President’s Message

It is such an honor for me to be entrusted with serving CA AFCS as president for 2017 and 2018. Admittedly, I am humbled at the opportunity to serve an organization with over a century of experience and dedication to doing things that we, as family and consumer sciences professionals, educators, students, and community partners, know make a difference – and that even the smallest difference holds such tremendous value. I look forward to being a part of this dynamic organization and to working with our wonderful members in California – I’m at your service.

I would like to thank Jody Roubanis, for her service and commitment as President and will do my best to preserve her standard of leadership. I would like to congratulate and thank Nancy Rabolt, VP of Programs, Dolores Robles, Secretary, Melissa Webb, Nominating Committee member, and Sue Chelini, Extended Education Fund committee member for their continued commitment to CA AFCS and I look forward to continued collaboration with each of them.

This year’s national conference theme was ‘Improving the Health and Well-Being of a Changing Society’. As I think about the mission of FCS, I am reminded that individuals, families, and communities are at the root of our existence as an organization and that, as society may evolve, our fullest commitment to service must never change. The strength we hold, as a dynamic group of caring, sharing, and creative individuals, empowers us so that we may continue to empower others. The AAFCS goal of ‘Connecting Professionals’ should serve as a reminder that when we come together to share our ideas and to help each other uphold the mission of the organization, there is no end to what we can achieve.

As I begin my tenure as president, I share my passion for furthering the mission of FCS along with each of you – many who have been members for over 4 decades - and fostering a generation of individuals who can share their experiences with our newest members such that we develop a diverse body of members with consistent goals. I invite our student members to share their ideas, achievements, and concerns with our professionals so that we can foster an organization that is like no other. I hope each district continues to thrive through undertaking new and exciting methods of bringing members together and hope that you can share your successes so that your ideas can help bring about change for others.

I hope you enjoy this issue of Contempo and express my heartfelt thanks to Nanci Schindler for her outstanding contribution as our VP of communications and Contempo editor. I wish you a restful remainder to your summer and look forward to hearing about your successes along with ideas for the future of CA AFCS.

Meet the President

Gus Vouchillas has served as an interior designer and consultant specializing in residential design in the San Francisco Bay area. His design interests include inclusive design, the image in design, space planning, environmentally responsible design, and human perceptions as they relate to the design of the built environment. For the last 14 years, Gus has taught Interior Design at San Francisco State University. As an Associate Professor, Gus is constantly engaged in course development, national/regional conference
Wow. What a fantastic program there was this year at the 107th Annual AAFCS Conference and Expo in Bellevue, Washington. It has been some time since I have been able to participate in an annual conference for a variety of reasons. I was so pleased, this year however, to be able to attend. The theme was “Improving the Health and Well-Being of a Changing Society”. I thought our organization did a great job of providing a program that was quite diverse and yet extremely relevant. A set of professional interest tracks were rolled out that were extremely informative. For those who were seeking a push forward towards the “what next?” realm, there was plenty to consider.

Highlights for me were learning about all the nutrition and wellness apps that are currently being used (with little or no cost to the user) to encourage personal tracking of nutritional consumption and fitness. As a community college instructor I am always looking for things that students can take upon themselves to improve their health and well-being beyond the classroom environment. Some of the resources listed were: MyFitnessPal, LoseIt, Fooducate, UpCoffee, and Eatright. ChooseMyPlate.gov (USDA), Nutrition.gov (National Agricultural Library), CDC’s Division of Nutrition, Physical Activity, and Obesity were identified in addition to the traditional Heart.org, Cancer.org, Kidney.org, and Diabetes.org websites. There are so many resources out there now. It was great to be able to have them summarized and demonstrated in a single session.

Another session I found extremely informative was targeted to Middle School educators. It was focused on recognizing healthy aspects of friendship and how to deal with “Frenemies”. Although the session targeted the Junior High setting, it was agreed that the content was relevant to any educational levels as well as the work place today. Examples of how to define this phenomena were given. The session included some role playing simulations and a newly improvised team building exercise utilizing a ball of string to visually see how connections can be made or excluded just through simple communications. The rise and influence of Social Media within and without the school setting today has created more intense challenges for kids who are desperately seeking to acquire successful, healthy modes of interaction. This session was extremely insightful and provided tools to help guide students toward understanding and responding to nuances between friends, enemies, and the subtleties of “frenemies”.

