President’s Message

Happy New Year! Hopefully, you had a joyous holiday season and, as you are busy planning for 2014, that attending our spring conference is high on your list.

Our biennial conference is planned for March 28th and 29th at the San Francisco Airport Marriott Waterfront. We would really like you to join us for professional updates, association business, networking, renewing and making new friendships and fun! While most of you have been emailed the program and registration materials, you will find these duplicated in this newsletter for your convenience.

Our hard working tri-chairs for the conference, Dr. Gus Vouchilas, Dr. Nancy Rabolt, and Marilena Williams have been busy as you will see looking at the details of the conference program. Our thanks to the tri-chairs and their committee members for all their hard work in planning and preparing this conference for us. There are speakers on a variety of subjects covered by the family and consumer umbrella. To make this conference a success we need you to attend.

This is a time of great proposed changes for AAFCS as we have discussed with you since the June National Conference proposal to become the Academy of FCS. Our tri-chairs and conference committee have arranged for the AAFCS president, Dr. Peggy Wild, to be our keynote speaker at lunch on Saturday. This will be your chance to learn directly about the proposed changes to AAFCS to the Academy of Family and Consumer Sciences, to ask questions, to express concerns and to provide input into the future direction we will proceed in.

If you wish to have a say in the future of our association, this is your chance to make your voice heard before proposals are brought up at the AAFCS conference in St. Louis in June this year.

To help make this conference a success we need you to attend and participate. Please complete your registration form and join us for this great conference! I would really like to see you there!

Amber
An important vote will come to the floor of the 2014 AAFCS Senate (at the annual meeting in St. Louis, June 23-26), regarding whether or not we (AAFCS members) want to adopt an academy structure for our organization. If you are wondering about all the details of what this academy structure will mean for membership, you are in good company. We won’t have a finalized version of the plan and all its detail until after March 2014, when the AAFCS Board of Directors approves a proposed structure for the academy. This is a good thing. In the meantime a broad spectrum of AAFCS members and AAFCS constituencies are weighing in on a myriad of aspects of the academy to ensure that the plan that is proposed to the board in March 2014 is well considered. Below are some points that may be helpful as you consider this new structure:

- This proposal is about changing the operating structure of AAFCS to an academy model, with the purpose of pooling the resources of individuals and institutions with the same mission.
- AAFCS can NOT continue to operate under the current financial structure. Only 25-30% of our annual operating budget is covered by revenue from dues. We have been dipping into our assets to cover the $400,000 deficit in our annual budget.
- Affiliates are here to stay. For the academy model to flourish, members need to have the grass root type of experiences that affiliate membership provides. As is currently done, members will sign up with an affiliate in the new academy structure and affiliates will continue to get fees from membership.
- This proposal is NOT a name change. The profession will continue to be known as Family and Consumer Sciences. The name of AAFCS is likely to change to the Academy of Family and Consumer Sciences.
- Current concerns in the profession (such as lack of public awareness of our profession and declining membership) may best be addressed through an academy model because of the structure of pooling resources.
- The academy structure seems to fit our profession. In an AAFCS focus group discussion, an academy was defined as “a society of learned persons organized to advance art, science, or literature.” We are already familiar the American Medical Academy and the recent change of ADA to the Academy of Nutrition and Dietetics. The pooling of knowledge and resources to make a difference in the lives of individuals, families, and communities is right on target for our profession.

I would be remiss if I did not mention that Peggy Wild, the 2013-2014 AAFCS President, will be a keynote speaker at our Biennial Conference March 28-29 in San Francisco. The timing of her presentation is ideal. The AAFCS Board of Directors will have already approved of a structure, and she will be in the position to inform us of the details. Importantly, she will be able to answer our questions about the plan before the June 2014 Senate vote. As your incoming CA-AFCS president, I will serve as a delegate to vote on this proposal. Please don’t miss your golden opportunity to have your voice heard at our upcoming conference.

Dr. Jody L. Roubanis,
President-elect

www.aafcs-ca.org
WESTERN REGION BIENNIAL CONFERENCE REGISTRATION FORM
March 28-29, 2014, San Francisco, CA
San Francisco Airport Marriott Waterfront

Name: _______________________________________________________________________________________________

Address: street city state zip

Phone: ___________________________ Email: ___________________________

Please send Conference Registration Form and check postmarked by March 6, 2014 to avoid late fee.
Conference includes Friday reception, Saturday breakfast, lunch and closing reception

<table>
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<tr>
<th>AAFCS Member</th>
<th>AAFCS Non-member</th>
<th>Student</th>
<th>Late Fee</th>
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Will you attend the Post-secondary Educators Meeting (Friday 3:00-5:00)? YES or NO
Will you attend the Colleges & Universities Communities Meeting (open to students) (Friday 5:30-6:30)? YES or NO
Will you attend the Friday evening reception (7:00-9:00)? YES or NO
Indicate if you would like a vegetarian option for all meals? YES or NO
Indicate food allergies or other special food requirements here:

Note: Sponsor a student to attend the conference: Share this registration form with a student, complete it and send in his/her registration form with your check.

