President’s Message

Time flies! It is hard to believe that this is my last message to you as your state president.

What a wonderful conference we just had at the end of March in San Francisco! We had one hundred and three people pre-register for the conference and our tri-chairs Gus Vouchilas, Nancy Rabolt, and Marilena Williams, along with their committees, did a superb job of coordinating and making the biennial conference a great success!

Our national president, Peggy Wild, was the keynote speaker and brought us up-to-date on proposed changes to AAFCS. The proposed change of AAFCS will be needed for our association to remain viable and thrive in the future. Look for updates at AAFCS in St. Louis in June and also in the FACS newsletters and emails from AAFCS.

At the conference, there were a large number of posters in the poster session covering the gambit of our professional topics. A panel of community leaders from the Bay area discussed issues related to the Quality of Life and the impact FCS professionals can have on these issues. Numerous breakout sessions allowed us to gain knowledge and update strategies used in our professional lives. Finally, we renewed friendships and made new ones.

During the conference we held our Board of Directors meeting. All members of the Board, except one, were present and gave reports on districts, committees and professional sections at a fast pace in our two hour block of time. We also had about ten members, not on the board, join us for the meeting as well.

I, personally, would like to thank all our hard working board members for all their support and many hours of dedicated service.

Jody Roubanis, our president-elect, served as VP of Communications and then passed the baton last year to Nanci Schindler, helping her successfully transition into Contempo editor and the handler of emails for the state updates.

Gus Vouchilas served as VP of Programs for the past two years and, as I mentioned, did a masterful job on making our conference a great success. Nancy Beland, for two-plus years, served as our secretary. As secretary, Nancy’s dedication has been invaluable to keep us on track. This past year, Jeri Whelan became our new treasurer and I am thankful to past treasurer, Shirley Vernon, for mentoring Jeri. Jeri has taken on a lot of responsibility as treasurer for a non-profit professional organization.

To all (board members, district reps, committee members, and professional section chairs) I say THANK YOU so much for your dedication and hard work to keep CAFCS moving forward. Our future depends on members being willing to step up and assume leadership roles. The field of FCS continues to make a difference in the lives throughout the state and our country. I hope your are proud of the difference you and they make.

It has been a privilege and honor to represent the state of California as your president for the past two years. While my term is ending, my support of CAFCS will continue. Please join me in making our professional association valuable to all those in our field. Thank you all!

—Amber

by Amber Bradley
2012-2014 CA-AFCS President

www.aafcs-ca.org
This year the Western Region Biennial Conference was held on March 28-29th at the San Francisco Airport Waterfront Marriott, overlooking the beautiful San Francisco Bay. Over 100 attendees from all over the region were able to enjoy spectacular views of the water, including the take-off and landing of planes from the nearby San Francisco International Airport.

The conference kicked off on Friday with a series of meetings including the Colleges & Universities Meeting, which was open to students as well as faculty. The full day of meetings was followed by a cocktail and hors d’oeuvres reception. During this time attendees had the opportunity to mingle and browse the exhibit room which housed posters and presentations of their colleagues’ work - these included the work of undergraduate students as well. Many interesting and informative works were on display which addressed a variety of areas within Family and Consumer Sciences. In the hall, Silent Auction items were on display for attendees to enjoy perusing and to bid on.

The Saturday breakfast session began the day with a warm welcome from CA-AFCS President Amber Bradley. Following breakfast, a panel of community leaders discussed issues related to quality of life and means through which FCS professionals can utilize their skills to be involved in community support and outreach. The keynote speakers included Jen Arens from The Salvation Army’s Bayview Hunters Point Ministry, Jenny McKenzie with The Riley Center (St. Vincent
State Conference Highlights

By SFSU Student Attendees
And Gus Vouchilas

Paul), Eliana Schultz from the San Mateo County Family Health Services Division (WIC), and David Siegel with Hearth Homes Community Building. Moderated by Connie Ulasewicz, the discussion focused on the work being done within the community to address issues such as domestic violence, nutrition, and disabilities.