My favorite track, however, dealt with helping individuals achieve financial well-being despite the rapidly changing and uncertain world we currently find ourselves in. The workshop provided a number of logical financial “check-up” areas and tools to consider such as with financial statements, financial planning (early and later life), credit, and investments to name a few. Our association is blessed with such a great number of stellar scholars in this area which is true of Dr. Barbara O’Neill the presenter of this workshop. Their presence and participation at the conference was greatly appreciated.

As usual, the annual conference interwove other aspects of notoriety, going beyond the simple established theme. A recently published text on “Leadership” was celebrated. It recognizes the works of modern day as well as professional pioneers within our field. For me, it was extremely heartwarming, to realize just how many of the “notables” have come from within the humble ranks of our state. Bonnie Rader and Kay Wilder are two examples I was able to capture in a quick photo opportunity.
News from AAFCS Leadership Council Meeting (June 22, 2016)

The AAFCS Leadership Council meets twice a year – AAFCS Annual Conference and Fall Leadership Meeting. Jody Roubanis represented CA-AFCS at the most recent meeting in Bellevue Washington. Many updates were provided at the meeting, including several AAFCS initiatives, as follows.

- The first Family & Consumer Sciences Educator Day is May 4, 2017.
- The third Family & Consumer Sciences Day will be December 3, 2016.
- The FCS Fit initiative is in its first year, with Physical Well-being as the 2016 conference theme. In 2017 when the AAFCS Annual Conference is in Dallas Texas, the FCS Fit initiative is Resource Fitness. In 2018 when we are in Atlanta Georgia, it is Emotional Health.
- For the 2013-2015 AAFCS Leadership Academy, 28 new professionals were trained and are ready to assume leadership roles in affiliates and AAFCS.
- The XXIV International Federation of Home Economics World Congress will be held August 2 through 8, 2020 in Atlanta Georgia. IFHE-US is looking for host families and volunteers. Contact Carol Anderson, Mary Warnock or Roxie Godfrey for more information.

In addition to information, some business was conducted at the meeting. The AAFCS Leadership Council voted to oppose the National FCCLA (formerly FHA/HERO) bylaws proposal to remove several ex officio members from their board, including the AAFCS CEO (who currently is Carolyn Jackson). A letter was crafted and sent to multiple constituents, including all AAFCS members. Supporting the AAFCS position on July 3, FCCLA delegates attending the National Leadership Conference in San Diego voted down the proposed bylaws change. The 2016 Fall Leadership Council meeting is November 4 through 6 in Arlington Virginia.

Meet the President (continued-)

This year, also, was a year of initiatives. The “FIT” initiative was launched at the conference as this picture shows. On the next page you will see that our “Say Yes to FCS” initiative is well underway and could use our involvement throughout the upcoming year. Learn more of what these initiatives entail by reading the info provided in this issue and by getting online.

If you were unable to make this year’s annual conference, you clearly missed a great program. Hopefully, you can join us next year in Dallas Texas on June 25-28, 2017 at the Hyatt Regency Dallas!

www.aafcs-ca.org
As an individual committed to recruiting future family and consumer sciences educators, your support of family and consumer sciences education through our #SayYestoFCS social media campaign is vital. If you participated last month, thank you for taking action! To date, our cumulative reach through social media is nearing 600,000!

Going forward, please be aware that for 2016-17, the social media campaign has been changed to allow for more participation. Advocates can post throughout the month on that month’s theme, rather than just posting during a one-week period.

August: Family & Consumer Sciences in High Gear with High-Tech Tools
(Remember to use #SayYestoFCS with your social media posts!)

- Showcase youth engagement in “life learning” through use of technology (peer education as well as individual learning through use of technology devices, internet searches, and educational software).
- Family and consumer sciences program participants post comments emphasizing learning good judgment (from a personal, family, and career perspective) in the use of technology.
- Educators, education majors, and program participants share testimonials, photos, and videos validating contributions of technology applications in family and consumer sciences (i.e., activity trackers, parenting or geriatric simulators, 3-D printing of housing or food models, helmet cameras documenting activity, etc.).

If you have not yet participated, we invite you to review our national “Say Yes to FCS” social media campaign!