Mail Registration Form and Check to:
Dr. Nancy Rabolt
Consumer and Family Studies/Dietetics
San Francisco University
1600 Holloway Ave.
San Francisco, CA 94132-4161
nrabolt@sfsu.edu

Inquiries:
Dr. Gus Vouchilas
Ph. 415-338-3420
Fax: 415-338-0947
gusv@sfsu.edu

HOTEL ROOM INFORMATION
Room Rate: $149 per night valid Thursday March 27 through Saturday March 29, 2014

A block of rooms has been reserved. Make room reservations by March 6th to secure this rate. Online and phone reservations are being accepted now.

Reserve your room soon to secure the group rate at the San Francisco Airport Marriott Waterfront at:

A dedicated booking website has been created so you will be able to make, modify, and cancel hotel reservations online.

or

Call 650-692-9100 or toll free 1-877-622-3140 (mention the SFSU-AAFCS conference to receive group rate).

www.aafcs-ca.org
Thursday, March 27, 2014

6:00-8:00 pm Executive Board Meeting

Friday March 28, 2014

1:00- 7:00 Registration
10:00-12:00 Extended Education Fund (EEF) Meeting
12:00-1:00 Lunch
1:00-3:00 Board of Directors Meeting
3:00-5:00 Post-secondary Educators Meeting: Barbara Kilborn
5:30-6:30 Colleges & Universities Communities Meeting (open to students and faculty): Jody Roubanis
6:30-9:00 Posters and undergraduate student projects available for viewing
7:00-9:00 Cocktail and Hors d’oeuvres Reception

Saturday March 29, 2014

8:30-10:15 Breakfast session

Welcome: Amber Bradley, CA-AFCS President

Panel of Community Leaders on Issues related to Quality of Life

10:20-11:00 Posters with authors present

Ivana Markova: Willow Fibers: Environmental Solutions
Trista Okuda and Connie Ulasewicz: The Effects of Planning and Implementing a High School Clothing Drive on Student Clothing Disposal Habits
Alexandria Swanson: Increasing the Non-Poverty Wage to Improve Lives within the Apparel and Textile Industry: A Comparative Case Study between San Francisco’s and Milwaukee’s Sweatfree Ordinances
Marcelia Fosse and Gus Vouchilas: Studio-Based Creativity: Methods that Inspire Sustainable Design Practices
Gretchen George: School’s Out: Obesity Reduction in Low Socioeconomic Youth through Summer Interventions
Kathrin Spoeck, Sarah Josef, Wanda Siu-Chan, and Nancy Rabolt: Childhood Obesity: Parental Perceptions and Concerns
Hoda Akhondan, Karen Johnson-Carroll, and Nancy Rabolt: College Students’ Overall Health Consciousness towards Organic Foods Consumption
Mary Blackburn: Elders, Caregivers, and Food Handlers Need Nutrition and Food Safety Education
Gretchen George, Rosavida Cruz, Christina In, and Stefany Iraheta: Superfoods Academy: A Healthy Dietary Addition to Computer Themed Summer Camps
Sienna Sanjaya, Gretchen George, and Sarah Josef: Nutrition Knowledge, Fruit and Vegetable Consumption, and Weight Perception Among Campus Living Freshmen
Elena Zidaru, Nancy Rabolt, Sarah Josef, Wanda Siu-Chan, and Ivana Markova: Dietary Restraint, Food Preoccupations, Weight Loss Success, and BMI of College Females
Yvonne Leung and Gretchen George: Insufficient Vitamin B12 Intake of Older Free-Living San Franciscans
Ivana Markova: Self-Efficacy and College Students’ Perceptions of Online Learning
Keith Nishida: Preliminary Study on College Students’ Perception of Timepieces
Nanci Schindler: Helping Sexually Exploited/Human Traffic Victims Acquire Sound Financial Management Skills

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### Breakout Session 1  
**11:15-11:55**

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<th>Apparel/Interior Design/Consumer</th>
<th>Nutrition/Health</th>
<th>Family/Community</th>
<th>Education/General</th>
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**Gus Vouchilas and Connie Ulasewicz: The Young Adult Millennial Consumer Approach: A Defining Generation**

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### Breakout Session 2  
**12:05-12:45**

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<th>Education/General</th>
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**Connie Ulasewicz and Gail Baugh: Made in San Francisco: Supporting our Sewn Products Industry**

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### Lunch Program  
**1:00-2:15**

