President’s Message

Fall 2015

In September, the CA-AFCS Board of Directors met by conference call and the fall AAFCS Leadership Council Meeting was held in Alexandria Virginia. In this message, I report on the shift of organizational power within AAFCS and its implications for CA-AFCS, but start off with some wonderful news.

Dr. Gus Vouchilas is coming onboard to the CA-AFCS helm. The CA-AFCS Board of Directors ratified the appointment of Dr. Gus Vouchilas as President-elect. He will begin his term as president on June 1 of 2016. Dr. Vouchilas is currently an Associate Professor at California State University at San Francisco, and has served in multiple leadership roles for the organization including conference tri-chair for the dynamic 2014 CA-AFCS Biennial Conference in San Francisco. Securing grant money from the EEF, he conceptualized the Competitive Student Event that culminates at the 2016 CA-AFCS Biennial Conference April 1-2 in Burbank. He has authored multiple publications, several of which have been heralded as examples of scholarship that furthers the mission of family and consumer sciences profession.

In June of 2013, the AAFCS Senate voted in a new governance structure. Although becoming a more nimble and flexible organization was an intended outcome, less fortuitous was the new role of the Leadership Council. Since the vote to transform the AAFCS Senate into the Leadership Council, the body has met three times. In as many meetings three new initiatives have been announced by the AAFCS Board: the resolution to celebrate FCS Day on Ellen Swallow Richards’ birthday; the FCS Fit program; and the Say Yes to FCS campaign. (More information about FCS Fit and Say Yes to FCS appear in this issue.) For affiliate delegates the purpose of these meetings has shifted from deliberating about the business of the organization to information gathering about what has already been determined. This lifting of responsibility has changed the nature of the delegation meetings. They are more workshop-like with a variety of collaboration opportunities. Additional results of the changed governance structure has been: to increase the importance of affiliate actions to meet membership needs; and to further the mission of the profession. CA-AFCS is stepping up to the plate to do just that.

Our recent Board of Directors meeting was a bit pared down from the size of previous meetings, because only directors listed in the bylaws were asked to participate in the fall meeting. This focused size provided more opportunity for depth and full district reports. Dr. Bonnie Farmer (Citrus district President) seized the opportunity to identify a concern about emergency preparedness and readiness in the state of California. Dr. Farmer will be discussing the issue in more depth, and seeking collaboration from other districts during a plenary session at the 2016 CA-AFCS Biennial Conference April 1-2.

Serving on the CA-AFCS Board of Directors is so much more than a volunteer experience. This type of leadership role provides an opportunity for professional development while collaborating with some amazing people. Melissa Webb, who is lead consultant for our discipline at the California Department of Education, has been serving on the CA-AFCS board as secretary and is doing much to better bridge the efforts of California organizations that strive to further the mission of
the family and consumer sciences profession. She will be on plenary program for the CA-AFCS Biennial Conference (April 1-2, 2016) to inform and to gather input about exciting happenings in secondary education in the discipline. Nanci Schindler, serving a second term as VP of Communications and Contempo Editor, has made great strides in expanding the coverage of the Contempo newsletter by seeking out what is current and most useful for informed FCS professionals. Doris Barrela-Fossen, VP of Programs, and her tri-chairs (Dolores Robles and Diane Lewis-Goldstein) with support of the LA Metro Board of Directors, has jumped through several huddles in getting the CA-AFCS Biennial Conference shaped and implemented. Jeri Whelan, completing a third year as Treasurer, has that ability to ask the question that no one had thought about. This spring there will be several leadership roles that need to be filled. It is not only an opportunity to serve your profession, it is an opportunity to test new skills and work with an amazing group of people!

AAFCS Needs You!

Submitted by Jody Roubanis, AAFCS Nominating Committee Chair

In January of 2016, affiliate delegates and other members of the AAFCS Leadership Council will vote-in two new AAFCS Board of Directors members. The application process has changed with the new AAFCS governance structure and candidates are required to submit a leadership statement and application to be considered as a candidate. If you know of someone you would like to see on the AAFCS board or you are interested, e-mail Jody Roubanis at jroubanis@aaftcs-ca.org by November 1st.
Commit to "Dining In"!

