the emotional well-being of our children. Cyberbullying is here defined as the use of electronic communication technology to engage in intentional, repeated or widely disseminated, acts of cruelty. As family advocates, there is certain information that one should know when working in the field with families affected by bullying.

Not only has the common method of bullying changed but the age of concern has lowered due to younger users of technology. Parents who are waiting to address this issue in teenage years may be too late. Studies show high incidence of cyberbullying among pre and early adolescents, with

many middle school student cases. Student participants in cyberbullying research identified text messages as the most frequently used technology for cyberbullying because of its anonymity (Smith et al., 2008). According to Smith et al. (2008) parents need to be made aware that cyberbullying most frequently occurs outside of school so it is something that they need to address with their children at home.

Parents' approach in addressing cyberbullying issues is critical. Current research indicates that one third of cyberbullying victims who reported the abuse in studies said they had never told anyone before (Smith et al, 2008). Teenagers often indicated reservations in communicating cyber abuse to their parents because of a fear of having their technology taken away. Parents will obtain better response from children if they explain that it is not technology itself that is an issue, but instead that measures need to be taken to ensure their safety. As family and consumer science professionals, it is our job to educate parents to recognize the abuse as abuse, avoid writing off fears and normalizing bullying as a part of growing up. Parents instead need to provide emotional support for their children if they are target-

ed by cyber bullies, and encourage extracurricular activities that could foster their social development and self-esteem as a preventative method. It is important that, when needed, counseling is offered because vicious cyber abuse has lingering psychological effects that, in recent years, has led many children to harm themselves.

Instances of cyber bullying must be promptly reported to all relevant parties including school officials, phone companies, the bully's family. A legal action must be taken when in violation of section 33.07 of the Texas Penal Code for cyber harassment. To aid family and consumer science professionals in educating parents, the UNT Center for Parent Education is now offering a comprehensive list of online resources for parents, students, and professionals to aid their exploration of this issue. TAFCS members are encouraged to visit the site at <http://www.coe.unt.edu/cpe>.

Reference

Smith, P. K., Mahdavi, J., Carvalho, M., Fisher, S., Russell, S., & Tippett, N. (2008). Cyberbullying: its nature and impact in secondary school pupils. *Journal of Child Psychology & Psychiatry*, 49(4), 376-385.

“Current research indicated that one third of cyberbullying victims who reported abuse in studies said they had never told anyone before.”

Advertise Here

There are three editions of this newsletter:

Fall/Winter; Annual Meeting; and Spring/Summer.

Advertisements, including classifieds, are welcome.

Contact Natalie for ad rates and deadlines.

CALL FOR MANUSCRIPTS:
2012 TAFCS RESEARCH JOURNAL

The next *TAFCS Research Journal* will be published in summer/fall 2012. **January 15, 2012 midnight is the deadline for manuscript submissions to be received by the editor.** The purpose of the journal is to communicate research findings to Family and Consumer Sciences professionals who are researchers or who are interested in research. Implications of the research for these professionals should be emphasized in the manuscripts. Authors should discuss the meaning of the results for practitioners and researchers as well as how the results may be used. A \$30.00 publications fee will be required at the time of final revision for each accepted manuscript.

Manuscripts may focus on the profession or one of the AAFCS Divisions; they may also be interdisciplinary. Members are encouraged to submit manuscripts for the *2011 TAFCS Research Journal* in any of the following categories:

Brief Reports

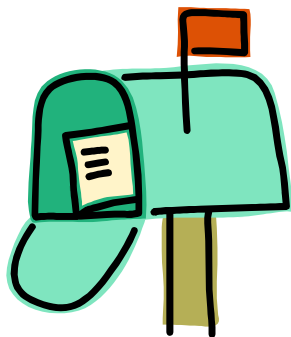
Reviews of Literature

Abstracts of Research Published by National Refereed Journals

Listings of Research in Progress

Other Formats

General Guidelines: Only current members of AAFCS/TAFCS may submit manuscripts. Secondary authors eligible for AAFCS/TAFCS membership must also be current members. For interdisciplinary research proposals, the principle investigator must be an AAFCS/TAFCS member. Brief Reports should not have been published previously in the *TAFCS Research Journal*. The same research may be considered for presentation at the 2011 TAFCS Annual Meeting and for publication in the *2011 TAFCS Research Journal*. However, different proposals (following the correct format for each) must be submitted by the appropriate deadlines for the meeting and for the Journal.



Watch Your Mailboxes!

94th Annual Meeting

February 16-18, 2012

Baylor University, Waco

Registration Information And Ballot
will be in your box before Christmas!

