President’s Message

Fall is in the air and it’s time to gear up for a busy end of the year. For CA-AFCS, that means it’s time to submit your research proposal for the upcoming CA State Conference in San Francisco and to book a room at the beautiful Hilton Hotel at a rate that is unbeatable (see application form on page 16). We are looking forward to a great deal of student participation – we ask that you help sponsor a student to attend the conference and that you encourage student submissions in the form of a research poster, a creative work (such as an apparel or interior design), a community engaged project, or any other FCS related work. In addition, we ask that you encourage student participation in our second Conference Student Competition – the prize is outstanding – it includes Conference registration, hotel room, and travel for winners – this is also unbeatable (please check www.afcs-ca.org for details).

We hope you can make it a long weekend and include some sightseeing in San Francisco; the Bay Area Rapid Transit runs from the SF International Airport to the downtown shopping area and the surrounding metro areas.

In preparing for this conference, for my second time, I am reminded that we have a state that is filled with CA-AFCS members who are passionate about our organization and who are on the cutting edge of issues related to individuals, families, and communities. The dedication you show to supporting our state, our organization and our mission – all point to the significance of leading the way, your willingness to serve others, and your passion for doing good. It is humbling to serve as president and as a tri-chair for the upcoming Conference; we look forward to hearing about the work you are doing at the Biennial Conference on April 6 and 7, 2018!

AAFCS is also gearing up for the national conference, 2018 – the third year of the FCSfit initiative that will be the theme for the Conference in Atlanta, Georgia is Emotional Health & Relationship Well-being. Please check for ongoing details about presentations and details of the conference at www.aafcs.org. This initiative is key to developing a greater understanding of the issues in today’s society which surround our emotional selves and our relationships as well as their significance on quality of life –FCS professionals can play a role in addressing each of these in the work that we do. Please check out the FCSfit Pledge Wall where you can post ideas by making a

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.

(continued—p2)
pledge to staying fit and let others know about your great ideas. Seeking out ways to help others (as well as ourselves so we can help others) is what makes AAFCS and our CA Affiliate great – we know how to do things that can have a positive impact on the quality of life – this is a tremendous outcome.

Please read on about great goings-on in our state, which include a simplified pathway in grant applications through EEF! …..As always, look forward to hearing about your successes along with ideas for the future of CA AFCS.

Gus Vouchilas Ed.D.

UPDATE!

2018 CA-AFCS Western Region Biennial Conference:

Mark your calendar for April 6-7, 2018 to attend the CA-AFCS/Western Region Biennial Conference, to be held at the beautiful Hilton San Francisco Airport Bayfront Hotel. The Call for Proposals to present a workshop, presentation, and/or a poster on innovative teaching or research has been sent out to members and is now posted on our website. We also have a Call for Proposals for Undergraduates to present their projects. There will be email reminders from time to time for both the professional and undergraduate proposals. Deadlines are December 1, 2017 for professional presentations and March 1, 2018 for undergraduate proposals.

We are excited to announce that Jacqueline Holland, President of AAFCS will be giving one of the keynote addresses at the conference. We will have industry presentations and many faculty and students will be presenting their research and teaching experiences.

There will be tabling opportunities for groups or districts to distribute information or sell fundraising items. Also exciting opportunity drawings with prizes (we used to call those raffles) will be available at the conference. If districts are interested in participating in these opportunities, please contact Amber Bradley at amberebradley@yahoo.com.

The Registration form will be available online soon. If you have any questions or suggestions about the conference, please contact Dr. Nancy Rabolt (CA-AFCS VP of Programs) at nrabolt@sfsu.edu.
CALIFORNIA AFFILIATE OF THE
AMERICAN ASSOCIATION OF FAMILY & CONSUMER SCIENCES

FCS STUDENT COMPETITION – 2017/2018

Competition entries will be comprised of proposals and projects geared toward community based projects which carry out the following mission of AAFCS:

‘Assisting individuals, families, and communities in making informed decisions about their well-being, relationships, and resources to achieve optimal quality of life.’

The deadline for submissions is: JANUARY 15, 2018
(Submissions may be sent in at any time prior to this date)

Check www.afcs-ca.org for other supporting information.

CALL FOR PROPOSALS

DEADLINE: Friday, December 1, 2017

Proposals are requested for research or educational oral and poster or workshop format presentations for the CA-AFCS/ Western Region Biennial Conference on topics related to families, child development, nutrition, apparel, interiors design, resource management, consumer studies, or others within family & consumer sciences content. Graduate student proposals are welcomed and encouraged.

PROPOSAL SUBMISSION GUIDELINES

At least one author must be registered for the conference. There is no limit on number of submissions. Presenters will be notified of acceptance via email by the end of December and more details will be provided at that time. See www.aafcs-ca.org for continuing conference updates.

