President’s Message

Life, MyAAFCS & Fruit Salad

My husband and I are officially parents of teenagers. My twin boys recently turned 13 and nothing has prepared me better than my home economics degree. We all know the wonderful professional applications of FCS to the work place and the community, but I am thankful for the knowledge and patience that I have learned from my degrees to enable me to be a better parent and wife. Some of the differences between my sons may be explained by them being fraternal twins. Yet on interest in activities and preferred social groups, they seemingly could not vary more. Perhaps the greatest insight gleaned is the understanding the all children grow (physically, emotionally, cognitively and socially) differently — and that is okay! What is important is having supportive systems in place to scaffold and nurture that growth. On the marriage front, a textbook (Berk, 2014) that I use cites that parents of adolescents have the least amount of marital satisfaction when compared to marriages of parents with children of other ages. Somehow knowing this statistic has helped put these role demands in perspective. FCS has been tremendous in giving me insight into being better at my home life so that I can have a more satisfying and productive community life. I got my Home Economics degree to be a teacher, but in retrospect I learned so much more that applies directly to my own life.

In line with keeping that balance, here is a brief update of what is happening in CA-AFCS. The CA-AFCS Executive Committee is planning to meet face-to-face on March 6th and 7th at Holiday Inn in Burbank California, which is the site of the 2016 Biennial Conference. The Executive Committee will meet the first night, and will be joined by many district and committee leaders the next day for the Executive Board meeting.

Barbara Kilborn, EEF Treasurer, will be giving an update on how the Extended Education Fund accounts are being invested and how we will be tracking and reporting their progress. CA-AFCS will provide some financial support (see policies at AAFCS-CA.org) for Executive Committee members and Barbara Kilborn to attend. Regarding the 2016 CA-AFCS Biennial Conference, Doris Fossen (VP Programs) is leading the charge. Already 2015-2016 AAFCS President, Dr. Carolyn Barnhart CFCS, has been secured as a speaker for our Biennial Conference. Contact Melissa Webb (Secretary) for more information about the Spring CA-AFCS Board Meeting. Additionally, if you have announcements for part of all members of CA-AFCS, be sure to contact Dr. Nanci Schindler (VP of Communications).

There are lots of good things happening at AAFCS.org. Be sure to check out MyAAFCS. It provides a plethora of opportunities for engagement with targeted communities. The Global Perspectives Community recently proposed a resolution titled “Unaccompanied Children Who Cross the U.S. Border” that can be found at MyAAFCS in the community link. A new community has been created that targets professional ethics, and the College, University and Research Community has just put a call out for research proposals to be presented at the 2015 Annual Meeting in Jacksonville Florida June 24-27.

Continued-
President’s Letter

PRESIDENT’S MESSAGE (Continued-)

Finally, here is some philosophizing about the profession. I wrote a reflection that appeared in the most recent issue of JFCS that was a response to an article titled “The Promise of Integral-informed FCS Practices”. In her article McGregor (2014) used metaphors to describe thinking in the profession: fruit salad (integrative) and fruit smoothie (integral). In my reflection, titled “Making Fruit Salad of the Profession”, I suggested my own metaphor of a colloidal suspension to describe the thinking promoted through the FCS Body of Knowledge and poked fun by mentioning the utility of colloidal suspensions when making a gelatinized fruit salad. McGregor recommended a move away from thinking of the FCS profession as an integration of multiple specializations. Instead she suggested the term integral to describe the thinking we should use within FCS. The major point of my reflection was the value of having expertise in our various areas of specialization and not to water down that technical competence. It is why we have professional credibility! If we are to have integral type thinking, it should be with the FCS Body of Knowledge as the lens. It is this lens that integrates all the areas of specialization under the FCS umbrella.

Hope you are benefiting from FCS knowledge and skills in your personal life too, soon find an opportunity to explore MyAAFCS, and know that we all share a central mission in through our membership in CA-AFCS.

