President’s Message

An Exciting Time for FCS

Biennial Conference April 1-2, 2016 in Burbank

With the support of the LA District, Tri-chairs, Doris Barela-Fossen (CA-AFCS VP of Programs), Dr. Diane Lewis Goldstein and Dolores Robles, are lining up an exciting program for the 2016 CA-AFCS Biennial Conference April 1-2, at the Holiday Inn Burbank-Media Center. Highlights of the program include two well known speakers: AAFCS president Dr. Carolyn Barnhart, and Take-it-to-the-Streets chair and past AAFCS president Marilyn Swierk. Be sure to arrive in time on Friday to participate the California Disaster Relief planning facilitated by Dr. Bonnie Farmer and for an update with some thrilling news from Melissa Webb, our leader at the California Department of Education. The conference will close with a showcase of the winners of the EEF supported Student Competition (led by Dr. Gus Vouchilas and Dolores Robles). This culmination at the conference is sure to bring lots of students into the venue.

“Growing FCS Professionals in the California Sun” is apt theme for our biennial conference!

AAFCS Leadership – Dr. Kay Wilder

As you may be aware, the process by which AAFCS Board members are nominated and elected has changed. Starting this year the members of the AAFCS Leadership Council will vote to determine the new AAFCS Directors-at-Large. Currently Dr. Gus Vouchilas and I are the CA-AFCS representatives and will cast votes for CA-AFCS. Over the winter break I served on the AAFCS Nominating Committee, which was really exciting since it was a new interviewing process (100% on-line) and none of us on the committee had ever been an AAFCS Board member. The really good news is that our very own Dr. Kay Wilder was nominated to the slate of candidates for the two Director-at-Large board positions. As of the writing of this letter, the Leadership Council voting had not taken place. After it has, AAFCS will be sending notification of election results to all AAFCS members. It was inspiring to listen to Dr. Wilder’s responses to the interview questions. If she is elected, she will again be an amazing leader at the national level of our organization.

Twitter @MoreFCS

As a busy FCS professional, no one has time for anything more, right? Yet as an informed FCS professional, judicial use of some social media can be a GREAT use of time...at least I think so. If you aren’t already doing so, consider getting on board with Twitter. Posts on this social media are brief (140 characters or less) and you have control who you see posts from by following them. Getting periodic snapshots from the CDC, USDA, AAFCS and Barbara O’Neill (on financial matters) is enriching. Follow me @MoreFCS and I will share with you tweets that I find interesting and periodically throw in a snapshot of me as mom to adolescent boys. The best part of Twitter is the trends. By use of the #, one can follow current events that are relevant to professional practice. Some great AAFCS trends to look up are #SayYestoFCS, #FCSDay, and #HealthyFamSelfie.

If you were a president of CA-AFCS prior to 2006, please contact me before the Biennial Conference. We have so many exciting happenings in our profession, I am looking forward to hearing from you in person at the CA-AFCS Biennial Conference April 1-2 in Burbank!
It's Just Around the Corner!

PEOPLE, PURPOSE, AND PASSION
GROWING FCS PROFESSIONALS IN THE CALIFORNIA SUN

CALIFORNIA AFFILIATE
AMERICAN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES
CA-AFCS BIENNIAL CONFERENCE - APRIL 1 & 2, 2016

BURBANK, CALIFORNIA
USA

Have you registered yet?

Note! Early bird registration has been extended to February 15th—Late Fee after February 15th.

www.aafcs-ca.org
Conference Registration

HOW TO REGISTER: Complete this form and save it to your computer. (1) Email your completed form to ladistrictaafcs@gmail.com and (2) complete your registration by paying here. Or (1) Print out the completed form and mail it with your check payment to Doris Barela-Fossen at the address below.

Checks payable to LA DISTRICT CA AAFCS. Your registration is not complete until payment is received.

Name: ____________________________________________
Address: ____________________________________________
Phone: ____________________________________________
Email: ____________________________________________

 Conference includes Friday evening, April 1 reception and Saturday, April 2 luncheon

<table>
<thead>
<tr>
<th>AAFCS Member</th>
<th>AAFCS Non-Member</th>
<th>Student</th>
<th>Late Fee After 2/1/16</th>
<th>Donation</th>
<th>TOTAL Amount Paid via Pay Pal or check payable to LA District CA-AAFCS</th>
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You can help sponsor a student to attend the conference! Please indicate the amount that you would like to donate above and include that amount in your registration payment.