- Peggy Wild, AAFCS President
- Jody Roubanis, Incoming CA-AFCS President
- Awards, Barbara Daher; Scholarships, Nancy Rabolt
Breakout Session 3  2:30-3:10  
**Apparel/Interior Design Consumer**  
Margot Bennett and Margaret Rucker: *The Role of Repair in Sustainable Clothing Systems*  
Keith Nishida: *Incorporating Service-Learning Principles to Teach Visual Merchandising*  
Frankline Augustin and Uma Krishnan: *Applying the Human Ecological Perspective to Providing Comprehensive Care to Families of Diabetic Older Adult Patients*  
Mary Blackburn: *Fixed Income Elders Learn How to Stay Healthy and Be Active*  

**Family/Community**  
Melissa Webb and Tanya Wright: *California Home Economics Careers and Technology Secondary Education: Achieving Excellence by Connecting the Dots for Teachers and Students!*  
Billie Lou Sands and Patty Lee: *A Comparative Study of Childhood Discipline with Adult Life Satisfaction*  

**Education/General**  
Nancy K. Murray: *The New Syllabus*  
Nancy K. Murray: *ABCs of PowerPoint*  

Breakout Session 4  3:20-4:00  
**Apparel/Interior Design Consumer**  
MJ Lee and Gus Vouchilas: *Home modifications: Baby Boomer Intentions for Aging in Place*  
Marcelia Fosse and Gus Vouchilas: *Sustainable Design + Creativity*  
Lynn Hanna: *Assessment Of Food Security Among Students at Institutions of Higher Education*  

**Family/Community**  
Ivana Markova: *An Exploration of Cultural Capital Attainment in Multicultural Communities: A Study of Urban Family Centers*  
Uma Krishnan: *Cultural Antecedents and Parent-Child Conflict Management in Families of Mexican Origin*  

**Education/General**  
Jody Roubanis: *Ethics: It is all in the code!*  

Reception and Wrap Up  4:10-5:30
Are you a:
new AFFCS member and Family and Consumer
Sciences Professional
or an upcoming College Senior Student Unit Member
(Graduating by August 31, 2014)
who wants to make a difference in AAFCS???

WE WANT YOU in 2015 for the AAFCS Leadership Academy!

Participants will:
- Gain knowledge and skills which facilitate the development of their leadership skills;
- Become knowledgeable of AAFCS and leadership opportunities;
- Assume leadership roles in AAFCS and other professional arenas;
- Develop a supporting network of colleagues who will link them with resources throughout their professional and volunteer experiences;
- Partner with a mentor to enhance leadership abilities.

Participant requirements:
- AAFCS Professional Member for 5 years or less (as of Oct. 1, 2014);
- B.S. degree or greater (by August 31, 2014);
- Must attend the 2015 Leadership Academy and AAFCS Annual Conference;
- Commit to work individually, with a mentor, and with a cohort June 2015-June 2016 on further development of leadership skills through completing an Affiliate project and AAFCS Project;
- Participate and be involved in networking and webinars.

MENTOR REQUIREMENTS:
- Must have held a leadership position in AAFCS such as Committee/Unit Chair, Community Leader, or Board Member;
- Active AAFCS member, having a minimum of 5 years of membership;
- Desire to develop AAFCS Leaders;
- Attend the 2015 AAFCS Annual Conference to meet your mentee;
- Commit to a minimum of one year beginning June 2015.

You will need to commit to:
Spend time connecting with your mentee to gain insight as to his/her needs;
Work with the mentee to develop goals for the mentee/mentor relationship;
Identify and use multiple venues of communications with your mentee;
Commit to one year beginning June 2015 to a mentor/mentee relationship;
Partner with a mentee to enable them to enhance their leadership abilities.

Are you a AAFCS professional who wants to be a Mentor for an Emerging AAFCS Leader participating in the 2015 Leadership Academy?

BE A MENTOR
For the 2015 AAFCS Leadership Academy
The **University of California Cooperative Extension** is celebrating 100 years of education and research to improve the lives of Californians.

May 2014 marks the 100th anniversary of the Smith-Lever Act that created Cooperative Extension (CE), a nationwide system of community-based education, established as part of each state’s land grant university. CE was started to help farmers, homemakers, and youth use the latest university research to improve their lives. At first geared towards strengthening rural areas, Cooperative Extension became integral to urban and suburban communities as well.

“**Home demonstration agents**” taught rural women about nutrition, food preservation, and a variety of skills. Thousands of young people learned about food production, cooking, science and more through participation in 4-H clubs.

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*Patti Wooten Swanson, PHD*

*Nutrition, Family, and Consumer Science Advisor*

*University of California Cooperative Extension*
All is quiet at this time. We are on break and not doing much until the end of January. We did have a large event at the Getty Museum in November. The event was an architectural tour with about 25-30 attendees.