Sincerely,

Jody Roubanis

References


First Annual

Family & Consumer Sciences Day

Thousands “Dine In” Around the World to Celebrate First Annual Family & Consumer Sciences Day

Alexandria, Va. - December 15, 2014–On December 3, 2014, more than 100,000 people from all 50 states, all seven continents, and 17 countries participated in the first annual Family & Consumer Science’s Day’s campaign, “Dining In” for Healthy Families — the national celebration that educates families about the importance of preparing healthy meals and “Dining In” together. December 3rd was chosen to honor family and consumer sciences pioneer and American Association of Family & Consumer Sciences (AAFCS) founder Ellen Swallow Richards’ birthday. “With the high rate of obesity in this country, especially among children, “Dining In” for Healthy Families calls attention to a simple action that families can take to become healthier—prepare and eat a nutritious meal together. We were proud to lead this important campaign,” said Carolyn W. Jackson, CFCS, AAFCS executive director. On December 3rd, AAFCS broadcasted live interviews with Dr. Barbara O’Neill, CFCS, Rutgers Cooperative Extension, who discussed the financial impact of “Dining In”; Dr. Brian Wansink, Cornell Food and Brand Lab, who provided healthy eating strategies from his new book Slim by Design;
The end of the year was very exciting promoting “Dining In” and Family & Consumer Sciences Day! A. B. Miller High School in Fontana promoted the day by all FHA and Culinary Arts students wearing stickers, and hanging up posters, changing their Facebook page and planning meals with their family to post. It was a lot of fun for the students to plan and post pictures of their family.

The start of the New Year has many looking at diets and making New Year resolutions related to finances. U. S. News & World Report in 2014 rated 32 of the “Best Heart-Healthy Diets”, and also rated them in “Easiest to Follow”. The best diets weren’t the easiest to follow. Maybe we can come up with a way to assist the consumer with an easier way to follow a diet plan that appeals to them. Also, it is important to look at the other items that complement reaching all of our goals, and balancing our life: exercise, stress reduction, and social support which sometimes requires more commitment.

If you have not added AAFCS to your twitter account, you are missing some great information! The site has financial resources for planning out the New Year and getting a handle on expenses and resources for communicating and sharing the story of healthy food.


Our involvement with World Home Economics Day connects us with the UC Global Food Initiative and assists us in keeping our place as the leaders for Families and Consumers!
Family & Consumer Sciences Day

First Annual

Family & Consumer Sciences Day

What a success! Participation from all sectors.

AAFCS Headquarters, Businesses and Families.....

Schools at Every Level!

We'll have to do it again!

www.aafcs-ca.org

Dine In Day! #healthyfamselfie

Young and Old.....

The response was tremendous!

Next Year for sure.
AAFCS Public Policy Community

The AAFCS Public Policy Committee is winding down and will become a Public Policy Community in January 2015. Our group has worked diligently over the years on expanding and building the public policy education resources online at

- Deliberation guides, advocacy resources at  [http://www.aafcs.org/Advocacy/index.asp](http://www.aafcs.org/Advocacy/index.asp)
- Speakers bureau for regional or state conferences on advocacy, policy and public issues - either live or by internet or phone
- Public Policy Toolkit - accessed through MyAAFCS  [https://www.aafcs.org/Membership/Login.asp](https://www.aafcs.org/Membership/Login.asp)
- Resolutions  [http://www.aafcs.org/Advocacy/Resolutions.asp](http://www.aafcs.org/Advocacy/Resolutions.asp) Please contact us if we can help with any resolutions.

Other aspects worked on include

- Partner with other communities on special public policy efforts
- Identifying state partners to review the FCS teacher shortage designation in each state
- Awarded 21st Century Community Champion and Friend of the Family awards
- Chalkley-Fenn Public Policy Visiting Scholar Award will be awarded in June 2015. The guidelines and application can be found online  [http://www.aafcs.org/Advocacy/Awards.asp](http://www.aafcs.org/Advocacy/Awards.asp). The application deadline was January 12 but we ask that you please encourage good candidates interested in public issues and policy to consider applying in the future.

**Please Note:** The Chalkley-Fenn Public Policy Visiting Scholar Award is supported by the interest of an endowment based on donations by many of you. You or your affiliate donations will make it possible to continue the Chalkley-Fenn Public Policy Visiting Scholar Award more often in the future. Currently the Endowment is not large enough to award the Chalkley-Fenn Public Policy Visiting Scholar every year.