Over 50 members attend Northeast District Meeting

The Northeast District met in Denton, on the campus of Texas Woman's University on Friday, September 16, 2011. Over fifty members were in attendance. The morning began with networking over coffee and light refreshments. Southeast District Chair, Joyce Armstrong began the day with a welcome. Greetings were given by Dr. Larry LeFlore, Department Head at Texas Woman's University. Dr. Karen Petty spoke on "Linking Communities with Military Families" providing internet resources and

valuable insights into the areas Family and Consumer Sciences professionals can assist our military families. Dr. Arminta Jacobson presented "Connecting Individuals, Families, and Communities through Parenting Resources" and incorporated the work on cyberbullying being done by her graduate students. While the district business meeting was held, students from Texas Woman's and North Texas convened to learn more about our organization and how to get others involved on their campuses. Dr. Jennifer Martin gave

the keynote address during the networking luncheon focusing on the history of our profession and "Professional Linkages in a Connected World". Dr. Carolyn Bednar and Dr. Priscilla Conners shared research done on making healthy school lunch choices and the efficiency of the serving line. Dr. William Wilson concluded the day with valuable tips for successful family financial management. Participants in the full day earned 4.25 Professional Development Units (PDU).

Southeast District Meeting held in Bryan, submitted by Judy Warren, SE District Chair

The South East District Meeting was held on October 7th at the LaSalle Hotel in Historic Downtown Bryan, Texas with 13 members, three guests and three speakers. Business discussion centered around identifying a nominee for SE District Chair for June '12 and '13 terms. AAFCS - TX Affiliate President Janet Rodriguez and AAFCS Board Member-at-Large, Nancy Granovsky presented The new AAFCS branding information and the Family and Consumer Sciences Brand. A factsheet, card and sticker were distributed to all by Nancy. Dr. Judy Warren shared a tool for family communication with a health care provider - Personal Living Profile - to enhance environmental supports for "Aging in Place." Small but significant environmental changes were illustrated. Dr. Wayne Hayenga presented

insights on "Estate Planning" which were appreciated by all. During the luncheon, Cassidy Barton, Executive Director of Downtown Bryan Association, presented "Developing Downtown Bryan" with the policy, architectural, infrastructure and financial planning necessary to succeed. She promoted the Texas Reds Festival (Red meat and red wine) and the downtown walking trail with a map of all stores & historic buildings. Dr. Julie Ribardo, Director of Health Education & Prevention at the Brazos Valley Community Health Center and Chair of the Brazos Valley Obesity Prevention Network, described the local coalition's efforts to bring about environmental and policy changes related to increasing physical activity to prevent child obesity. 3.75 PDU's have been applied for from AAFCS.

Thanks also to Illinois transfer member LaQuanna Sparkman, who shared her educational cooking media DVD -for Grades 6-12 students (available for \$49.00 til January 2012 when NASCO starts distributing at \$69.95) and her website: <http://>

QuannaGourmet.com and to member Marlene Lobberecht, who brought copies of "The Texas Family Guide to Personal Money Management" and Texas Investor Protection Guide" from the TX State Securities Board for all.

Bernie Tripp, Joyce Cavanagh, Barbara Evans and Marlene Lobberecht were the lucky winners of the four door prizes. We missed Louise Hanson and Harriet Griggs who had registered but were unable to attend.



New Brand Developed for Family & Consumer Sciences!

One of the new initiatives launched at the AAFCS Annual Conference & Expo was the brand for the field of Family & Consumer Sciences! As a leading organization in the family and consumer sciences field, AAFCS recognized the need to increase the understanding and appreciation of the field among media, legislators, and the general public. In the fall of 2010, AAFCS invited Family & Consumer Sciences Alliance organizations to be a part of the Family & Consumer Sciences Branding Initiative, where they would develop messages to clearly communicate the value of the family and consumer sciences field, as well as an icon that would convey the essence of the field. Eleven organizations, including AAFCS, met the challenge and made family and consumer sciences history! Visit www.aafcs.org/aboutus/FCSbrand.

94th AAFCS TX Affiliate Annual Meeting **"Connecting Professionals: Leadership in Action"**

Date: February 15-18, 2012

Location: Blume Conference Center

**Hankamer School of Business, Baylor University,
1401 S. 4th Street, Waco, TX**

**Program Chair: Donna Pharris,
pharrisd@sfasu.edu**

AAFCS 103rd Annual Conference & Expo **"Connecting Professionals: Leadership in Action"**

June 24 - 27, 2012 - Indianapolis, Indiana

AAFCS 104th Annual Conference & Expo **June 2013, Houston, Texas**

**For more events, check out our calendar at
www.tafcs.org. Add dates to the calendar by
contacting Natalie Knesek at the email below.**

Message from your Executive Director

There are really no words to express how gratifying the first three and half months of this new role have been for me. Those who have known me for the past twenty plus years know that I am passionate about our organization and the profession of Family and Consumer Sciences. I am thrilled to be able to be your contact person and hope that with every endeavor I can be a bridge for communications. I am particularly driven by the daily suggestion of my nine year old that she plans to pursue a career in fashion design. The idea that the work we put forth today is a legacy for her tomorrow brings joy beyond measure.

Hopefully you have received e-communications from me on a monthly basis. If for some reason you have not, please make sure that AAFCS has your current email address on your member profile. I update my email list by the AAFCS member list prior to sending the e-news each month.

My cell phone and email are listed above, along with the new address for our association. I encourage you to also make great use of our website, as Frances Hare has done a phenomenal job to bring a fresh face and updated pages to www.tafcs.org.

—Natalie Knesek

AAFCS-TX
Natalie D. Knesek, CFCS
Executive Director
PO Box 602
Shiner, TX 77984
830-857-6164
www.tafcs.org
natalieknesek@att.net