Proposals will be submitted via email using the following process (one email per submission is required):

In the body of the email state the following:

1. Names, positions, and institution of all authors
2. Phone and email of the contact person
3. Title of presentation
4. Presentation format requested from the options below (indicate your first choice and all that are acceptable)
   a. Oral Presentation (20 minutes)
   b. Oral Presentation (40 minutes)
   c. Poster Presentation
   d. Workshop (40 minutes)

Prepare a 1-page abstract/summary of your proposed presentation (including references) using the following format:

- 1-inch margins and 12 pt font
- Title in caps centered at top
- Author(s) and position on next line
- Institution on next line
- Type the word Abstract in caps on next line
- Double-space and begin the abstract
- Save your file in Word format with filename consisting of your last name and a number if you will be submitting more than one abstract (e.g., Smith1.doc or Smith2.doc).
- Submit your file as an attachment to an email to nrabolt@sfsu.edu by deadline.

Accepted abstracts submitted according to these criteria will be posted on the CA-AFCS website following the conference.

www.aafcs-ca.org
This year’s Leadership Council was informative and well-executed. On September 22–24, 2017, AAFCS State and National Leaders met to review and reflect on recent accomplishments of our organization as well as continue the quest of shoring up it’s mission and purpose for the days ahead. The Financial Fitness theme, launched at National Conference this summer was continued. On Friday night a wonderful dinner was provided while we listened to Mr. Theodore Daniels, Founder and President of the Society for Financial Education and Professional Development, Inc. Mr. Daniels gave those present his understanding of where Financial Literacy is today.

The sessions that spoke most to me dealt with the current organization and structure of AAFCS. I have been to a number of these Leadership Council meetings, and often left feeling I heard what the vision was but still not fully grasping in my mind’s eye how things were pieced together. This year Dr. Jackson put together a visual that I felt helped tremendously. Using a puzzle graphic (included here) she relayed how you and I, as AAFCS members, do and can fit into the still relatively new organizational structure. Basically there are 8 levels a person can be a part of...some just a natural byproduct of being a member, others resulting through intentional effort on our part or by a personal recommendation “up” so to speak by the action of others already active in leadership. If you look closely at this chart you will see that your starting point is professional membership at the state or affiliate level. If you are engaged and intentional about it, you can join specific communities and keep a pulse or even shape things happening within disciplines you have a vested interest in. If you are one that enjoys being where the action is...

(continued – p 17)
1. **CDE State Staff**: Effective Spring 2017, the second Family and Consumer Sciences (FCS) Education Programs Consultant (EPC) position was eliminated in the Agriculture Education and Family and Consumer Sciences Office (AEFCSO) within the Career and College Transition Division (CCTD). Currently, Melissa Webb is the only EPC available serving the following three FCS Career Technical Education (CTE) Industry Sectors: Education, Child Development, and Family Services; Fashion and Interior Design; and Hospitality, Tourism and Recreation. She is also serving as the Family, Career and Community Leaders of America (FCCLA) State Advisor. Agriculture Education also had one of their seven EPC positions eliminated due to the CCTD reorganization and reduced Perkins funding.

2. **Family and Consumer Sciences Professional Development (PD) Project**: The 2017–18 FCSPD Schedule is attached and can be found on this Website link: http://www.hect.org/professional-development/workshops. This year’s FCS Leadership and Management (L and M) Conference theme was “Empowering FCS Superheroes” and the conference was held at The Village at Squaw Valley on June 28–30, 2017. Approximately 96 high school and middle school teachers were in attendance.

3. **11 Elements of High Quality CTE**: These elements must be present in CTE programs to ensure that all California students are prepared for their lifelong journey. The 11 Key Elements include: Leadership at all levels; High-quality curriculum and instruction; Career exploration and guidance; Student support and student leadership development; System alignment and coherence; Effective organizational design; Industry partnerships; Responsiveness to changing economics and workplace demands; Skilled faculty and professional development; Evaluation, accountability, and continuous program improvement; and Systematic CTE promotion, outreach, and communication.

4. **California Longitudinal Pupil Achievement Data System (CALPADS) Update**: CALPADS has replaced the California Basic Educational Data System (CBEDS) as the method of collecting course data. All CTE course codes have been changed. This information was shared with FCS teachers at the 2017 L and M Conference and on the 2017 Welcome Back to School Webinar. It is imperative that all FCS CTE courses are coded correctly in order for our enrollment numbers to be properly reflected in the data, which could have an impact on future funding.

5. **Funding**: There has been a recent decline of Perkins funding from the 2015–16 fiscal year of $120,256,718 to $115,057,679 for the 2017–18 fiscal year. Some of the outcomes from this reduction of funding was the loss of the two vacant EPC positions in AEFCSO, as well as several other positions within the division. Districts are being funded in the Local Control Funding Formula (LCFF), Perkins, and CTE Incentive Grant Funds. Proposition 51 includes approximately $9 billion dollars in bonds for construction and modernization of public, charge, vocational schools, and community colleges. Around $500 million is designated for CTE facilities. The applications will be available September 27, 2017.

6. **Industry Recognized Certifications**: FCS teachers are highly encouraged to provide certifications for their students to meet the 11 Elements of High Quality CTE, for example: Serv Safe, CPR, AAFCS Pre-Pac, and National Occupation Competency Testing Institute: Fashion Merchandising. This could become a requirement in the future State Plan to receive Perkins funding.