All of us interested in families and public policy are looking forward to a productive and exciting year. Please share this information with interested colleagues and members of your affiliate. Sharon Hoelscher Day  [sharon@shday.com](mailto:sharon@shday.com) is the contact if you would like more information or would like to get more involved with our public policy efforts and projects.

www.aafcs-ca.org
Annual Conference Participation

Do you have current research, award-winning teaching methods, or entrepreneurial ideas and strategies to share with AAFCS 106th Annual Conference participants in Jacksonville? Submit a proposal for "Putting Research Into Practice"! (formerly Research to Practice Rounds).

During "Putting Research Into Practice," conference participants acquire a variety of information quickly through roundtable sessions. Table-top presentations of current research, award-winning teaching methods, career mentoring, entrepreneurial ideas and experience, and more, done at quick-speed rates, allow participants to attend multiple sessions and obtain materials and information about many topics of interest at the end of the event. All Annual Conference participants (members and nonmembers) are invited to submit!

If your proposal is accepted, you will present one or more 20-25 minute (or longer) sessions during the program. You will also have the opportunity to visit other roundtable sessions when you are not presenting. If appropriate, please provide 30 or more copies of a handout, CD, or any other materials to distribute to those who attend your session, and to share at the end of the session.

There is an online list of 2014’s sessions for examples of session topics, handouts and PowerPoint presentations. Applications can be submitted through MyAAFCS (formerly called the WebPortal)! You will need to sign in using your AAFCS login. If you are not a member and have never purchased anything from AAFCS, you may need to create a new account. Before you do so, please use the "Forgot Password?" link to ensure that you do not create a duplicate profile!

The deadline for submissions is April 1st, 2015. All acceptances will go out before the Early Bird registration deadline of April 15th.

We look forward to seeing you in Jacksonville!
Celebrating Excellence in FCS:
Our 2015 Distinguished Service Award Recipients

Pictured left to right are Angela Radford Lewis, CFCS; Martha Nall, CFCS; and Deborah Tippelett. AAFCS is pleased to honor these individuals who, in choosing family & consumer sciences as their path, have touched the lives of so many individuals, families, and communities. And, who, in choosing AAFCS as their professional association, have been instrumental in AAFCS’ leadership in the field of family & consumer sciences.

You can learn more about our "DSAs" online. We'll also be featuring them in an upcoming issue of the Journal of Family & Consumer Sciences and in the Fast FACS e-newsletter.

Honoring the DSAs:

- Celebrate them in person at the 2015 AAFCS Annual Conference & Expo in Jacksonville, Florida, where they'll be honored at the Pacesetter Event.
- Make a donation in their honor via MyAAFCS using your American Express, MasterCard or Visa. (You will be asked to sign in to complete donation). Or, send your gift to the American Association of Family & Consumer Sciences, PO Box 79377, Baltimore, MD 21279, and enclose your completed gift remittance form
- Send a congratulatory letter in their honor for their Book of Letters, to be presented at the Annual Conference. (Address unfolded letters to AAFCS DSA - 400 N. Columbus St., Ste. 202, Alexandria, VA 22314 or email to membership@aafcs.org).

Warmly,

Bev Card, CFCS, President
Grace Angotti, CFCS, Development Committee Chairperson
Save the date! College students and their faculty are encouraged to attend at Student Unit Conference on Saturday April 25 from 10:00 a.m. to 3:00 p.m. hosted at the California State University at Northridge Family and Consumer Sciences Department. The day will be filled with dynamic speakers, networking, and leadership development. More information will be made available on the AAFCS-CA.org.

Call for Undergraduate Research and Projects: Due April 13, 2015

Proposal are requested for poster or creative presentations by individuals or student groups for Student Unit conference on April 25, 2015 at California State University at Northridge. Examples of presentations include: Presentation of a final research paper, field experience journaling, community engagement activity, garment design, interior space design, menu or diet plan, children’s learning tool. These may be displayed on wall rack (provided), on a dress form or mannequin, or on a poster (provided by you). You may submit up to two proposals.