The lunch session included a presentation of the state of AAFCS from national president Peggy Wild which highlighted the direction of the organization for the future. Barbara Daher presented awards for: California Affiliate Teacher of the Year, Excellence in Extension, the New Achievers, and Leaders Award. Shirley Vernon was recognized for her many years of service as state Treasurer.

Jody Roubanis, incoming CA-AFCS President, closed the lunch session by thanking Amber Bradley for her leadership as President of CA-AFCS and followed with a preview of the coming year’s direction.

The afternoon breakout sessions featured 25 presentations given by industry professionals, educators, graduate students and members of the California Department of Education. The sessions were organized into emphases of Apparel/Interior Design/Consumer, Nutrition/Health, Family/Community, and Education/General. Exciting topics were covered and provided insight into research, community outreach, teaching, and advancement in each of the FCS areas.

The conference provided an outstanding opportunity for industry professionals, academics, and students, to share their knowledge and to encourage each other in their contributions to the field of FCS. Congratulations to the conference tri-chairs, Gus Vouchilas, Nancy Rabolt, and Marilena Williams, for their time and hard work organizing a successful conference!
After introductions, discussion about introducing more students to AAFCS and getting them involved.

Gus Vouchilas (SFSU) the millennial group study showed that students need to feel involved and doing something positive at the grass roots level.

More collaboration needs to happen between the CSU and Community Colleges (CCC). Forming student groups on campuses is necessary.

Diane Lewis-Goldstein (CSUN) FCS is growing on their campus especially in Home Economics Education. She is giving professional development credit to students who attend meeting in LA instead of extra credit.

TrendsinFashion.org is popular for students. Make the courses and meetings more fun will attract more students. Include multi-media and U-tube projects and they can be imbedded in the website. CSUN has course in dietetics, Food & Nutrition, Apparel & Fashion, FACS is growing as is the pre-credentialing program.

LA District is paying 1/2 student membership dues.

Roger Gerard (Shasta) the CCC advisory board has been disbanded as has Joanne Driggers position as the FACS coordinator, but website still has some contact information.

He has found funding for his culinary program elsewhere, because there is funding for "Retail and Hospitality" We need to educate college administrators about the value of FCS in families and community.

Jody Roubanis (Pt. Loma) Educating students and faculty about the FCS Body of Knowledge and the service the FCS brings to society. Teaching needs to be fun and courses need more interesting titles. "Kitchen Design for the Family who cooks". Pt. Loma still has a teacher educator program and can coordinate with other colleges for courses to be shared.

Ann Moylan (CSUS) said FACS has more students than ever and not just in Foods & Nutrition. They have a dietetic internship program and teacher education as well. Four of their students are displaying posters at the conference.

There were lots of good information provided from people and I hope we can have more opportunities to share in the future in California. Best wishes for a successful finish to the school year. —Barbara Kilborn
Student Involvement Soars!

Participation by students was amazing this year. Thanks to Emily Byars’ leadership, (photo top left), they met independently, shared experiences and discussed issues important to each of their programs. Many participated directly by sharing research endeavors during the Poster Session. It was exciting to be able to encourage and network with each one.

Special Thanks

To the San Francisco State Student Hosts who constantly demonstrated professional leadership throughout the Conference.
Mentorship was the focus of one of the morning breakout sessions at this year’s conference. Nancy Rabolt (SFSU) and Wendy Reiboldt (CSU-LB) teamed together to provide an informative presentation on mentorship from two perspectives: Mentee as well as Mentor. It was a brilliant approach for rarely are both perspectives discussed in the same breath. Poll any number of professionals in the room and you will soon realize that our experiences with mentoring vary greatly. Sometimes it has to do with our own maturity and/or awareness of how to make the most of a mentoring situation. In other cases, our experiences are shaped simply by availability or willingness to engage in a mentoring opportunity. Mentoring can be a tricky thing as we tend to enter a mentor/mentee situation with mismatched expectations. You have to ask yourself, what am I looking for... a relationship? life skill assistance? or simply an opportunity to move forward in a career? You also have to consider what the two individuals in the equation bring to the table to make it workable. Forced or assigned mentoring situations may not always work due to personality conflicts or if the individuals involved are unable to recognize and readjust to differing intents.