7. **UC a-g**: The number of UC approved secondary FCS courses has increased from 590 courses to 829 courses, which is an increase of 28.8% compared to last year. Of the 1,361 comprehensive high schools, 432 or 31.7% have one or more UC approved FCS courses. Presently, there are 6,952 FCS courses offered statewide in which only 11.9% meet UC a-g requirements. The top 5 FCS courses approved are Culinary Arts, Child Development, Foods and Nutrition, Fashion Design, and Careers in Education.

(continued—p6)

9. **A Shared Vision for the Future of CTE**: All CTE Programs are held to the highest standards of excellence; All learners are empowered to choose a meaningful education and career; All learning is personalized and flexible; All learning is facilitated by knowledgeable experts; All systems work together to put learner success first. More information can be found at this link: [www.careertech.org/vision](http://www.careertech.org/vision).

10. **California FCCLA**: This year, we celebrate 71 years of leadership and career development. FCCLA membership includes 4,188 members, 154 advisors, and 108 chapters. The 2017–18 theme is “Inspired to be an FCCLA Superhero.” The 2017–18 State Officers’ goals include: (1) Focusing on Leadership Roles and Encouraging Officer Candidates and (2) Promotion of FCCLA to Increase Membership. The 2016–18 State Projects Goals include: Financial Fitness, Student Body, and STOP the Violence. The 2017–18 SB 1070 allocations were $80,000 and were allocated to 71 chapters, including 14 new chapters. The state Affiliation Packet was recently mailed to all active chapters and new chapters. Fall Meetings will be held in September and October. A calendar of statewide activities is attached. The FCCLA State Leadership Conference will be held on April 28–May 1, 2018, in Fresno, California. The FCCLA National Leadership Conference will be held on June 28–July 2, 2018, in Atlanta, Georgia.

11. **FCCLA Visa/Debit Settlement Grant**: California FCCLA has hired a Financial Literacy Grant Coordinator to oversee the project. The focus of the grant is to provide financial literacy with peer mentoring and professional development for teachers. The FCCLA State Officers have developed a Financial Literacy workshop that was shared at the Region Officer Training Conference with all newly elected Region Officers who, in turn will share at each of their seven regions at the FCCLA Fall Leadership Meetings.

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**California Department of Education**

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[www.ca-fccla.org](http://www.ca-fccla.org)
# Calendar of Statewide Activities for 2017–18

<table>
<thead>
<tr>
<th>DATE</th>
<th>2017 ACTIVITIES</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>July</td>
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<tr>
<td>July 25–28</td>
<td>Regional Officer Training Conference</td>
<td>CSU Fresno, Fresno, CA</td>
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<tr>
<td>September</td>
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<tr>
<td>14–15</td>
<td>Meeting of Region CRE Chairpersons</td>
<td>Sacramento, CA</td>
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<td>30</td>
<td>Region 4 Fall Meeting</td>
<td>Argonau High School, Jackson</td>
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<td>Region 2 Fall Meeting</td>
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<td>Region 8 Fall Meeting</td>
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<td>Region 5 Fall Meeting</td>
<td>Dixon High School, Dixon</td>
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<td>Region 9 Fall Meeting</td>
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<td>14</td>
<td>Region 10 Fall Meeting</td>
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<td>Region 6 Fall Meeting</td>
<td>Tokay High School, Lodi</td>
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<td>November</td>
<td>State Executive Council Meeting</td>
<td>Sacramento, CA</td>
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<td>8–9</td>
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<tr>
<td>DATE</td>
<td>2018 ACTIVITIES</td>
<td>LOCATION</td>
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<tr>
<td>January</td>
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<tr>
<td>27</td>
<td>Region 2 Spring Meeting</td>
<td>Pleasant Valley High School, Chico</td>
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<td>3</td>
<td>Region 4 Spring Meeting</td>
<td>Cordova High School, Rancho Cordova</td>
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<td>3</td>
<td>Region 8 Spring Meeting</td>
<td>Orange Cove HS, Orange Cove</td>
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<td>10</td>
<td>Region 6 Spring Meeting</td>
<td>Merced High School, Merced</td>
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<td>10</td>
<td>Region 5 Spring Meeting</td>
<td>Wilcox High School, Santa Clara</td>
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<td>24</td>
<td>Region 9 Spring Meeting</td>
<td>Aliso Niguel HS, Aliso Viejo</td>
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<td>24</td>
<td>Region 10 Spring Meeting</td>
<td>Eisenhower High School, Rialto</td>
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<td>March</td>
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<tr>
<td>7–8</td>
<td>State Executive Council Meeting</td>
<td>Sacramento, CA</td>
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<td>April–May</td>
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<td>28–1</td>
<td>2018 State Leadership Conference</td>
<td>Fresno, CA</td>
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<td>June–July</td>
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<tr>
<td>28–2</td>
<td>2018 National Leadership Conference</td>
<td>Atlanta, Georgia</td>
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Family and Consumer Sciences Curriculum and Professional Development Project
Nina Dilbeck, Director/Coordinator, email: ninad@csufresno.edu
Pam Custer, Project Secretary, email: pcuster@csufresno.edu

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www.aafcs-ca.org

This project is sponsored, funded and monitored by the Family and Consumer Sciences Staff, CA Department of Education
Medicare: Your new card is coming!

Did you know?
You’ll be getting a new Medicare card with a new number for claiming benefits.