Projects are to be set up by 10:00 am on Saturday April 25 in designated area of Sequoia hall, and you must be next to the project but must be attended for a designated session. Student presenter(s) must be registered for the conference. Contact Dr. Jody L. Roubanis for additional information at JodyRoubanis@pointloma.edu or 562/673-6401.
CA-AFCS Student Conference Information

To All Undergraduate Students Enrolled in Any Family & Consumer Sciences Area

(apparel/merchandising, child/family/resource management, interiors, nutrition/dietetics)

Proposals are requested for poster or creative presentations by individuals or student groups for this conference on any topic related to family & consumer sciences content.

Examples include:
Presentation of a final research paper, field experience journaling, community engagement activity, garment design, interior space design, menu or diet plan, children’s learning tool. These may be displayed on a table (provided), on a dress form or mannequin (provided), or on a poster (provided by you).

- You may submit up to two proposals.
- Projects are to be set up by 10:00 am on Saturday April 25 in designated area of Sequoia hall, and you must be next to the project but must be attended for a designated session 10:30-11:00 am.
- Student presenter(s) must be registered for the conference.

Contact person will be notified of acceptance via email by April 16.

Proposal Submission Guidelines

Prepare a ½-page abstract/summary of your proposed presentation explaining the nature and importance of your project.

Save your file in Word format with filename consisting of your last name, Undergrad, and a number if you will be submitting more than one abstract (e.g., Smith1Undergrad.doc or Smith2Undergrad.doc).

Submit your proposal as an attachment to an email to jodyroubanis@pointloma.edu using the following process (one email per submission):

In the body of the email state the following:

Presenter name(s) and college or university attending
Mailing address, City, State, Zipcode, Phone, email of one contact person
Title of Presentation
Presentation format (please request table, dress form or mannequin and size, or other display format needed).

Deadline: April 13, 2015
Student Conference Information

CA-AFCS Student Conference Information

Student Unit State Conference

Saturday April 25, 2015 11:00am to 3:00pm

Tentative Schedule:

10:00 am  Research & Projects Set-up  All student presenters
10:00 am  Registration
10:30 am  Research & Projects Display  All student presenters by displays
11:00 am  Welcome  Kendra Hennegan, Student Unit Chair CA-AFCs
Janelle Johnson, C-SUN-AFCS President
11:15 am  Why FCS Makes a Difference  Dr. Jody Roubanis, President CA-AFCS
12:15 am  CA-AFCS Millennial Project  Drs. Gus Vouchilas, Patti Wooten-Swanson,
Jody Roubanis, Nanci Schindler
12:30 am  Lunch and Networking Activities
1:15 pm  Project Building
2:00 pm  Project Reports
2:30 pm  Inspiring the Future with FCS

Event Location: Sequoia Hall
Family and Consumer Sciences Department
California State University, Northridge
18111 Nordhoff Street, Northridge, CA 91330

www.aafcs-ca.org
Student Unit State Conference
Saturday April 25, 2015 11:00am to 3:00pm
California State University at Northridge

REGISTRATION FORM

Name: ________________________________

School: ________________________________

E-mail: ________________________________ Phone: ________________________________

Circle one:    Student  Faculty  Other

Send Registration to:
Dr. Diane Lewis-Goldstein
Family and Consumer Sciences Department
California State University, Northridge
18111 Nordhoff Street, Northridge, CA 91330
diane.lewis.goldstein@csun.edu
(818) 677-3120

Other Inquiries
Dr. Jody Roubanis
jodyroubanis@pointloma.edu
(562) 673-6401

Cost for registration is $10.00 and Due April 20
Make Check Payable to “Los Angeles CA-AFCS”

On site registration is $15.00
CA-AFCS Scholarship Opportunities

The CA-AFCS Scholarship opportunities for 2015-2016 are announced! Please see details for CA-AFCS and district scholarships on our website: http://www.aafcs-ca.org/ca/scholarships-grants/scholarships/ The following scholarships are funded by the CA-AFCS Extended Education Fund (EEF), most for $1500 each:

1) **Annie McDonald Lindsay Graduate Scholarship** (graduate student in nutrition/or allied field)
2) **Hazel M. Kuehn Graduate Scholarship** (graduate student in FCS or any sub-discipline)
3) **CA-AFCS Graduate Scholarship** (graduate student in FCS or any sub-discipline)
4) **CA-AFCS Undergraduate Scholarship** (undergraduate student in FCS or any sub-discipline)
5) **Theodora Corey Undergraduate Scholarship** (undergraduate student in an FCS program)
6) **Whittier Home Economists in Home and Community Scholarship** (Southern California undergraduate or graduate student pursuing an FCS/HEC credential or dietetic internship)

The due date for the above applications (one generic application form) is April 1, 2015.