Doris Fossen, Los Angeles District

Blustering wind and rain could not keep many of our hardy members away from the Holiday Open House held at Amber Bradley's lovely home. All in attendance enjoyed themselves with time to visit with dear friends, renew acquaintances and make new friends. Amber provided delicious holiday food and went all out to make the time together a festive afternoon.

Sharon McKenzie (past-president), San Diego District

NCD's next meeting is Saturday, January 18th. We will be touring the Mare Island Historic Park Foundation which includes the Mare Island dry docks, chapel, mansion and museum. Mare Island was the first naval shipyard built on the West Coast in 1854 and was closed by the Navy in 1996. We will be lunching at the Dead Fish Restaurant in Crockett overlooking the bay. Included in the tour will be stately Colonial Revival era mansions of Officer's Row, St Peter's Chapel, Tiffany stained glass windows, the Mare Island Artifact Museum and dry docks along the waterfront of Mare Island Strait.

Thaya Craig, North Central District
The goal of the **Taking it to the Streets (TIS) Community** is to provide FCS professionals with resources on a topic of critical concern for families and communities. Through various campaigns, TIS has been asking us to take our FCS skills and knowledge “to the streets” as an individual or affiliate. Obesity prevention has been one focus. Over the next year or two the “Impact of the Economy on Families: Strategies, Solutions, and Resources” will be emphasized.

Now in its 5th year, TIS is working with the FERM Community to provide AAFCS members with useful resources for this new campaign. Check out our recent additions to the TIS portion of the website: [http://www.aafcs.org/Advocacy/financialimpact.asp](http://www.aafcs.org/Advocacy/financialimpact.asp) such as….

*Valuable listings of online resources:* compiled by Barbara O’Neil, noted author and expert in the field of finance, and Chair-elect of the FERM community.

*The ongoing TIS Resource Framework* which includes curricula kits, grant opportunities, best practices, teacher-suggested curricula, professional development and relevant research. We welcome any information you can share to enhance this framework.

Please submit your resource suggestions for consideration by visiting the working draft framework at Google Docs: [https://docs.google.com/spreadsheet/ccc?key=0AvaNaMWTmXJ2dFNRRXp5bjVTRVdpMkFTb2NLNnVTMEE](https://docs.google.com/spreadsheet/ccc?key=0AvaNaMWTmXJ2dFNRRXp5bjVTRVdpMkFTb2NLNnVTMEE)

Lesson plans and online listings will be also provided for your use in the future. Please help us enhance this section of resources by submitting these separately to Barbara and Marilyn. If possible, send these in digital format including links and URL’s.
Have you ever considered serving on the Executive Board or Board of Directors? The Nominating Committee is searching for candidates who are willing to serve in the following positions.

- Vice President of Programs
- Secretary
- Extended Education Fund
- Nominating Committee
- Student Section

If you or someone you know might be interested in serving, please contact Dolores Robles at Dolores.Robles@csulb.edu, Peter Kreysa at Peter.Kreysa@csulb.edu or Lisa Ledeboer at lledeboer@mtsac.edu

Bonnie Farmer, again, is leading the collection crew for a silent auction at this year’s Biennial California Conference March 28-29, 2014. She is looking for FCS/HEC memorabilia and any other collectible items that members can donate to raise funds for CA-AFCS. If you have something that you would like to donate, please contact Bonnie at bonnita.farmer@gmail.com or phone (909-228-9258).

CAAFCS Western Region Biennial Conference March 28-29, 2014!
The 2014 CA-AFCS Western Region Biennial Conference is March 28 to 29 at the San Francisco Airport Waterfront Marriott. Look for opportunities to present research and/or a workshop. For more information go to WWW.AAFCS-CA.org or contact Dr. Gus Vouchilas (CA-AFCS VP of Programs) at gusv@sfsu.edu.

SNEB Event—August 9-12, 2013 in Portland OR: The Society for Nutrition Education and Behavior Annual Conference is the premier event for nutrition education professionals from around the world and gives you the opportunity to interface with influential nutritionists from extension, public health, government, academia, industry, and community settings.

www.aafcs-ca.org
Calendar

Mar 15, 2014
Deadline for Contempo newsletter articles

March 28-29, 2014
CA-AFCS Western Region Biennial Conference at the San Francisco Airport Waterfront Marriott

June 28-29, 2014
105th AAFCS Annual Meeting in St. Louis

View our complete calendar online at www.aafcs-ca.org/ca/calendar/

Ask district leaders for more information on activities specific to your district!

Students

Facebook

Keep up-to-date with the latest CA-AFCS happenings by friending us “AAFCS—California Affiliate”

Professionals & Students on LinkedIn

Just search for CA-AFCS to join. If you are not yet networked on LinkedIn, go to www.linkedin.com.