Why?
Currently, your Medicare number is the same as your Social Security number and it is printed on your Medicare card. This has led to growing identity theft among those 65 years and older. It is easy for a thief to get that number. Anyone who stands too close to you when you check out at the pharmacy, who sees your card when you open your wallet at the cash register, or who finds your missing wallet (with your Medicare card inside) can use the number to steal your identity and fraudulently claim benefits in your name.

What is Changing?
The government re-designed the Medicare card so that it does not reveal your social security number. Here’s what the new one looks like:

What do you need to do?
Nothing.
That’s important because scammers may take try to take advantage of someone who is not aware of the process for receiving their new Medicare card. Medicare will mail a new card to you. You will not need to fill out a form, pay a fee, or give someone your social security number. Here’s what the Federal Trade Commission (FTC) advises to protect yourself:

- If someone calls, emails, texts, or sends a letter claiming to be from Medicare, and asking for your Social Security number or bank information...Hang up. That’s a scam. Medicare won’t call you and will never ask for your Social Security number or bank information.
- If someone asks you to pay for your new Medicare card...That’s a scam. Your new Medicare card is free.
- If someone threatens to cancel your benefits if you don’t give them information or money...That’s also a scam. New Medicare cards will be mailed out to you automatically. There won’t be any changes to your benefits.

When?
Delivery begins in April 2018 and implementation will be completed by April 2019.

Questions?
University of California Cooperative Extension (UCCE) Update

UCCE continues to promote and build Healthy Families and Communities throughout the State.

Recruitment and hiring
UCCE is moving forward to fill vacant positions in the field of Family and Consumer Sciences.

2017 Recruitments in progress:
- Nutrition, Family & Consumer Sciences Advisor, Central Sierra
- Youth, Families and Communities Advisor, Imperial County
- Nutrition, Family & Consumer Sciences Advisor, Kern County

2017 New hires:
- Nutrition, Family & Consumer Sciences Advisor: Tulare & Kings Counties
- Nutrition, Family & Consumer Sciences Advisor: Los Angeles & Orange
- 4-H Youth Development Advisor: Orange County
- Nutrition, Family & Consumer Sciences Advisor: Butte, Colusa, Glenn, Sutter & Yuba

New on-line publication you can subscribe to (at no cost):
The UC Nutrition Policy Institute has launched a news brief called Research to Action. It will provide information on research, policy, news, announcements, events, articles and action items focused on nutrition and healthy communities.

4-H calls alumni and friends to join its new network
If 4-H has touched your life, raise your hand. Visit http://4-h.org/4-h-alumni-community/ to voice your support for the California 4-H youth development program, help it win a national competition and connect with a network of 4-H alumni.

Submitted By:
Patti C. Wooten Swanson

www.aafcs-ca.org
Where does your local independent quilt shop owner find the fabric lines that will thrill you over the next two to twelve months? Where can the newest equipment and notions for easier quilting and more fanciful embellishments be discovered? Where can Jinny Beyer, Darlene Zimmerman, Jamie Fingal, Patrick Lose, Jenny Doan, Marianne Fons, Alex Anderson, Jo Morton, and Victoria Findlay Wolfe be seen, live and in person, within a day’s time? The answer to these textile arts and needle crafts-related questions is the International Quilt Market, a twice-yearly gathering that brings together wholesalers and retailers and the goods used in the world of quilting and textiles.

Spring Quilt Market for 2017 was held at America’s Center in St. Louis, Missouri, from May 17th through the 21st. Over four hundred carefully arranged and decorated booths filled the expansive exhibit floor. Also displayed was a stunning special exhibit of thirty-six winning and finalist textile creations from the 2016 annual judged show of the International Quilt Association titled Quilts: A World of Beauty.

While some classes were available on May 17th, the major festivities of spring Quilt Market 2017 started at 10:00 am on May 18th, with a warm welcome from Karey Bresenhan, one of the best-known cheerleaders for the world of quilting. In her opening remarks, Karey shared a few statistics from the 2017 Quilters’ Survey. Many shop owners in the audience had their intuitive knowledge of their customers confirmed when Karey reported that most people who call themselves active quilters are female, retired, and think of their quilt-top-making abilities as those of “confident beginners” or “intermediate” sewists.

Bresenhan encouraged those assembled to take the handout offered at the exits for more findings. Other information reported by the survey was that people start quilting at all ages, but the most-active quilters and the ones who spend the most money on quilting are over the age of fifty. Seventy-three percent of quilters surveyed prefer shopping at their local quilt shop for fabric, thread, and machines, but many quilters are willing to drive an hour to reach a shop that appeals to them. The survey also noted that quilters look everywhere for education – shops, blogs, quilting websites, magazines – but hands-on education is still the favored source of gaining new skills in quilt-related techniques. Ending her welcoming remarks on a positive note, Bresenhan exclaimed that quilting was alive and well and still growing in the United States and around the world.

With the sweep of an arm, our attention was drawn to four intricately pieced quilts hung along the apron of America’s Ferrara Theatre stage. Speaking in her delicately accented voice, Jenny Lister, curator for 19th Century Furniture, Textiles & Fashions at the Victoria and Albert Museum in London, informed the audience of a new line of fabrics guaranteed to take us to fabric heaven. Moda, with the cooperation of the V&A, is releasing a new line of fabrics recreating textiles designed and made popular by William Morris in the late 1800s and early 1900s. The four quilts, created using the fabrics of new line showed the versatility and dominant colors of the fabric, suitable for reproduction quilts or more modern styles.