Last year, more than 100,000 people committed to preparing and eating a healthy meal together on December 3. This year, we want to double our results and reach 200,000 commitments! You'll be able to track our progress by checking online to see the thermometer and following us on social media. December 3rd was chosen for FCS Day to honor AAFCS Founder Ellen Swallow Richards, first woman graduate of MIT, on her birthday.

**Step One**  Complete our simple online sign-up form. Commit to "Dining In" for your family or on behalf of a class or other community group. Individuals who complete the form and provide contact info will be eligible for weekly prize drawings!

**Step Two**  Check out our interactive map and see who else is "Dining In" around the country and across the world.

**Step Three**  Promote Family & Consumer Sciences Day and "Dining In" to your friends, families, and colleagues.

**Step Four**  Prepare and eat a healthy meal with your family on December 3rd and share a photo on your social media sites! Remember to use hashtags #FCSday and #healthyfamselfie on Facebook, Twitter, and Instagram.

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**STATS FROM FCS DAY 2014**

**“DINING IN” COMMITMENTS**

"Dining In" for Healthy Families - FCS Day 2014

104,583 commitments in:

- 17 countries
- 50 states
- 7 continents

**Top Organizational Recruiters**

1. Walk Kansas
2. FCCLA
3. Indiana Department of Education

**Top Individual Recruiters**

1. Chef Ward, Virginia
2. Alyson McIntyre-Reiger
   FCS State Supervisor for Indiana
3. Ruth Dohner
   Assistant Professor, Ohio

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**STATISTICS FROM PARTICIPANT SURVEY**

(306 completed responses)

- 83% were FCS Professionals
- 33% received media coverage
- 37% participated in FCCLA@TheTable in conjunction with FCS Day
- 8% received a proclamation
- 99% wanted to repeat the “Dining In” theme

**Top Ways to Promote FCS Day**

1. Social Media Post
2. Email
3. Post FCS Day Flyer or Make FCS Day Display

**Top Ways to Celebrate FCS Day**

1. “Dined In” with My Family
2. “Dined In” with a Special Group
3. Distributed FCS Day or Family Meal Info at Table/Booth

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**Thank you to our 2014 sponsors!**

![Sponsors Logos]

**SAVE THE DATE!**

Family & Consumer Sciences Day - December 3, 2015

[www.aafcs.org/FCSday] #FCSday
As we accept the challenge to celebrate Ellen Swallow Richards’ birthday, December 3, 2015, as Family & Consumer Sciences Day by “Dining In” for Healthy Families, this would be an excellent time to learn about and share our thoughts on women of the recent and distant past who have made significant contributions to the well-being of individuals, families, and communities in the arenas of writing, politics, and science.

First Lady, Abigail Adams, wife of President John Adams, spoke her mind clearly and often in the many letters she wrote to her husband during their lengthy times apart during his political work and diplomatic trips. Several books have been written based on their lively correspondence. Modern women of diplomacy include Shirley Temple Black, Shirley Chisholm, and Madeleine Albright. Black, a child actor who grew up to be a diplomat, served as the Chief of Protocol, which carries the rank of Ambassador and Assistant Secretary of State. In this position as an officer of the United States Department of State, she was responsible for advising the President of the United States, the Vice President, and the Secretary of State on matters of national and international diplomatic protocol. Ms. Black served under President Gerald Ford. Shirley Chisholm was an American politician, educator, and author. As the first African-American woman elected to the U.S. Congress, she represented New York's 12th Congressional District for seven terms from 1969 to 1983. On January 25, 1972, she became the first major-party black candidate for President of the United States and the first woman to run for the Democratic presidential nomination. Her 1970 autobiography is titled “Unbought and Unbossed”. Czechoslovakian-born Madeleine Albright was the first woman to serve as the United States Secretary of State. She also served as United States Ambassador to the United Nations from January 1993 through January 1997 under President Bill Clinton. In a different but equally interesting area of women of letters, “A Wrinkle in Time” by Madeleine L’Engle has stood the test of time in science fiction with a young female protagonist. It has been a classic in young adult fiction since 1962! Even today children read books and stories about the achievements of Helen Keller and see her dramatic story come to life in film and theatre productions of “The Miracle Worker”. Helen Keller (1880-1968) accomplished as an American author, political activist, and lecturer, was the first deaf-blind person to earn a bachelor of arts degree. Eleanor Roosevelt worked tirelessly for the welfare of people, especially women, in her position as First Lady. She actively shaped the role of First Lady during her years in Washington. There are many short stories and books telling of the contributions of Ms. Roosevelt with reading levels ranging from elementary to adult level university-researched biographies. Following her husband's death, Eleanor remained active in politics. She pressed the United States to join and support the United Nations, and became one of its first delegate.