When mentoring works, however, it is a very powerful thing for all who are involved. Just hearing the stories of those who successfully master the art of developing a true Mentor/ Mentee situation can encourage and edify.

Nancy and Wendy spent time in the session identifying the essential characteristics for both Mentor and Mentee in a successful mentoring situation. Mutual respect for time, active listening, confidentiality, positive and constructive provision of feedback, independent/interdependent goals and activity rather than dependent—these are a few that were included.

Mentoring can be fulfilling, provide a sense of pride in accomplishment as well as an opportunity to “pay it back”. I found this session to be timely on a personal level as well as professionally.

By Nanci Schindler
Barbara Daher presented the California Affiliate Teacher of the Year award to Sandi Coulter from Citrus Heights, California.

The Excellence in Extension award went to Mary Blackburn.

Barbara Kilborn received the Leaders Award.

The New Achievers award was presented to Melissa Webb.

Shirley Vernon was recognized for her many years of service as state Treasurer.
Submit Articles!
Send them to our Contempo Editor at articles@aafcs-ca.org

The North Central District presented Sandy Coulter with $500 to help with her outstanding Culinary Academy at San Juan High School as our annual philanthropy project.

In the past we have helped women’s or children’s project in the Sacramento area. This year we felt it more important to help our struggling Home Economics programs.

The Nominating Committee would like to thank those who participated in the voting process for the spring 2014 election. Your time, support, and participation is greatly appreciated.

www.aafcs-ca.org
Consumer Protection Week a Big Success at CSU Long Beach

By Peter Kreysa, CSU Long Beach

Students in the Consumer Affairs Student Association (CASA) at California State University, Long Beach held a successful Consumer Protection Symposium during National Consumer Protection Week last month. The event was held in the University’s Student Union Grand Ballroom and was attended by more than 300 students.

The moderator for the event was Rigoberto Reyes, Chief Investigator at the Los Angeles County Dept. of Consumer Affairs. Speakers included Antonia Villaseñor from the California Department of Business Oversight, Ann Stahl from the U.S. Federal Trade Commission, Miguel Fernandez from the Alliance for Housing and Healing, John Noonan from the State Bar of California, and Sergeant Janice Munson and Detective Enrique Godinez from the Los Angeles County Sheriff’s Department.

Topics included consumer rights and legislation, housing issues, counterfeit and dangerous products, and emerging consumer issues, such as privacy, prescription drug scams, and online fraud. “The event focused a great deal of attention on issues and concerns of special interest to college students,” said Gabriel Ortega, CASA’s President. “Many students are concerned with increasing college debt, the rising cost of textbooks, and improving their consumer skills.”

The symposium was held as part of the nation’s National Consumer Protection Week (NCPW), which is held the first week in March every year. NCPW is a coordinated campaign that encourages consumers nationwide to take full advantage of their consumer rights so that they can make better informed decisions. “Making educated consumer decisions is important in today’s economy,” added Derek Wong, one of CASA’s Vice Presidents. “Students will be exposed to a variety of choices soon after graduation from college. Important decisions will have to be made that range from whether or not to attend graduate school, to renting an apartment, and to purchasing a car. Students can become overwhelmed with consumer decisions if they are not well equipped to process the information.”

Members of the Los Angeles County Sheriff’s Department brought a number of counterfeit goods and dangerous products to discuss and display at the symposium. These include counterfeit Louis Vuitton bags, dangerous electronic devices such as counterfeit cell phone chargers, and devices to conceal illegal contraband. The items gave students the opportunity to see for themselves how different counterfeit items are from the genuine articles.

CSULB’s Consumer Protection Day Symposium was the first of its kind at the University. “We received so much positive feedback that we intend to hold one every year,” Ortega said. For more information about Consumer Protection Week, visit the NCPW website or check out the CSULB Consumer Affairs Student Association on Facebook.
The San Diego District Recognition Brunch was held on April 26\textsuperscript{th} at Point Loma Nazarene University. Nine of our 10 Scholarship winners were able to attend along with some of their family members. These 10 winners were awarded a total of $15,200. The scholarships vary in size from $1000 to $2400. We also honored 16 graduating seniors from Point Loma Nazarene U. Each student tells us a little about what they plan to study in college or what their plans are as they are graduating from school. We had a total of 50 attendees.