Thursday’s Schoolhouse Series was an opportunity for independent fabric shop owners and their staff to expand their knowledge and skills associated with the products they will be selling over the next twelve months. Manufacturers and publishers sponsor their known or new designers or authors to share
their enthusiastic personalities and specialized quilt-related expertise in fifteen to thirty minute classes. With careful planning (there were over 200 presentations to choose from) and an ample supply of stamina, a 2017 Quilt Market attendee could go to fourteen instructive sessions during the day that stretched from mid-morning until almost 6:00 pm. Upon entering the spacious classrooms, students received useful and valued items such as look-books of designer lines, charm square packets of pre-cut fabrics of color lines, and fabric line or tool catalogues. Student business cards were collected for end-of-class drawings for fun prizes, often consisting of fabric samples, fabric packets and FABRIC! During each session cell phone photos and hurried note-taking were a must. Quilter and fabric designers Tula Pink and Jamie Fingal were each greeted at their separate sessions with cheers and applause of welcome and adulation. Patrick Lose and Marti Michell provided inspiration with new quilts in new fabric with hints and tips that showed off their skills as designers and experienced quilters. Quilting instructor and author Lori Kennedy showed how to use her newest book to expand basic home machine quilting skills. This Quilt Market day dedicated to learning was a wonderful way to get fired up for the much anticipated opening of the exhibit hall on Thursday morning.

The first visit to the exhibit hall was overwhelming. But tackling the clearly numbered aisles one at a time helped establish a pace that is not too tiring and makes it easier to remember where a booth or display is located.

So what may be arriving soon at locally owned, independent fabric shop around the US? Hexies and Block of the Month (BOM) quilts are still extremely popular with quilters and retailers but hexi pieces or hexi blocks are still growing in actual size, perhaps because of the influence of the modern quilt movement, and many BOM promotional packages suggest ways to finish each block as a small table-topper or mini-wall quilt or sew a few blocks together to create smaller, faster-to-complete finished piece to display without the guilt of not having completed a full-sized quilt. Embroidery embellishments worked by hand or machine continue to be popular and will be taught in many shops. When asked directly, several designers and fabric company representatives used the terms fresh and fun when referring to the prints and colors of fabrics they would be showing this year. Many “retired” fabrics and prints will be new again in 2017 including Liberty of London or similar delicate cotton printed goods, double-woven gauze, woven bark cloth and linen looks, and linen and cotton blend fabrics.

For a break from the hectic sales room atmosphere of the exhibit hall, a walk through Quilts: A World of Beauty was a must. White gloved guides pointed out the qualities of their favorite quilts and gladly turned up the corner of a quilt to expose a portion of the back of a winning quilt. Many quilts had backs just as delightful and interesting as their fronts.

By LynDee Lombardo

LynDee Lombardo, has a Masters in Textile History and Quilt Studies from UNL. She earned her media credentials to the St. Louis International Quilt Market 2017 with the help of letters of recommendation from Washington Affiliate FCS members Donna Graham and Rene’ Ketchum. Photos courtesy of LD Lombardo.
Childhood obesity rates in California were 20.9% in 2015, with a higher proportion of this affecting Latino and low socioeconomic groups. Childhood obesity increases the risk of obesity in adulthood and chronic disease beginning early in life. Medical efforts to treat obesity in adulthood have been challenging and largely unsuccessful at achieving long-term success. However, lasting impact on body weight can be achieved through childhood intervention for treatment and/or prevention of overweight and obesity. To this end, the Food Literacy Center aims to get kids to eat their veggies through fun hands-on activities with vegetables and fruits in afterschool programs in the Sacramento area. This non-profit trains volunteers to teach recipes and nutrition at K-5 schools in neighborhoods where nearly all students are receiving free or reduced-price lunches in school. They partner with urban farms, when possible, to use the most seasonal and local foods available.

I have worked with the Food Literacy Center for almost five years to ensure that their volunteers are well informed about evidence based nutrition for children. In this time, there have been many conversations about the potential impact of the kids’ food literacy education on their households and the community. There was anecdotal evidence that when kids go home, they ask for the foods they have tried at school. One mother, speaking in favor of establishing a teaching kitchen and farm at her school, told her school board about how many more fruits and vegetables she prepares at home since she and her daughter were exposed to the Food Literacy Center. My students from Sacramento State and I, embarked on a project funded by the CA-AFCS Extended Education Fund to assess the potential for family and community impacts of the Food Literacy Center. Adults coming to pick up children from an after-school program were invited to take a survey. Participants were asked to write a list of foods they prepared most often and the types of fruits and vegetables they most often ate. They were also asked about their children’s responses to receiving the food literacy lessons. Our approach was to conduct the survey when the program was just starting (February 2016) and folks were not yet familiar with the program. Follow-up samples were collected at the end of the semester (May 2016) and a year later (May 2017).