These women and more, in addition to our founding environmentalist and home economist, Ellen Richards, can be easily researched in books, periodicals or online, to provide hot topics for a thoughtful discussion while gathered for a healthy dinner. Consider today how you can make your commitment to supporting AAFCS’s 2nd Annual Family & Consumer Sciences Day, “Dining In” for Healthy Families, more meaningful on December 3, 2015.
More than 100 family & consumer sciences colleagues convened to develop a national strategic plan for addressing the FCS educator shortage. To set the tone for the day, Summit participants were apprised of the status of the FCS educator shortage across multiple practice areas, including Extension, post-secondary, and secondary settings. Additionally, participants were introduced to a variety of initiatives developed to address this comprehensive shortage, including a) state collaborations; b) FCS organizational efforts; c) university partnerships; and d) university models in place. With this knowledge as a backdrop and through spirited discussions, the group identified multiple themes, some related to promotion of family and consumer sciences education overall, and some specific to our efforts to fill the FCS educator pipeline. These themes include the need to:

- Develop a PR campaign that appeals to the next, diverse generation.
- Hire a marketing professional to work with Alliance to promote FCS education.
- Develop tool kit for teachers, counselors, and parents to promote FCS education as a career.
- Use social media to promote FCS education.
- Develop articulation pathways for career switchers, major switchers, veterans, and college drop outs.
- Promote FCS contributions to resolutions of world/big problems.
- Develop a national curriculum.
- Partner with a high profile spokesperson to promote the importance of FCS education.
- Facilitate data collection—district/state/national—to accurately articulate the FCS education shortage.
- Identify FCS education contributions to STEM. The planning committee continues to sift through the raw data from the Summit.

Determining next steps is a priority for the planning committee, taking into consideration those individual and organizational commitments articulated by participants to shape this national agenda. We encourage individuals and institutions at the state and local levels to begin thinking about realizing this effort. In the coming weeks, family & consumer sciences colleagues can expect further communication about this exciting, collaborative, national initiative to filling the FCS educator pipeline through the following:

- A new webpage will house all materials related to this initiative: www.aafcs.org/FCSEdPipeline.asp
- A Post-Summit Webinar will be held to inform colleagues about the Summit and its outcomes, including ways to get involved in the process of filling the FCS educator pipeline
- A Special Issue of the Journal of FCS Education is underway, to share best practices related to filling the FCS educator pipeline
- A follow up meeting, “FCS Summit: Filling the FCS Educator Pipeline Workgroup Meeting,” will be held at the ACTE Vision - New Orleans - 3:30 to 6:00, Wednesday, November 18, 2015.

Reported by Janine Duncan
CFCS Associate Professor
Department of Family & Consumer Sciences
Fontbonne University
AAFCS Initiatives

AAFCS is rolling out a multi-year initiative that will launch in June 2016 at the AAFCS Annual Conference in Bellevue Washington, with a focus on health and physical well-being.

Similarly, years two and three will also be tied to the AAFCS Annual Conference themes. AAFCS members model the organization’s mission, and our FCS Community makes a concerted effort to make informed decisions about their own well-being, relationships, and resources with the goal of achieving an optimal quality of life.

In addition to the AAFCS mission statement, the FCS profession’s body of knowledge identifies multi-dimensions of individual wellness that includes bodily, security, physiological, and spiritual health.
Call for AAFCS California Affiliate

Call for 2016 Proposals

The conference planning committee is seeking both oral and poster presentations for the CA-AFCS 2016 Biennial Conference. The Conference will be on April 2, 2016 at the Burbank Media Center Holiday Inn.