Will you attend the evening reception on Friday 7:00-9:00 PM? YES or NO
Will you attend the Colleges, Universities, & Research Meeting on Friday 1:30-3:30 PM? YES or NO
Will you attend the Secondary Education & Higher Education Update on Friday 3:30-4:30 PM? YES or NO
Will you attend the Student Unit Meeting on Friday 4:30-5:30 PM? YES or NO
Will you attend the Extension Meeting on Friday 4:30-5:30 PM? YES or NO

Suggested student donation amounts: $10 $15 $20 $25 $30 $50 $75 $100

Indicate food allergies or special food requirements here:

For Inquiries and Check payment contact
Doris Barela-Fossen
LA District President & CA Vice President of Programs
34123 Desert Road
Acton, CA 92510-1462
dbfossen@aol.com
661-269-0067

HOTEL ROOM INFORMATION

Reserve your room with the Holiday Inn on or before February 28, 2016 to secure the group rate of $139.00 per night. Discounted pre-paid parking at the hotel is available for attendees driving to the conference—reservations must be made by or before February 28, 2016. For parking or room reservations call 818-841-4770. Shuttles run to and from the Burbank airport every 20 minutes. Metrolink riders must call the hotel directly to request a shuttle pick-up.

Holiday Inn: Burbank—Media Center
150 East Angelina Ave., Burbank, CA 91502

Go Online today to complete your registration at http://www.aafcs-ca.org/ca.

Early Bird Registration Extended to February 15th!
Conference Program

CA-AFCS Biennial Conference
March 31 - April 1-2, 2016
Holiday Inn Burbank – Media Center

Tentative Program

Thursday, March 31, 2016
7:00 pm - 9:30 pm  CA-AFCS Executive Committee Meeting
                    Hotel Restaurant VIP Room

Friday, April 1, 2016
Tours
 Individual/group tours can be arranged with
 vendors available through concierge

8:00 am - 6:00 pm  Registration

9:00 am - 12:00 pm CA-AFCS Board of Directors Meeting

12:00 pm - 1:30 pm Lunch on your own

1:30 pm - 2:30 pm Emergency Preparedness Presentation
                Bonnie Farmer, Citrus District President

2:30 pm - 3:30 pm Colleges and Universities Meeting
                Dr. Diane Lewis-Goldstein, Chair

3:30 pm - 4:30 pm Secondary Education & Higher Education
                Melissa Webb, CA Department of Education

4:30 pm - 5:30 pm Extension Community Meeting
                Dr. Patti Wooten-Swanson, Chair

4:30 pm - 5:30 pm Student Unit Meeting
                Kendra Hennegan, Chair

5:30 pm - 7:00 pm Dinner on your own

7:00 pm - 9:00 pm Welcome Reception
                Rooftop Crystal Room
Saturday, April 2, 2016

7:00 am - 8:00 am  Breakfast on your own

8:00 am - 12:00 pm  Registration

8:00 am - 8:50 am  Morning Networking – Ballroom
                   Coffee, tea, and bagels

8:00 am - 5:30 pm  Undergraduate and Graduate Poster Display – Ballroom
                   Authors available by posters from 8:00 am – 8:50 am

9:00 am - 9:50 am  Opening General Session – Ballroom
                   Doris Barela-Fossen, CA-AFCS VP of Programs,
                   President, Los Angeles District
                   Bob Frutos, City of Burbank Mayor
                   Dr. Jody Roubanis, CA-AFCS President
                   Dr. Carolyn Barnhart, AAFCS President
                   Donna Graham, WA-AFCS President
                   Call to Bellevue Washington AAFCS Annual
                   Conference, June 22-25, 2016

10:00 am - 10:45 am  Breakout Session 1

11:00 am - 11:45 am  Breakout Session 2

12:00 pm - 2:00 pm  Luncheon – Ballroom
                   Keynote speaker – Marilyn Swierk
                   Awards, Scholarships, and Recognitions

2:15 pm - 3:00 pm  Breakout Session 3

3:15 pm - 4:00 pm  Breakout Session 4

4:15 pm - 5:45 pm  Closing General Session – Ballroom
                   Dr. Jody Roubanis, CA-AFCS President
                   Dr. Gus Vouchillas, CA-AFCS President Elect
                   CA-AFCS Student Competition

Shuttles depart to the airport every 20 minutes
California Department of Education (CDE) Update

As the 2016 new year is finally upon us, the Home Economics Careers and Technology (HECT) staff have been very busy assisting new and current chapters with affiliation, competition registrations, and preparing for the upcoming FHA-HERO Region Qualifying Competitions. New this year, chapters are registering their competitive recognition events (CRE) through a new FHA-HERO online system and members have choices among over 20 Family, Career, and Community Leaders of America (FCCLA) Students Taking Action for Recognition (STAR) Events as well as six California State Events. Interested HECT teachers who would like to learn more about FCCLA STAR events should consider attending one of seven region spring meetings:

- January 30, 2016 Region 2 Pleasant Valley High School, Chico, California
- February 6, 2016 Region 4 San Juan High School, Citrus Heights, California
- February 6, 2016 Region 6 Linden High School, Linden, California
- February 13, 2016 Region 10 Ayala High School, Chico Hills, California
- February 20, 2016 Region 9 Mountain View High School, El Monte, California
- February 20, 2016 Region 8 Monache High School, Porterville, California
- February 27, 2016 Region 5 meeting Mills High School, Millbrae, California

Region Meeting Flyers about the event can be found at this link: http://ca-fhahero-fccla.org/chapters-regions/ The FHA-HERO State Leadership Meeting is April 16–19, 2016, in Riverside, California. The meeting theme: “Mission I’m Possible” will inspire members to reach their full potential and leadership by participating in state level competitive events, career leadership workshops, HECT industry tours, college and career show, and the Recycle and Redesign Garment Fashion show. This year, California will be hosting the FCCLA National Leadership Conference which is scheduled July 3–7, 2016, in San Diego, California. The California delegation is anticipating record state attendance as more state competitors now have the opportunity to advance to national competitions with the new alignment of state competitions to FCCLA STAR Events.

Next, is some information about SB 1070. Originally authored by Senator Jack Scott and signed into law in 2005, Senate Bill 70 included funding ($48 million) to specifically strengthen the Career Technical Education (CTE) programs, training and workforce development activities, and support the growing infrastructure for CTE in the state of California at both the Community College and K–12 levels. The Chancellor’s Office in collaboration with the CDE developed the following priority areas to fund including: Career Planning and Development and Career Pathways and Articulation, New Program Development, Expanding Business and Industry Engagement in CTE, CTE Teacher Recruitment and Professional Development, and Capacity Building and Research Evaluation. Since its inception, the Governor’s Career Technical Education Pathways Program has successfully served over 750,000 California middle school, high school, and community college students through a variety of investments designed to increase student success in college and career. The original bill would have sunset at the end of 2012. However, Senator Darrell Steinberg reauthorized SB 70 as Senate Bill 1070 in 2012, extending the Governor’s Career Technical Education Pathways Program as the Career Technical Education Pathways Initiative which is scheduled to sunset in 2015. Senate Bill 1070 has been renamed and is in the Governor's proposed budget at $48 million. The Department receives $15.3 million to support the following: Career Technical Student Organizations, such as FHA-HERO: The California Affiliate of FCCLA, UC CTE Approval, UC Curriculum Integration, CTE Online, Leadership Development Institute, and CTE Professional Development. The Governor's budget proposal has $2.7 billion in it for K–12.

Finally, be sure to visit the HECT Professional Development Project website, www.hect.org where professional development information can be found as well as schedules and registrations for upcoming webinars, workshops, and the annual HECT Leadership and Management Conference which is scheduled for June 23–25, 2016 in Garden Grove, California. We hope to see each of you there!

By Melissa Webb
Submit Articles!

Send them to our Contempo Editor at articles@aafcs-ca.org

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Submit Articles!

Send them to our Contempo Editor at articles@aafcs-ca.org

www.aafcs-ca.org

AAFCS Initiatives

FCS Dine-in Day: December 3

In 2014, AAFCS adopted a resolution to celebrate FCS Day on December 3rd, to commemorate Ellen Swallow Richards’ birthday, and began a campaign to dine-in on that day. On December 3, 2015 the second annual FCS Day was celebrated across the nation and almost every continent. Families came together and shared a meal. In California 9,628 people committed to dining in on December 3. Over 130,000 people participated in the event to bring attention to the importance and many benefits of sharing a meal as a family.

Sharing family meals has been linked with decreased obesity (Berge et al., 2014), better psychological adjustment of youth (Eisenberg et al., 2004), healthier eating patterns (Academy of Nutrition and Dietetics, 2014), less delinquency of youth (Eisenberg, Neumark-Stztainera, Shira Feldman, 2009), greater academic achievement (Council of Economic Advisers, 2000), more positive family interactions (Jacobs & Fiese, 2007) and many other benefits (Sen, 2014).

Map of Participants

Map of Participants

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Map of Participants

Map of Participants
EEF

EXTENDED EDUCATION FUND of CA-AFCS

Please keep EEF in mind

For tax deductible donations of any amount.
Donations from your IRA under The Protecting Americans against Tax Hikes Act of 2015.
Estate Donations, consult your tax advisor.