The social media campaign, “Making a Difference Through Family & Consumer Sciences,” highlights a different theme and strategies that can be carried out through family and consumer sciences education programs (school-based or community-based) each month, all focused on recognizing the importance of both family and consumer sciences educators and programs. We want to engage family and consumer sciences professionals, advocates, and ESPECIALLY program participants who will reach out to their respective social media networks—therefore reaching other prospective family and consumer sciences educators! Engaging program participants in communications with their social media networks, which ensures that the messages reach this population segment, is critical to the success of this campaign.

For a one-page calendar with 2016-17 monthly themes, there is a PDF file that can be downloaded. Thank you for helping to raise awareness for family and consumer sciences education and careers in this important field. Remember to remain involved in the campaign through the summer months. If you have any questions regarding the social media campaign, please email Gwynn Mason at pr@aafcs.org.
AAFCS Annual Meeting Highlights

Connecting with Colleagues.
Inspired by Professional Works.
Recognizing Achievements.

Supporting Initiatives.
CA FCCLA Delegation Attended National Leadership Conference in San Diego, CA

July 2016 – The California FCCLA Delegation joined more than 8,500 FCCLA student leaders, members, and advisers at the San Diego Convention Center in San Diego, CA July 3rd-7th to participate in the annual FCCLA National Leadership Conference (NLC).

The conference provided students opportunities come together for energizing learning while listening to inspiring speakers, expanding leadership skills, sharpening talents, and exploring career pathways. The theme of this year’s conference was “Empowered”, which inspired attendees to make the right choices and commit themselves to making a positive impact within their families, schools, FCCLA, and communities.

"Our National Leadership Conference was a great success this year, with a record-setting attendance of over 8,500 members, advisers, partners and guests. During the past week we've watched thousands of students come together and realize their full potential through competition, career training, and workshops. The relationships developed and training experienced during this conference have empowered students to go into their schools and communities and make a difference, bringing with them the values and passions FCCLA brings to our members," said Sandy Spavone, executive director of Family, Career and Community Leaders of America.

State Officers Jo Hannah Faith Chua from Wilcox HS, Anne Gebicke from Pleasant Valley HS, and Kristalynn Walker from Enochs HS served as voting delegates, participated in Leadership Academy and State Officer Training, and presided at the state delegation meeting. Attending students and advisors served as volunteers for the competitive STAR events and the California Hospitality Table. Priscilla Burns from Pleasant Valley HS was awarded the national Spirit of Advising Award, Sandi Coulter from San Juan HS was recognized as Adviser Mentor, and Janice Tuttle from Mills HS was recognized as Master Adviser. This year the California Delegation included fourteen Chapters with eighty conference participants.

Student members from California participated in one of 30 Family and Consumer Sciences related competitive events offered at NLC, including STAR (Students Taking Action with Recognition) Events and the FCCLA/LifeSmarts Knowledge Bowl. These events support foundational, leadership, and workplace skills in areas such as advocacy, culinary arts, and entrepreneurship. Competing with over 4,500 STAR Event participants in San Diego, thirty students placed in the following sixteen events:

<table>
<thead>
<tr>
<th>Chapter in Review Display</th>
<th>Senior</th>
<th>Kern Valley HS</th>
<th>Krystal Bosmans &amp; Dana Moreno</th>
<th>Silver</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter Service Project Display</td>
<td>Senior</td>
<td>Reedley HS</td>
<td>Brooke Doi &amp; Marina Munoz</td>
<td>Silver</td>
</tr>
<tr>
<td>Culinary Arts</td>
<td>Occup.</td>
<td>Folsom HS</td>
<td>Jensen Ash &amp; Brian Whempner</td>
<td>Bronze</td>
</tr>
<tr>
<td>Entrepreneurship</td>
<td>Senior</td>
<td>Sanger HS</td>
<td>Jesse Melgoza</td>
<td>Gold</td>
</tr>
<tr>
<td>Fashion Construction</td>
<td>Senior</td>
<td>San Luis Obispo HS</td>
<td>Emily Streeter</td>
<td>Gold</td>
</tr>
<tr>
<td>Fashion Design</td>
<td>Senior</td>
<td>San Luis Obispo HS</td>
<td>Sheri Donahue</td>
<td>Silver</td>
</tr>
<tr>
<td>Food Innovations</td>
<td>Junior</td>
<td>Newport Harbor HS</td>
<td>Hannah Hiromoto</td>
<td>Silver</td>
</tr>
<tr>
<td>Food Innovations</td>
<td>Junior</td>
<td>Ysmael Villegas MS</td>
<td>Lucas Mendoza, Audrey Torrey</td>
<td>Bronze</td>
</tr>
<tr>
<td>Food Innovations</td>
<td>Senior</td>
<td>Paramount HS</td>
<td>Kaitlyn Banda &amp; Krystal Garcia</td>
<td>Bronze</td>
</tr>
<tr>
<td>Hospitality, Tourism, &amp; Rec.</td>
<td>Senior</td>
<td>Calexico HS</td>
<td>Guadalupe Quirarte, Giselle Ruiz</td>
<td>Silver</td>
</tr>
<tr>
<td>Illustrated Talk</td>
<td>Senior</td>
<td>Mountain View HS</td>
<td>Julianna Henderson</td>
<td>Silver</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Christine Hernandez, Fausto Vaca</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Karine Romero</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Steven Gov</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