The conference theme is *People, Purpose, and Passion: Growing Professionals in the California Sun*. Presentations should support this theme or the Mission of our field: “To provide leadership and support for professionals whose work assists individuals, families, and communities in making informed decisions about their well being, relationships, and resources to achieve optimal quality of life.” The following topics are also being considered:

- program development, best practices, mentoring, leadership, advancement of the profession, continued education, and service learning.

Please follow guidelines provided in this issue as well as on the website ([www.aafcs-ca.org](http://www.aafcs-ca.org)). Submissions need to be made by December 1, 2015. Multiple submissions are welcome. Notification will be made on or before January 10, 2016. Direct all questions to Dr. Diane Lewis-Goldstein at diane.lewis.goldstein@csun.edu.
In Memory

Dr. Dorothy Irwin Mitstifer, Ph.D., 83, of East Lansing, Michigan, formerly of Williamsport, Pa., passed away Sunday, Sept. 13, 2015 at the Hospice House of Mid Michigan.

Dorothy, born Aug. 17, 1932 in Gaines, Pa., was the daughter of the late Leonard and Laura (Crane) Irwin. Upon graduating from Genesee High School in Genesee, Pa., Dorothy earned a B.S. in Home Economics Education from Mansfield University, followed by both an M.Ed. and a Ph.D. from Pennsylvania State University.

For more than 50 years, Dr. Mitstifer served as the Executive Director and Editor of Kappa Omicron Nu (KON), the national human sciences honor society. She also served for decades as Executive Director for the Association of College Honor Societies (ACHS), and held executive and board positions for other local, state and national organizations too numerous to count. Dr. Mitstifer authored over 100 books, articles and manuscripts, and always shared her time and talents generously. Her service and devotion to higher education, undergraduate research and professional development earned countless awards, and inspired enduring affection and respect from her students and colleagues around the globe. At her retirement in 2015, she was named Executive Director Emerita for both KON and ACHS in honor of her lasting legacy of excellence in scholarship, leadership and research.

Memorial contributions honoring Dorothy’s memory may be made to the Dorothy I. Mitstifer Scholarship Fund, c/o Kappa Omicron Nu, 1749 Hamilton Rd., Suite 106, Okemos, MI 48864. Send condolences to Vickeryfuneralhome.com. Funeral Home: Gerald W Vickery Jr. Funeral Home Inc (1093 W Main St, Troy, PA 16947; (570) 297-3030).


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First Student Leadership Conference a Success

Our first student leadership conference, Making a Difference: Social Responsibility, took place on April 25, at CSU, Northridge. This was a wonderful partnership among the student chapter of Kappa Omicron Nu Honor Society, Lose Angeles District of AAFCS, our California AAFCS President, and the waiting–to-be-chartered Family and Consumer Sciences Student Association.

Students for CSU, Long Beach, Point Loma Nazarene, and CSU, Northridge participated. We used a lot of creativity to accommodate all the students. We had three different workshops, each repeated three times, so that all participants could attend each one. Each room held 50 people and the rooms were nearly at capacity!

Professor Lisa Ledeboer explored money “Habitudes” giving students some practical foundations for consumer decision making. Dr. Jody Roubanis, CFCS examined the FCS skills, that when combined with knowledge of our Body of Knowledge will provide a platform for action. The Kappa Omicron Nu and FCS-Student Association students from CSU, Northridge (Lindsey Marx, Alex Hernandez, Janelle Johnson, and Karina Ramirez) presented a video of a Ted Talk about following through on what you say you are going to do. This led to the participants using Post-it notes on one of the walls, each note a tangible reminder of things they wanted to do to make a difference in their communities, families, and individuals.

Evidence-based research posters were also displayed and garnered a lot interest. Many participants expressed that they were glad they came and they had learned a lot. Many thanks to everyone for making this such a successful event!

www.aafcs-ca.org
...I attended the Student Leadership Conference held at California State University, Northridge for the first time. I honestly did not know what to expect when I attended, but I did learn many things and gained a new perspective on seeing our department of family consumer sciences as a whole. I learned more of the history of FCS as well as the benefits of joining the AAFCS (American Association of Family Consumer Sciences) as a student member as well as a professional. There are many ways to network with other professionals in the field as well as attend professional conferences to learn more about opportunities on how to get more involved in FCS and important people in the organization who you can contact....Overall, I thought this was a great conference, and I would totally recommend other FCS students to attend in the future.