In total, 45 adults participated in the survey, 32 in the first sample and 19 in the second. The meals they prepared for their households most commonly included chicken, vegetables and rice. Fruits most commonly consumed were oranges, bananas, and apples. Broccoli, green beans, and lettuce were the most commonly consumed vegetables. These were quite consistent in both samples with some reflection of seasonal availability among the fruits. When asked what types of foods their child was asking for at home, there were some differences between the samples. In the first sample, 18 respondents indicated that entrees or side dishes were the most frequent requested, followed by fruits and vegetables. Snack foods, such as chips or cookies, and ‘junk food’ were listed three times out of the 34 items noted, and ‘fast food,’ MacDonald’s and Taco Bell, was noted with the same frequency. In the second sample no children asked for chips, cookies or junk food, or a fast food meal. All 26 items listed were either fruits, vegetables, or entrees/side dishes.

It was encouraging to see that fruits and vegetables were among the foods kids request at home. The absence of processed snacks and fast food from the follow-up samples supports the possibility for meaningful change in childhood dietary habits. The messages in the Food Literacy Center curriculum certainly are supportive of this. Confirming that kids are asking for fruits and vegetables at home supports the potential for community impact. It is known that children can influence purchasing choices of adults, especially through what the marketing industry calls the ‘pester factor.’ It would be exciting to employ the pester factor to champion fruits and vegetables, making them a common part of our food experience on par with brand name processed foods marketed to children.

Provided by:
Lynn Hanna
Policy Change for Grants from CA-AFCS Extended Education Fund

Go to http://www.aafcs-ca.org/ca/scholarships-grants/ for the application form, or contact Barbara Kilborn, EEF chair, at bkilborn@suddenlink.net for more information.

Background:
There have not been many grant applications in recent years, due to several factors:
- Grants have been offered every two years;
- They have not been well publicized outside of the CA-AFCS Contempo and regular membership email notifications;
- Grant applications have been due April 1 of each year and awarded in June.

Policy Change:
The annual grant budget is $5000 which could fund one or more projects. Awards may be for less than the requested amount at the discretion of the committee. Graduate students are encouraged to apply.
Grant applications will be accepted by December 1 of the year and awarded before the end of the year.
Projects must be completed within two years.
Grantees are required to make a presentation at the state meetings and/or provide a written article describing their project for Contempo (depending on the project).
These research articles or presentation abstracts will be posted on the CA-AFCS website.
Applicants should send a 2 - 5 page narrative and budget in addition to the application cover sheet. Graduate students will be required to submit university transcripts.

PROJECT PROPOSAL may:
- be a seminar, conference, workshop, or developmental activity related to a specific Family & Consumer Sciences or community problem
- be a project to increase membership or save/preserve CA-AFCS history
- partially fund a master’s thesis or doctoral dissertation

PROJECT FUNDING
Recipient must be a CA-AFCS member or become one
May not be used for a district program
May not be designed for entrepreneurship
May not be used for personal income or stipend
All bills/expenses related to grant must be paid by the recipient before billing EEF with financial accounting for reimbursement for the grant.

APPLY FOR YOUR GRANT NOW!

www.aafcs-ca.org
CALIFORNIA AFFILIATE OF THE AMERICAN ASSOCIATION OF FAMILY & CONSUMER SCIENCES
EXTENDED EDUCATION FUND GRANT APPLICATION

Must be received by December 1st

Grant Applicant: ____________________________________________________________

Address: __________________________________________________________________

Phone: ________________ Cell: ________________ Email: _______________________

Project Title: ______________________________________________________________

Signature: ______________________________________ Date: ____________________

PROPOSAL SUBMISSION REQUIREMENTS: (Typewritten attachment: 2 - 5 pages)

1. Brief description of proposed project (Who? What? When? Where?)
2. Value and significance to CA AFCS (Why? – Contribution to FCS mission and to the State)
3. Organization and Planning (Key actions to be taken, listed in timeline format)
4. Budget (Provide justification and amount requested for each line item totaling up to $5000.00)
5. Additional information helpful to the EEF Committee
6. This completed application form

ADDITIONAL INFORMATION:

1. Projects must be completed within 2 years.

2. Recipients are required to write a one-page article for CA AFCS Contempo and/or complete a poster or oral presentation at the next CA AFCS conference.