www.aafcs-ca.org
About FCCLA

Family, Career and Community Leaders of America (FCCLA), is a dynamic and effective national student organization that helps young men and women become leaders and address important personal, family, work, and societal issues through Family and Consumer Sciences education. FCCLA has more than 160,000 members and more than 5,400 chapters from 48 state associations, Puerto Rico, and the Virgin Islands.

FCCLA: The Ultimate Leadership Experience is unique among youth organizations because its programs are planned and run by members, and it’s the only career and technical in-school student organization with a central focus on family. Participation in national programs and chapter activities helps members...
The Nominating Committee would like to thank those who participated in the voting process for the spring 2016 election. Your time, support, and participation is greatly appreciated.
# CA-AFCS Financial Report


<table>
<thead>
<tr>
<th></th>
<th>2015/16</th>
<th>2016/17</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INCOME</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Opening Balance-6-01-2015 (checking)</td>
<td>$3,724.12</td>
<td></td>
</tr>
<tr>
<td>Dues from Nat'l</td>
<td>$3,845.00</td>
<td>$4,000.00</td>
</tr>
<tr>
<td>Ways &amp; Means*</td>
<td>$100.00</td>
<td></td>
</tr>
<tr>
<td>Contempo ad</td>
<td>$100.00</td>
<td></td>
</tr>
<tr>
<td>Donations</td>
<td>$250.00</td>
<td></td>
</tr>
<tr>
<td>Misc. Income</td>
<td>$645.00</td>
<td>$620.00</td>
</tr>
<tr>
<td>From Reserves</td>
<td>$2,440.00</td>
<td>$6,655.00</td>
</tr>
<tr>
<td><strong>TOTAL INCOME</strong></td>
<td>$7,380.00</td>
<td>$11,275.00</td>
</tr>
</tbody>
</table>

|                        |         |         |
| **EXPENDITURES**       |         |         |
| Restricted Donation  | $1,000.00 |          |
| Awards               | $157.32  |          |
| Contempo             | $400.00  | $400.00  |
| Printing             | $109.75  | $100.00  |
| Postage              | $100.44  | $125.00  |
| Conference Seed      |          | $2,000.00|
| President-Operations |          | $100.00  |
| Website-Operations   | $100.00  | $100.00  |
| Website-Expenses     | $240.45  | $200.00  |
| Pres to Nat'l Mt.    | $1,500.00 | $1,500.00|
| State Governance     | $1,064.02 | $2,000.00|
| Fall Leadership Council | $890.72  | $1,200.00|
| Finance Operations   | $225.17  | $250.00  |
| Tax Prep             | $1,550.00 | $1,550.00|
| Dues to Districts    | $1,171.73 | $1,000.00|
| Insurance            | $750.00  | $750.00  |
| **TOTAL EXPENSES**    | $9,259.60 | $11,275.00 |

Balances as of 5-31-16:
- Checking: $1,844.52
- Savings: $10,305.22
- Certificate of Deposit: $35,438.79
- Total Assets as of 5-31-2016: $47,588.53

Total assets includes $3,600 remaining from "Restricted Donation"