Dr. Nanci Schindler, who is the Scholarship Committee Chairperson, has also been working on a history of how these scholarships have come to be available over all these many years. For our program she did a wonderful Power Point presentation of how our early members, in the late 40’s and early 50’s, did makeup parties, fashion shows, silver teas, stay at home teas and cookbooks of favorite member recipes, to continue to expand the amount of money available to give as scholarships. As the years went on some of our members also left money in their estates, some quite substantial. In 2004 the San Diego District invested their scholarship money with The San Diego Foundation. The Foundation has provided us with their expert management skills, better returns on our dollars, a way to advertise our scholarships through their Common Application and help with screening applicants.

This year we received an additional large grant from the estate of Margaret Hollenbeck, a long time member and supporter of our scholarship program.

A big thanks to all of our members that helped make this event a great success. Many of you gave money to help pay for the students and scholarship winner—thank you, thank you!

Thanks to the staff at Point Loma Nazarene University, especially Susan Rogers, Chairman of the Department of Family and Consumer Sciences, for this great location for our Brunch.

By Nancy Kostman,
CA-AFCS-SD Scholarship Board Chair

www.aafcs-ca.org
SEE YOU IN ST. LOUIS!

Advance your career at the premiere event for family and consumer sciences (FCS) professionals and students—the AAFCS 105th Annual Conference & Expo! Gather new research and strategies related to the conference theme, *Family and Consumer Sciences: Global Gateway to Healthy and Sustainable Families*, such as:

- How technology influences families on a local and global scale
- What implications global consumerism has on families
- How FCS impacts families worldwide
- How families achieve sustainable lifestyles in the US and abroad

In addition to hearing from IFHE Past President Dr. Geraldene Hodelin and Dining for Women Founder Marsha Wallace, choose from more than 50 peer-reviewed educational sessions, a variety of sessions of special interest, showcases, displays, and more!

Thanks to the generosity of Wild Ginger Software, **we are very pleased to announce the appearance of two-time Project Runway Winner Seth Aaron Henderson at the Annual Conference!** Registrants can meet Seth at the Little Black Dress & Tie Reception and Gala (ticketed events) on June 26th or at the Wild Ginger Software booth in the Expo from 11:30am - noon on June 27th.

Register Online Now (online form allows you to save on registration fees, join AAFC, as well as purchase professional assessments at a discounted rate; accepts purchase orders)

Or, download the registration form, print and complete it, and mail or fax it to AAFC with your payment or purchase order.

Go to [http://www.aafcs.org/meetings/14/reg.html](http://www.aafcs.org/meetings/14/reg.html) for information.
UCCE is hosting a Professional Update for Nutrition and Family Professionals

**Does Parenting Matter for Child Obesity: What the Research Tells Us**

**Date:** Tuesday, May 20, 2014  
**Time:** 1:00-3:00 PM  
**Location:** United Way of San Diego, 4699 Murphy Canyon Road, San Diego, CA 92123  
**Registration**: http://ucanr.edu/professionalupdate  
*NO cost to attend, but registration is required*

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**29th Annual**  
**Home Economics Careers and Technology**  
**Leadership and Management Conference**  
**June 19-21, 2014**  
**Hyatt Regency Orange County**

**Contact Person:**  
Pam Custer, Project Secretary  
Home Economics Careers and Technology (HECT)  
Curriculum and Professional Development Project  
(559) 278-4236  FAX (559) 278-7824  
pcuster@csufresno.edu  
www.hect.org

**Highlights of the conference will include**
- More Common core and CTE Standards Unwrapping
- Pre-Conference Activities
- Opening Key Note Speaker: Ron W. Foster www.chadfoster.com
- Curriculum Roundtables
- Networking with other HECT Teachers
- Honoring Administrators of the Year
- Win a Registration Scholarship

For more information: http://hect.org/leadershipmanagement.php
Calendar

July 15, 2014
Deadline for Contempo newsletter articles

June 19-21, 2014
29th Annual Home Economics Careers and Technology Leadership and Management Conference, Orange County

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

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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.

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