3. Graduate student applicants include unofficial transcript from current school

4. Professional applicants include CV

5. Save items, including this form, in a PDF document and attach it to an email to: grants@aafcs-ca.org.

FOR COMMITTEE USE ONLY

Date Rec’d ____________
Proposal ______________
Transcript ____________

www.aafcs-ca.org
## Professional Development Opportunities

### Family and Consumer Sciences
Empowering FCS Superheroes

#### PROFESSIONAL DEVELOPMENT
2017-2018 Schedule

<table>
<thead>
<tr>
<th>Workshops</th>
<th>Date</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Food Safety and Sanitation Workshop - ServSafe®</td>
<td>Tuesday October 24</td>
<td>Citrus Heights</td>
</tr>
<tr>
<td>Culinary Arts Skills: Super Power Your Curriculum</td>
<td>Friday - Sunday November 3-5</td>
<td>Sonora</td>
</tr>
<tr>
<td>Super Powered Curriculum Road Show</td>
<td>Monday November 13</td>
<td>Chico</td>
</tr>
<tr>
<td>Super Powered Curriculum Road Show</td>
<td>Friday December 1</td>
<td>Santa Clara</td>
</tr>
<tr>
<td>Super Powered Curriculum Road Show</td>
<td>Monday December 4</td>
<td>San Bernardino</td>
</tr>
<tr>
<td>Super Powered Curriculum Road Show</td>
<td>Friday January 19</td>
<td>Stockton</td>
</tr>
<tr>
<td>Super Powered Curriculum Road Show</td>
<td>Monday January 22</td>
<td>Paramount</td>
</tr>
<tr>
<td>Super Powered Curriculum Road Show</td>
<td>Friday February 9</td>
<td>Camarillo</td>
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<tr>
<td>Food Safety and Sanitation Workshop - ServSafe®</td>
<td>February 27 Tuesday</td>
<td>Pomona</td>
</tr>
<tr>
<td>Education and Child Development Produces Superheroes</td>
<td>Thursday-Friday March 15-16</td>
<td>Southern California</td>
</tr>
<tr>
<td>Culinary Arts Skills:</td>
<td>April 13-15</td>
<td>Garden Grove</td>
</tr>
<tr>
<td>2018 HECT Leadership and Management Conference</td>
<td>Thursday - Saturday June 21-23</td>
<td>Garden Grove</td>
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</table>

Dates and Locations Subject to Change or Cancellation
Registration materials available online at: www.hect.org/profdev.php

www.aafcs-ca.org

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# Submit Articles!

Send them to our **Contempo Editor**

at
articles@aafcs-ca.org

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Biennial Conference Registration Form

WESTERN REGION BIENNIAL CONFERENCE REGISTRATION FORM
April 6-7, 2018
Hilton San Francisco Airport Bayfront

Name: ____________________________________________________________

First
Last

Address: __________________________________________________________

street city state zip

Phone: __________________________ Email: __________________________

<table>
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<tr>
<th>Early bird price up to March 15</th>
<th>Price after March 15</th>
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<th>TOTAL</th>
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<tr>
<td>AAFCS MEMBER</td>
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<tr>
<td>NON-AAFCS MEMBER</td>
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<tr>
<td>STUDENT</td>
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<tr>
<td>GROUP TABLE to advertise or share information (Space is limited – 1st come first served)</td>
<td>$75 per table</td>
<td>$100 per table</td>
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</tr>
<tr>
<td>DONATION (any amount) to support student registrations*</td>
<td></td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>GRAND TOTAL</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Please consider sponsoring a student to attend the conference. For registration payments in addition to your own, please include a separate form for each person, complete that person's information at the top, and submit all forms together with total payment.

*General donations for student attendance will be used to pay registration per faculty recommendations.

Would you like vegetarian meals? YES_______

Do you have any dietary restrictions? YES_____ What are your needs? __________________________

Note: Photographs taken at the conference will be included on our public website. If you prefer not to be included in a photo, please advise by sending an email to nrabolt@sfsu.edu

Mail Registration form and check (made out to CA-AFCS) to:
Dr. Nancy Rabolt
P.O. Box 371492
Montara, CA 84037

Inquiries:
Dr. Gus Vouchilas
Ph: 415-338-3420
gusv@sfsu.edu

HOTEL ROOM INFORMATION

Room Rate: $149 per night valid Thursday April 5 through Saturday April 7, 2018
Make room reservations by March 15 to secure this rate.
Reservations are being accepted now at: http://group.hilton.com/CAAssociationFamilyConsumerSciences or Call toll free 1-866-324-6914
Mention the CA Association of Family & Consumer Sciences conference to receive group rate.

www.aafcs-ca.org
then seeking involvement with special Councils, Units, Assemblies, and Committees will be an inevitable next step for you. If you find yourself rising to various levels of leadership within your state or are nominated by other leaders, you could find yourself serving as a Board of Directors member or sitting at the table with others at Leadership Council meetings. I have enjoyed the privilege of the latter and I highly encourage you to step up as well.

Of course leadership is a major focus of our time. This year we were challenged by the basic tenants of a book entitled, *The Leadership Challenge*, by James Kouzes and Barry Posner. Individual Board members took each item and briefly explained key concepts. As a take-away request, we have been encouraged to dig deeper and seek to apply each of the elements as best we can throughout our year and within the various positions we hold.

The most memorable aspect of the time, however, was a presentation given by AAFCS President Jacqueline Holland and CEO Carolyn Jackson. They acted as if they had met for a quick cup of coffee and were recounting the notable things that our association has recently accomplished (provided here). There have been a lot of changes but a lot more focus as well which we can all be proud of.

But…there is more work to be done and we need your involvement and gifts as leaders to make inroads into the needs of our organization as well as families today. In our state alone, we need seasoned members to take on leadership roles from the Presidency on down. Won’t you consider? I thank you for allowing me to do the same.