.....The session I enjoyed most was the one where we watch the TED talk video “Because I Said I Would”. This session was inspirational and motivating. It made me realize the power our words have on ourselves and on others. It is important to be someone who follows through with our commitments and to stay motivated throughout life the best we can. I also enjoyed writing down our own promises. Mine was to be the best I can be on a day-to-day basis. I learned that writing down our promises makes a difference compared to just thinking them because then we feel a sense of accountability towards ourselves.... Over all I really enjoyed this conference and was pleasantly surprised with the experience. It was clear a lot of work and time went in to putting each session together and I am glad I was apart of the event.

One very inspirational session was realizing how great the value is in the words you communicate to someone everyday. It is important to commit to our promises, as they reflect our character and also build a stronger relationship to those we are making that promise to..... The session was intimate and deep and the video showed how powerful one message could be to someone’s life. It can change the way someone lives and the actions they do in the future based on what they committed to someone. The dept is committed to helping society and most importantly family.

...This was my first professional conference that I have attended. It was a good experience getting to know other people in the FCS program and not only from Long Beach but also Northridge and Pointe Loma. It was nice to network with students who are about the same stage in school as me. I learned a lot of new information including my money habits, how I can use my major to make a difference, and how all the different disciplines under FCS are all related. I enjoyed all the sessions but I think I enjoyed “Because I said I would” the most because it was really touching and made me motivated to go and fulfill my promises that I have made to others and to myself. After watching the video and writing down promises on the wall it really did make me feel inspired to go out and do those things and to help others! Not to mention I looked up that video to show to my family because I liked it so much! I am happy that I went to the conference and got to meet new people and to feel that motivation that I had needed!

Dolores Robles, a lecturer in the Consumer Affairs Program of the Department of Family & Consumer Sciences at California State University, Long Beach had students in her class write reflections on what they gained from the Student Leadership Conference. Their responses reveal a developing passion for our discipline and a continuing vision for our future.

I thought the event was very organized and I felt the time frame for each room was enough to be educational but not overwhelming. A lot of the information we learned was familiar, however I liked the ways the speakers chose to make the information impactful such as using worksheets, group assignments and videos. I liked the session on social responsibility where we watched the TED video the best. I really liked his story and the difference he made in so many peoples lives. I also liked how he helped people be accountable for their promises with his promise cards.

www.aafcs-ca.org
The prevalence of overweight conditions among pre-school children has increased dramatically, and is highest in Mexican-Americans (Ogden & Carroll, 2010; Deckelbaum & Williams, 2001), nearly 50% higher than other ethnicities in the United States (Whitaker & Orzol, 2006). Type 2 diabetes, most notably recognized as an adult disease, comprises 25%-60% of new onsets of childhood diabetes, and is increasing along with the rapid rise of childhood obesity (Foster et al., 2008; Must et al., 2004). The dramatic increase in the prevalence of childhood obesity and corresponding serious health and financial burdens have prompted the need for broad interventions to address this public health issue (Cole et al., 2006; Foster et al., 2008; American Academy of Pediatrics, 2003). Effective interventions for weight loss in overweight and obese children have shown to be successful when adult caregivers (e.g., parents) are motivated and understand their role in establishing healthy eating habits in their children (American Academy of Pediatrics, 2003; Cooke et al., 2003; Skidmore & Yarnell, 2004). According to Epstein (2009), successful parent education programs require the involvement and partnership between family, community, and school. Thus, a school-based parent education program (i.e., A Taste of Good Health) was designed to affect healthful behavior in parent participants and their families in a large urban school district with a high number of Latinos (mostly Mexican origin). The program involved a collaboration and partnership between parents, California State University Northridge, Northridge Hospital, Northeast Valley Health Corporation, and five elementary schools in the Los Angeles School District. A Taste of Good Health consisted of a 4-week program, meeting once a week for 2½ hours at each meeting, for a total of 10 hours of instruction. Components included parent training on health nutrition, cooking demonstrations, and zumba classes. Graduate student dietetic interns assisted with all components of the program, including the evaluation. The program allowed the parents to obtain knowledge and practice in the area of nutrition, cooking, and physical activity so as to be more involved in their families’ health and wellbeing.