Please mail donations to Barbara Kilborn, Treasurer of EEF at
11335 Lakeshore North, Auburn, CA 95602

Scholarship Information

EARLY DEADLINE: The San Diego Foundation provides scholarship opportunities for individuals participating in FCS programs throughout the state. Applications have been available online since December 2, 2015. We want to alert you that they will be due back into The Foundation by February 3, 2016. Please go to The San Diego Foundation web site and click on Scholarships. The California Association of Family and Consumer Sciences (CAFCS-SD) Scholarships will be listed under the Common Application Section (CAFCS-SD/Henry R. Hague, J.D. Scholarship Fund; CAFCS-SD/San Diego Scholarship Fund; CAFCS-SD/Ellen Ferguson Snyder Scholarship Fund; CAFCS-SD/Margaret R. Hollenbeck Scholarship Fund). This year we will be offering 8-9 scholarships to undergraduate/graduate students.

You may also qualify for other scholarships that are available through The Foundation. Last year The Foundation awarded $2.3 million to 900 students. Please pass this information on to friends and students. Scholarships can range from $1000 up to several thousand or more depending on the scholarship. If you have questions please contact The San Diego Foundation Director of Community Scholarships or Nancy Kostman at this e-mail or 619-890-6432.

www.aafcs-ca.org
Los Angeles

Deadline for Applications: **March 20, 2016**  Applicants Notified: April 17, 2016

Applications due for 3 different scholarships are provided, check the website (http://www.aafcs-ca.org/ca) for eligibility guidelines

**The Essie Elliott Scholarship-** $(1500)$  *Open to any full-time upper division FCS student at a 4 year institution in the Los Angeles area.*

**Graduate Fellowship Scholarship $1000  *Open to any FCS graduate student in the Los Angeles area.*

**The Community College Scholarship-** $500  *Open to full-time or part-time students working toward an AA degree or certificate in one of the FCS concentration areas and planning to transfer to a four year institution in the Los Angeles area.*

**Contact person:**  
Dolores Robles, M.A.  
Dolores.Robles@csulb.edu

Bay District

Deadline for Applications: **April 1, 2016**

**General Eligibility Requirements:** Must be one of the following: a graduate or undergraduate student majoring in Family & Consumer Sciences or sub-discipline; a student obtaining a Family & Consumer Sciences credential at an accredited college/university; a high school senior entering a FCS/HEC 2yr or 4yr college or university program in the Fall.

**Contact person:**  
Dr. Nancy Wolford  
nlwolford@earthlink.net

North Central District

Deadline for Applications: **April 1, 2016**

FCS Related Careers Student Scholarships Available. Four qualified applicants will be chosen for students who: will enter an accredited college or technical school in Northern California; and, are seeking a professional career in Family and Consumer Science related occupations (Family and Consumer Science Education, Child Development [Not Primary School Education], Food Science, Dietetics and Nutrition, Consumer Science, Food Service and Hospitality, Fashion Design, Manufacturing and Merchandising, Interior Design and Furnishings. Four awards given as follows: $400 (2 HS Seniors).

**Contact person:**  
Jean Baxter  
(916) 791-4844  
jebaxter@surewest.net

Extended Education Fund of the CA-AFCS (EEF) Scholarships

**Deadline for Applications: April 1, 2016**

One $2,000 scholarship and several $1,000 scholarships are available for undergraduate and graduate students who are majoring within the field of Family and Consumer Sciences, including: Nutrition and Dietetics, Fashion and Apparel, Child and Family Studies, Interior Design, Family Financial Management, Consumer Economics, Family and Consumer Sciences Education

**Contact person:**  
Dr. Nancy Rabolt  
(415) 338-2060 (415) 338-1219  
nrabolt@sfsu.edu

www.aafcs-ca.org
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.

Special Note of Thanks for Donation

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

Amber Bradley
UCCE has positions to announce:

**Area Cooperative Extension Advisor**

Nutrition, Family, and Consumer Sciences (NFCS)
Serving Fresno and Madera Counties

CLOSING DATE: For full consideration, all application materials must be received by February 22, 2016 (open until filled)

Area Nutrition, Family and Consumer Sciences
Cooperative Extension Advisor – Assistant to Associate Level

For More Information Contact:
Patti Wooten Swanson, PHD
Nutrition, Family, and Consumer Science Advisor
University of California Cooperative Extension
9335 Hazard Way, Suite 201
San Diego, CA 92123
pwswanson@ucanr.edu
Phone: (858) 822-7719
FAX: (858) 822-7667
Calendar

April 17, 2016
Deadline for Contempo newsletter articles

Mar 31/April 1-2, 2016
CA-AFCS Biennial Conference
Burbank, CA

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.

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