7) **FHA-HERO Scholarship** for a graduating high school senior who has been active in FHA-HERO and who plans to become a Family & Consumer Sciences/Home Economics teacher. This scholarship is advertised on the HETAC list. (separate application and deadline)
8) **Student Teacher Scholarship** for Family & Consumer Sciences/Home Economics students who are registered in a credential program in an accredited CA college/university and are scheduled to do one semester of FCS student teaching. (separate application, April 1 deadline)

Applications must be postmarked by deadline. See our Website for applications and details: http://www.aafcs-ca.org/ca/scholarships-grants/scholarships/ or contact Dr. Nancy Rabolt, at nrabolt@sfsu.edu.
The San Diego Foundation is the largest scholarship provider in San Diego County outside of the university systems. Last year, $2.5 million in scholarships was awarded to more than 800 students.

**Not a straight-A student, star athlete or student body president?** You can still apply! We have opportunities if you have:

- Commitment to your education
- Potential for success in college
- Minimum GPA of 2.5 for many scholarships

**Applicants must be:**
- San Diego County residents
- and
- Graduating high school seniors
- Undergraduate students
- Graduate students
- Adult re-entry students

**Attending:**
- Four-year universities
- Community colleges
- Career/technical schools
- Graduate, medical and professional schools
- Teaching credential programs

**Timeline**
- **December 3, 2014** Application available online
- **February 4, 2015** Deadline to finish application (1 p.m.)
- **May-June 2015** Applicants notified of status

**100+ scholarships available on one application!**

**SDFoundation.org/Scholarships**

**Questions?** Email scholarships@sdfoundation.org or call (619) 814-1343.
Dear HECT Teachers & Administrators:

Leadership in all segments and levels of Home Economics Careers and Technology (HECT) is vital to our ability to deliver quality programs to our students. Many of you have developed and demonstrated your leadership skills and abilities in your local community, your region, and in statewide activities and events. If you are interested in continuing your development and putting your skills to work on a regional and statewide level, please consider joining the HECT State Staff by taking the civil service examination and applying for a position as an Education Programs Consultant with the California Department of Education (CDE).

Minimum Qualifications for being a CDE consultant are as follows:

- Have administrative, educational program or policy development experiences, such as being or having been a HECT Department Chairperson or its equivalent
- Have either an Advanced Degree (Master’s Degree or Doctorate) or Administrative Service Credential

Listed below is the link to the CDE website that addresses the civil service examination process:

http://www.cde.ca.gov/re/di/jb/edprogconsultant.asp

The process requires an Application and Statement of Qualifications to be completed and evaluated. The exam is a continuous open examination which means that the materials can be submitted at any time. All materials received by the stated deadline (see bulletin) will be processed and rankings determined. Received materials are evaluated monthly. I encourage any of you who are interested in being considered for a position as an Education Programs Consultant in HECT to review the Job Announcement and the Application and Statement of Qualifications. If you would like to pursue this leadership opportunity, complete the required online materials and submit them by March 20, 2015 so you can be evaluated as soon as possible. If you miss the March deadline simply complete your materials and submit them at any time since this examination is open and continuous. Once evaluated and ranked, new applicants are simply added to the list. For further information on this matter, please contact the following HECT consultants:

Melissa Webb at (916) 319-0773 or mwebb@cde.ca.gov

Angie Ford at (916) 319-0448 or aford@cde.ca.gov

Announcing: HECT Workshops

**Home Economics Careers and Technology**

**Registration Deadline: January 20, 2015**

**Food Safety and Sanitation: ServSafe**

Citrus Heights, CA

Renew your certification and/or become a ServSafe instructor.