*Poppy note cards

2016/17 Budget Approved April 1, 2016
Jeri Whelan, Treasurer 7/13/16

---

### CA-AFCS Contacts

**PRESIDENT**
Dr. Gus Vouchilas  
gusv@sfsu.edu

**PAST PRESIDENT**
Dr. Jody Roubanis, CFCS  
jroubanis@aafcs-ca.org

**VP, PROGRAMS**
Dr. Nancy Rabolt  
nrabolt@sfsu.edu

**VP, COMMUNICATIONS**
Contempo EDITOR
Dr. Nanci Schindler  
articles@aafcs-ca.org

**SECRETARY**
Dolores Robles  
Dolores.Robles@csulb.edu

**TREASURER**
Jeri F. Whelan  
whelanjf@gmail.com
Bay District Scholarship Winners

Natalia Vihkrev (Interior Design), San Francisco State University

Marguerite Fenner Scholarship
Michelle Sanchez-Olivas (Interior Design), San Francisco State University
Shelbie Engelgau (Interior Design), San Francisco State University

NCD 2016 State Conference Stipend Awardees

NCD made the decision for 2016, instead of giving student scholarships, we would give Sacramento State University Family and Consumer Science students stipends to attend our State Conference in Burbank, CA April 1st 2016. Professors Lynn Hanna and Ann Moylan helped us make the selection. Donovan McKinley, Britnay Issaeson and Regena Cott-Boyland each received a $250.00 stipend to assist with their expenses to attend the conference.

2016-2017 LA District CA-AFCS Scholarship Recipients

Los Angeles District AAFCS Graduate Fellowship:
Marisa B. Schor (CSUN)

Essie Elliott Scholarship, Undergraduate Scholarship in Family and Consumer Sciences
Gabriela Benalcazar

SD District Scholarship Recipients

Cooper-Gay Scholarship
Jessica Brown (Child Development), PLNU

Ellen Ferguson Snyder Scholarship
Annie Dye (Dietetics), BYU
Elyz Gutierrez (Nutrition), SDSU
Jose Penaloza pano (Dietetics), Mesa/SDSU
Natalie Robertson (Chef), Culinary Inst. Of Amer., NY
Micaela Wu (Nutrition), UC Davis

Hague Scholarship
Shannon Barry (Fashion Merchandising), CSULB

Hollenbeck Scholarship
Payton Planiden (Nutrition), PLNU

Zoe-Anderson Stout
Naery Kim (Food Science), Barton/KS State

www.aafcs-ca.org
California Association of Family Consumer Sciences

Extended Education Fund

Fall 2016 Scholarship Recipients

Congratulations to all the recipients of the CA-AFCS scholarships. Funds come from the CA-AFCS Extended Education Fund. Thanks to all the 43 students who applied. And thanks to the Scholarship Committee (Nancy Rabolt, Gus Vouchilas, and Nancy Wolford) who had a hard job choosing our recipients from an excellent applicant pool. Faculty should encourage eligible students to apply again next year.

Graduate

ANNIE MC DONALD LINDSAY ($1,500)
Lauren Cash (MS/Nutritional Science), California State University Long Beach

CA-AFCS GRADUATE SCHOLARSHIP ($1,500)
Danielle Marie Stapf (MS/Child Life Specialty), University of Laverne

HAZEL M. KUEHN-GRADUATE SCHOLARSHIP ($1,500)
Jenny Yen Nguyen (MS/Nutritional Science), California State University Long Beach

Undergraduate

THEODORA COREY SCHOLARSHIP ($1,500)
Melissa Merlos (FCS/Child Development & Family Studies), California State University Long Beach

CA-AFCS UNDERGRADUATE SCHOLARSHIP ($1,500 each)
Janine Belisario (Interior Design), San Francisco State University
Davina Cohanghadosh (FCS), California State University Northridge
Brandy Grant (FCS/Child Development & Family Studies), California State University Long Beach
Chesna Henderson (FCS/Fashion Merchandising), California State University Long Beach
Silvia Hoessl (Interior Design), San Francisco State University
Ryan Koenig (Apparel Design & Merchandising), San Francisco State University
May Mon Aung (Interior Design), San Francisco State University
Sophie Rothe (Interior Design), San Francisco State University
Vyanca Soto (Interior Design), San Francisco State University

FHA/HERO

Hayley Taggart, Newbury Park High School
Calendar

September 10, 2016
CA-AFCS Executive Committee Teleconference Meeting (9:30a-11:00a)

September 17, 2016
CA-AFCS Board Teleconference Meeting (9:30a-11:00a)

September 30, 2016
Deadline for Contempo newsletter articles

November 4-6, 2016
Fall Leadership Workshop in Arlington, VA.

December 3, 2016
3rd Annual FCS Day—Dine In for Healthy Families Campaign

June 25-27, 2017
108th AAFCS Annual Meeting in Dallas, TX

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.