**One year follow up: A Taste of Good Health Family Workshops**

By Besnilian, A., Plunkett, S. W.

- The prevalence of overweight conditions among pre-school children has increased dramatically, and is highest in Mexican-Americans (Ogden & Carroll, 2010; Deckelbaum & Williams, 2001), nearly 50% higher than other ethnicities in the United States (Whitaker & Orzol, 2006). Type 2 diabetes, most notably recognized as an adult disease, comprises 25%-60% of new onsets of childhood diabetes, and is increasing along with the rapid rise of childhood obesity (Foster et al., 2008; Must et al., 2004). The dramatic increase in the prevalence of childhood obesity and corresponding serious health and financial burdens have prompted the need for broad interventions to address this public health issue (Cole et al., 2006; Foster et al., 2008; American Academy of Pediatrics, 2003). Effective interventions for weight loss in overweight and obese children have shown to be successful when adult caregivers (e.g., parents) are motivated and understand their role in establishing healthy eating habits in their children (American Academy of Pediatrics, 2003; Cooke et al., 2003; Skidmore & Yarnell, 2004). According to Epstein (2009), successful parent education programs require the involvement and partnership between family, community, and school. Thus, a school-based parent education program (i.e., A Taste of Good Health) was designed to affect healthful behavior in parent participants and their families in a large urban school district with a high number of Latinos (mostly Mexican origin). The program involved a collaboration and partnership between parents, California State University Northridge, Northridge Hospital, Northeast Valley Health Corporation, and five elementary schools in the Los Angeles School District. A Taste of Good Health consisted of a 4-week program, meeting once a week for 2½ hours at each meeting, for a total of 10 hours of instruction. Components included parent training on health nutrition, cooking demonstrations, and zumba classes. Graduate student dietetic interns assisted with all components of the program, including the evaluation. The program allowed the parents to obtain knowledge and practice in the area of nutrition, cooking, and physical activity so as to be more involved in their families’ health and wellbeing.

Besnilian (2013) employed quantitative methods to evaluate (1) changes in participants’ nutrition, physical activity, cooking knowledge, and Body Mass Index (BMI) at pretest, posttest, and 3-month follow-up. Also, qualitative data were collected from participants in the program during debriefing sessions at week 4 and one-on-one at the 3-month follow-up. The sample in the evaluation included 202 parents (95% Latino). Results suggested parent participants used the knowledge gained in the classes to create healthier home environments for their children and families. Major findings indicated participants in all five schools reported: (1) significantly increasing their nutrition, cooking, and physical activity knowledge from pretest to posttest and follow-up; (2) significantly decreasing their body weight and BMI from pretest to posttest; and (3) making significant changes in cooking, eating, and physical activity behaviors (Besnilian, 2013).

Although these results looked very promising, long-term adherence to changes in eating programs can be difficult to maintain, even with successful outcomes immediately following an intervention (Cole et al., 2006). Thus, the California Affiliate of AAFCS provided funding to conduct a one-year follow-up with a sample of parents who participated in A Taste of Good Health.

The 25 parents at one school who participated in Taste of Good Health were contacted for a one-year follow-up to determine whether they made any changes in eating, physical activity, and cooking behaviors. Eighteen parents (mostly Latino) participated in the follow-up. Trained bilingual students distributed follow-up surveys and conducted focus groups. Data from the previous study’s pretest and posttest were used as a comparison. After the completion of the follow-up survey and focus groups, the parents were provided with a zumba class and a nutrition refresher class, based on feedback obtained after the initial intervention.

Repeated measures ANOVAs indicated there was a significant ($p < .01$) increase in nutrition and cooking knowledge from pretest to posttest and posttest to one-year follow-up. Also, there was a gradual increase
(p = .14) in physical activity knowledge from pretest to posttest and posttest to follow-up. There was also a significant increase (p < .01) in reading labels from pretest to posttest and follow-up. Other cooking behaviors also showed small changes (p > .05) from pretest to follow-up: decreased cooking with butter, increased cooking with oils, increased removal of fat before cooking, increased grilling/baking. Surprisingly, cooking with children dropped slightly (p > .05) from pretest to follow-up. However, there was a significant (p < .05) increase in preparing and eating dinner at home.