**Workshop Date:** February 10, 2015

**Location:**
San Juan High School
7551 Greenback Lane
Citrus Heights, CA 95610

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**Home Economics Careers and Technology**

**Also Register for Opportunities are Knocking in Fashion and Interiors Workshop**

**Workshop Date:** March 26-27, 2015

**Registration Deadline:** March 5, 2015

**Location:**
Woodbury University
7500 Glenoaks Blvd.
Burbank, CA 91504-7846

A registration form is attached. Fax it today to 559-278-7824 or phone 559-278-4236 to let us know you plan to attend.
HECT Workshops Registration Form

Home Economics Careers and Technology Education
2014-2015 Professional Development Workshops
Registration Form

Go to: hect.org – Professional Development – Click ‘Registration Form’ to fill out online and print. Complete and submit a separate registration form for each participant.

Name: ____________________________
Home Address: ______________________ City: ________________ ZIP: ________________
Home/Cell Phone: ____________________ E-mail: __________________
School/Organization: __________________ District/ROCP: __________________
School Address: ______________________ City: ________________ ZIP: ________________
School/Organization Phone: _____________ FAX: ________________

Please check all workshop date(s) and location(s) you will be attending.

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<thead>
<tr>
<th>2014</th>
<th>2015</th>
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<tr>
<td><strong>Food Safety and Sanitation</strong></td>
<td><strong>Common Core and HECT: Your Window of</strong></td>
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<td>□ ServSafe $190</td>
<td>Opportunity Workshop $100</td>
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<td>Los Angeles: September 30</td>
<td>Los Angeles Area: January 12</td>
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<td>Registration Due by September 16</td>
<td>Registration Due by December 21, 2014</td>
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<td><strong>Hospitality &amp; Tourism</strong> $55</td>
<td>□ Stockton: January 16</td>
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<td>Concord: October 9-11</td>
<td>Registration Due by December 21, 2014</td>
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<td>Registration Due by September 18</td>
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<td><strong>Culinary Arts: Update and Renew Your</strong></td>
<td><strong>FHA-HERO New Advisor Workshop and</strong></td>
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<td>Industry Skills $385</td>
<td>Internship $190</td>
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<td>Los Angeles: November 14-16</td>
<td>Sacramento: February 10</td>
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<td>Registration Due by October 24</td>
<td>Registration Due by January 20</td>
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<td><strong>Common Core and HECT: Your Window of</strong></td>
<td><strong>Fashion and Interior Design</strong> $245</td>
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<td>Opportunity Workshop $100</td>
<td>Burbank: March 26-27</td>
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<td>□ San Bernardino: December 8</td>
<td>Registration Due by March 5</td>
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<td>□ Santa Clara: December 12</td>
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<td>Registration Due by November 21</td>
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Workshop Meal(s): Please check the box below for vegetarian meal(s)

Vegetarian Meal(s) (If ordered, the vegetarian meal must be consumed)

Food Allergies: __________________________

Total Amount Enclosed $ _____

Payment in full must accompany the registration form. Purchase orders not accepted.
Make checks payable to: Home Economics Education
A confirmation letter will be sent.

HECT Professional Development Project
California State University, Fresno
5300 N. Campus Drive, FF 114
Fresno, CA 93740-8019
559-278-4236 559-278-7624 fax

Registration Cancellation: Refunds for cancelled registration will be granted only if a written request is received two weeks prior to the activity. There will be a $25.00 handling fee for all registration cancellations.

Note: No person shall, on the grounds of sex, race, color, national origin, or handicap, be excluded from participation in, be denied the benefit of, or be subject to discrimination under this program.

HECT Curriculum and Professional Development Project
California State University, Fresno
5300 N. Campus Drive, FF 114
Fresno, CA 93740-8019
(559) 278-4236 (559) 278-7624 FAX
www.aaccs-ca.org
Calendar

March 6 & 7, 2015
CA-AFCS Executive Committee and Board Meeting
Holiday Inn @ Burbank, CA

April 25, 2015
CA-AFCS Student Leadership and Research Conference

June 24-27, 2015
106th AAFCS Annual Meeting in
Jacksonville, Florida

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

Still Receiving Paper Contempo Copies and
Want to Vote On-Line?
Please contact the Contempo Editor at
articles@aafcs-ca.org. In the Subject line of
your e-mail, please type ADD TO
ELECTRONIC VOTING. In your e-mail,
please write in your e-mail address twice to
ensure that the correct address will be entered
into our system.

Visit us online at
www.aafcs-ca.org