Strategic Direction now through the idea of “Imagine” Governance Redesign to focus on Member Engagement Concept of “Signature Initiatives” Webinar Training Pass as a Member Benefit Leadership Academy for New Professionals Complimentary 1-year Membership for New FCS Graduates Online Journal of Family & Consumer Sciences Content-Specific Credentials: Certified Personal and Family Finance Educator (CPFFE), Certified Nutrition and Wellness Educator (CNWE)
Scholarship Awards

For the 2017/18 school year, NCD offered three $1,000.00 scholarships to high school seniors majoring in one of the FACS disciplines. We were pleased that we received 16 applications from 12 different high schools. There were 4 judges: Thaya Craig, Sharlene Cossairt, Jeri Whelan and Bonnye Whamond. We all agreed that it was difficult decisions to make because the students who applied were so outstanding. It was very refreshing, actually. We had students interested in majoring in nutrition and dietetics, early childhood education, hospitality and event planning and interior design. They all had specific career goals in mind and we have no doubt they will achieve them.

Winners listed in alphabetic order:

Stephania J. Calahorrano is graduating from Yuba City High School and plans to attend University of California, Davis this fall, majoring in Nutritional Science with an emphasis on Dietetics and Nutrition.

Stephania caught our attention with the 4.8 GPA. But that was only the beginning. She wrote in her goals statement, “I was brought up in a household characterized by a military culture; my father was in the Air Force and following his retirement, he immediately began work in the Colombian government. As a result, I grew up listening to his stories about extreme cases of poverty and poor health standards in different communities around Colombia and other South American regions. These stories grew close to my heart and encouraged me to conduct humanitarian change in impoverished communities on a global scale. As my time comes closer to graduating from high school, I can clearly envision my future at a university working for a bachelor’s degree in Nutritional Public Health Science at UC, Davis. I understand the importance of how dietary patterns influence the health and wellbeing of individuals, communities and populations. My passion to study this major derives from being able to attain more knowledge about nutrition education locally and around the world. Promoting healthy eating practices and developing nutrition education programs is extremely essential in our society as there is a growing rate of obesity and disease rooting from improper healthcare and unawareness.

Specifically, I want to be able to introduce accessible, healthy food supplies and healthy eating practices to countries that lack access to such treatments. I strongly believe such treatments and new medical practices would improve life expectancy and decrease mortality rates, especially among young children and infants.”

Stephania closed with, “Overall, this scholarship will enable me to initiate my vision for change in real-life conditions for the improvement of healthcare in different sectors of global society and individual communities.

Kyra Meyer in graduating from Marysville High School and plans to major Early Childhood Development at California State University, Sacramento this fall.

Kyra stated in her goals statement, “Being a teacher has been an aspiration of mine for the past five years, with the only factor being changed the age group I want to teach. Near the beginning of my senior year, I took an ROP Early Childhood class to get myself experienced to teaching younger minds. This is the age I saw younger children with their minds at the biggest peak of expanding. It really was an amazing, yet challenging experience that I plan on continuing pursuing.” She continued stating that while at college she is hoping to work part time in an “early childhood classroom to gain the most amount of experience in a classroom and be able to view the different methods teachers use to guide children in learning the most influential way. I want to become a great teacher that creates a breakthrough in students who have trouble speaking up, just as I did as a student.”

Elissa Urbina will be graduating from Placer High School, Auburn, CA and plans to attend University California, Davis this fall majoring in Interior Design.

Elissa started her career goals paragraph confidently stating “I wish to pursue a career that I am both talented in and passionate about. There is a certain satisfaction to me in walking into a well-designed home. With countless styles to homes I believe one is able to enter someone’s home and recognize their personality and interests.”

Having already been accepted to UC Davis, it is Elissa’s goal to major in design. It is her vision to reach her potential as a professional designer and enhance the way people live. She plans to be a positive influence on people’s lives and to help create a living space that reflects their culture, values and lifestyles.

Provided by Bonnye Whamond

The editor wishes to acknowledge that this article should have been published in the previous issue but wasn’t due to space limitations. We are sorry this information couldn’t have been disseminated to NCD members sooner.
AWARD NOMINATIONS OPEN

There are several opportunities for our best colleagues to be nominated for CA-AFCS awards. Please consider nominating someone or self-nominate for any of the following:

- **CA-AFCS Teacher of the Year**: (middle school and high school teachers) candidates must complete an AAFCS application (forthcoming)
- **CA-AFCS New Achievers Award**: must have been an FCS professional 5 years or less
- **CA-AFCS Leader Award**

Include in your nomination letter the following information of your nominee: name, address, email address, phone number, and evidence of achievements and leadership.

Award recipients will be recognized at the CA-AFCS Western Region Biennial Conference April 6-7, 2018 in San Francisco. The winner of the CA-AFCS Teacher of the Year Award will be in the running for the AAFCS National Teacher of the Year. California has had success before in this competition, so we encourage nominations of our terrific teachers this year.

The deadline for submitting your nomination is January 2, 2018 to Nancy Rabolt at nrabolt@sfsu.edu. For questions please contact Nancy.
Calendar

December 1, 2017
Deadline for April Conference Proposal Submission

December 3, 2017
Dine In" on Family & Consumer Sciences Day

December 15, 2017
Deadline for Contempo newsletter articles

April 6-7, 2018
2018 CA-AFCS Western Region Biennial Conference, San Francisco, CA area

June 24-27, 2018
109th AAFCS Annual Conference & Expo in Atlanta, GA

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 Dr. 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.