There were significant changes from pretest to follow-up in types of foods eaten, such as increased consumption of hot cereals and decreased consumption of regular cheese. There were also healthful, but non-significant changes from pretest to follow-up in types of foods eaten, such as (1) increased consumption of vegetables, nuts, lean meats, egg whites, and fat-free dressing; (2) decreased consumption of luncheon meats, chips, regular salad dressing, ice cream, fried foods, and fast foods. Surprisingly, there were also some significant unhealthful changes from pretest to posttest; that is, increased consumption of eggs and also sweets (cookies, donuts, candy). The latter finding may be because the one-year follow-up was close to the holidays. Another potentially unhealthful trend, but not significant, was the increased consumption of pork/ham/bacon.

In regards to physical activity, there was a significant increase from pretest to posttest on walking for at least 30 minutes a day and engaging in aerobic activity, but there was a slight drop from posttest to one-year follow-up (but still higher than pretest). There was a significant (p < .01) increase in organized sport activities from pretest to posttest and posttest to follow-up. Focus group data indicated parents felt they reduced portion sizes, ate more fruits and vegetables, ate more home-cooked meals, and drank less sodas and juices, but drank more water. All the participants felt they were making great efforts to improve eating habits and exercise habits.

The one year follow up data is similar to the initial data which supports the conclusion that many families need long-term support, resources, and follow-up to ensure they are successful in making healthy behavior changes. It also supports the need for ongoing systematic evaluation of programs. It is exciting to see that participants were using the knowledge gained in the classes to make behavioral and environmental changes in their and their families' lifestyles. The reason for some behaviors reverting back could be that participants may need ongoing support or reinforcement. Therefore there is a need to provide ongoing support and sustainability in educational programs in schools. Ultimately, to counter diabetes and childhood obesity, there need to be long term interventions, more support and resources for families, and long-term programs and research studies. The one year follow up study was consistent with the original study and other studies confirming that parents play an important role in modeling healthy behaviors for their families and developing healthy lifestyles. Given this serious health problem, having a partnership with the university, school, family, and community is important, if we hope to ultimately curb childhood obesity.

References
Deckelbaum, R. J., & Williams, C. L. (2001). Childhood obesity: The health issue, Obesity Research, 9, 239s-243s.
Extended Education Fund

**WHAT IS EEF?**

How often we see articles written with letters such as these denoting some organization? Let me take a few of your minutes to tell you about the **EXTENDED EDUCATION FUND**. It was started in 1968 by donations from CA-HEA district presidents and past state presidents. It resulted in $10,000 of donations, but because of continued donations by our members and careful investing this has grown to close to $300,000.00. It enables us to provide money for **SCHOLARSHIPS** for students majoring in Family and Consumer Science. It has also helped FCS students achieve their goal of graduation. This year we had 61 applicants for scholarships, some were graduate students, some undergraduate, also high school seniors and student teachers. Thirteen scholarships were awarded to students.

Donations also enable us to give **GRANTS** to our members to develop new programs, present meetings, do research (as reported on the previous pages) and expand the visibility of our profession. Over the last 47 years EEF has helped many members of our organization with professional projects that have enriched both them and our profession. Two awards were given to members of our organization this year.

Grants can be funded up to $5000 over a two year period and scholarships are usually given in $1500 amounts each fall. Please encourage your students to apply by the April 1, 2016 deadline. This amounts to a sum of $20,000 to $25,000 a year which we need to earn from our investments or donations. Your donations will help us expand the amount of help EEF can offer.

Our EEF advisors and treasurers, Barbara Kilborn is the current treasurer, with careful investing, have help grow the dollars we can give but donations from our members can help to enrich the dollars available. Any amount can help, $10.00 to $5000.00 or more. The donated amounts are tax deductible. If you are doing estate planning talk to your advisor about a donation to our EEF GRANT and SCHOLARSHIP program.

**See the CA-AFCS website for applications for all Scholarships and Grants.**

For more information contact Bonnye Whamond, EEF Chair at bwhamond@gmail.com

Send donations to Barbara Kilborn, Treasurer, at 11709 Inverness Way, Auburn, CA 95602.

Thanks you for your continued support of the **Extended Education Fund**.

www.aafcs-ca.org

Provided By Nancy Kostman
Professional Opportunities

We Need You!

For Spring of 2016, the CA-AFCS Nominating Committee will be looking for leaders to serve in the following positions:

- 2016-2018 VP of Programs
- 2016-2018 Secretary
- 2016-2018 Treasurer
- 2016-2018 Nominating Committee Member
- 2016-2020 Extended Education Fund (EEF) Member

Contact Lisa Ledeboer lledeboer@mtsac.edu if you are interested in running for one of these positions or if you would like to nominate someone.

12 DAYS BEST OF FRANCE

May 12-23, 2016

HOSTED BY DR. Kay Wilder & Ms. Amber Bradley

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FOR A BROCHURE & MORE INFORMATION CONTACT:

Ms. Amber Bradley Dr. Kay Wilder
Tel: (619) 447-4223 (410) 480-3750
Email: amberebradley@yahoo.com kwilder@pointloma.edu
2016 CA-AFCS Biennial Conference Presenter Proposal Guide

Deadline to Submit Proposal: December 1, 2015

You are required to complete every item requested for this proposal. Two pages are required. Please be sure to complete the entire proposal in order using double spacing, one inch margins, and 12 point font (Times New Roman or Arial). Submit the two pages of your proposal electronically as ONE Word format document with a file name of your last name (e.g., Smith.docx or Smith.doc) to Dr. Diane Lewis-Goldstein at diane.lewis.goldstein@csun.edu

First page must include

- What FCS specialization relates best to your presentation?
- What is the proposed title of your presentation?
- List all authors of presentation
- Session Overview: no more than a 1-page abstract/summary of your proposed presentation in APA format, including references. The abstract/summary should also include the contributions to the aims and purposes of the field of Family and Consumer Sciences and benefits to the audience (such as student attendees, practitioners in the field, etc).

Second page must include:

A brief personal biography on separate page making sure to include your first and last name, phone number, mailing address (including street, city, and zip code), email address, university/industry affiliation, and position.

Important Information

The deadline to submit a proposal is December 1, 2015

Conference date is April 2, 2016

Oral session length is 45 minutes. Be prepared to possibly present twice

Poster must have an author attending it for 50 minute session on Saturday morning

At least one author of each presentation must be registered for the conference, no honorariums

An LCD projector and screen will be provided. Each presenter is responsible for providing their own laptop, cable/adapter and any other handouts

Presentation rooms are set up in classroom style and will include tables, notepads, and pens

Please Note:

Presenters who are selected are responsible for payment of the registration fee and travel expenses.

Discounted parking must be pre-paid by February 28, 2016 if not lodging at the Burbank Holiday Inn.
Announcements

UCCE has 3 positions to announce:

**Director, Statewide Youth, Families and Communities**  
Location: UC ANR - Davis  
Posted on August 13, 2015  
Closing on October 9, 2015

**Cooperative Extension Advisor, Youth, Families & Communities Development**  
County Location: Imperial County  
Posted on August 31, 2015  
Closing on October 12, 2015

**Area CE 4-H Youth Development Advisor**  
County Locations: Marin County, Napa County, Sonoma County  
Posted on August 28, 2015  
Closing on October 16, 2015

For More Information Contact:  
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**Special Note of Thanks for Donation**

A generous donation was recently received from Carol Harsha. This adds Carol to our list of patrons for the "tea bag" fundraiser previously listed in the *Contempo*. Thanks again to Carol and all those who support our professional association with their time, talent and treasure!

Amber Bradley
Calendar

**January 15, 2016**
Deadline for *Contempo* newsletter articles

**December 3, 2015**
FCS Day—Dine In for Healthy Families Campaign

**June, 2016**
107th AAFCS Annual Meeting in Bellevue, Washington

*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.

**Twitter**
Tap into #morefcs to follow tweets from President Jody Roubanis.

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