

Capitalizing on our Strengths

“Inspiration, Motivation and Education”
California and Western Region Conference
for Family and Consumer Sciences
March 11 to 14, 2010
Embassy Suites Hotel
Sacramento, California

Come join us for educational sessions, interesting and informative tours, and professional networking that our professional association offers you. Sacramento is a beautiful city and the conference location is situated perfectly to take in the rich history and culture of California.



Registration Information

	By 2/16/10	By 3/1/10	Single day
AAFCS member	\$225.00	\$240.00	\$150.00
Non-member	240.00	270.00	175.00
Student	100.00	100.00	70.00

Students may apply for special financial support by contacting Bonnye Whamond at Email bwarren@raleys.com or applying through the website <http://www.aafcs-ca.org/conference/>

Registration forms must be accompanied with your **check** made out to:

CA Assoc. of Family and Consumer Sciences
and mailed to: Bonnye Whamond
2787 19th Street
Sacramento, CA 95818-3008

NO CREDIT CARDS will be accepted by mail
register on-line at

<http://www.aafcs-ca.org/conference/>

credit card payments will be accepted through PayPal with an additional \$5 handling fee.

Tentative Program

Thursday **March 11th**
6:30 PM **Board of Directors Meeting**

Friday **March 12th**
All Day Tours - a choice of four tours are planned

7 PM **Railroad Museum Reception**
Gourmet chocolates & wine tasting - included with registration fee

Saturday **March 13th**
9 AM **General Session**
“What’s Age Got to Do with It?”
Gerontologist and author Kelley Ferrin



Kelley is passionately committed to educating the public on longevity and healthy aging. In addition to being a certified AARP retirement specialist, local newspaper columnist, and elected consultant with the Governor’s Council on Physical Fitness and Sports for older adults, Kelly has also co-produced a local cable television show, Age Talk, and her message has been shared internationally throughout Canada, England, and Australia.

Concurrent Breakout Sessions

10:45 AM

Water and Food: What’s the Truth? How Safe is it?
Andrew Patterson

Frail, Abused and Neglected Seniors: A Safe House Concept.
Maxine Krugman

Sustainable and Eco Friendly Interiors
Barbara Williams

Saturday 12:30 PM Luncheon Speaker

“Hey Kids Let’s Cook”

Educator and TV producer – Kathy Powers
Kathy is an EEF Grant Recipient from Fresno



Dutch Auction, District and State Sales Tables
for participation, please contact Barbara Kilborn
(530) 268-7330 bkilborn@foothill.net

Saturday Evening on Your Own

Many theater and dining options will be available to choose from when you arrive.

If you wish to purchase advance tickets for the Broadway performance of “Chicago” playing at the Community Center Theater, go to:

www.CaliforniaMusicalTheater.com

or call the box office (916) 808-5181

or the ticketing office (916) 557-1999

Concurrent Breakout Sessions

1:30 PM

How Sweet it is: Childhood Obesity and Diabetes
Sharon Fleming

The Commercialization of Childhood
Lori Capaul

Organic & Natural Fibers Used for Current Fashion Trends
Diana Higashi

3 PM

The Savory Goodness of Olive Oil
Olive Oil Association

Mysteries of the Mind: ADHD, Autism and Other Learning Challenges
The M.I.N.D. Institute

Launching a Clothing Line for Emerging Markets
Ryan Looyson

4:30 PM

Soft Skills for Getting a Job
Sue Coleman

Wikis, Blogs and Social Networks: Bridging the Technology Gap
Corinne Thomas

Poster Session

Extended Education Foundation - Grants
Abstracts of Research presentations
History of California Home Economics Association

Sunday March 14

Concurrent Breakout Sessions

9 AM

The Source and Origin of Our Food
Earline Griffith

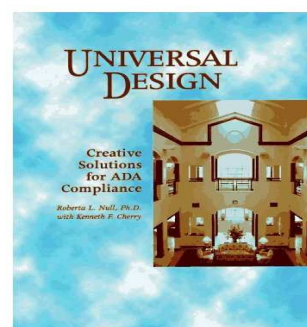
Children and Internet Security
Jennifer Scalzy

Green Kitchen and Bath Design
Adel Visser

10:15 AM

General Session

“Accessibility and Housing”
Author and Retired Professor - Dr. Roberta Null
Dr. Null has written her third book on Design and has been a long time member of our association.



11:30 AM

Closing Luncheon

Awards and Scholarship presentations
State meeting and presentation of officers

Conclusion of the Conference at 1:30 PM

Embassy Suites Sacramento Riverfront

100 West Capitol Mall (916) 326-5000

- The hotel is located next to Old Sacramento and the Sacramento River Promenade.
- A free airport shuttle is available to hotel.
- Parking garage is across the street from the hotel for those who drive. Valet parking only at the hotel.
- Hotel Rooms can sleep up to 4 persons.
- Complimentary full breakfast and cocktail hour is included for registered hotel guests.

HOTEL RESERVATIONS MUST BE MADE DIRECTLY WITH THE HOTEL

Mention you are with CA-AFCS for a special rate for double occupancy \$169/night (This is a saving of over \$30 from regular rates.)

Call (800) EMBASSY for reservations

On-line reservations www.embassysuites.com with a link for on-line conference registration

"Inspiring Tours to Motivate and Educate"

Friday March 12th Beginning at 9AM.
Separate Prices from general registration. Each tour includes transportation and must have 10 minimum persons. There is also maximum capacity for vans.

Tour A: Tour of the Crocker Art Museum and Stanford Mansion, state historic park. The Crocker family built the Museum in 1873 and it is the oldest continually operating art museum in the West. Special exhibit "Treasures, Curiosities & Secrets: the Crockers and the Gilded Age" features the major events of Crocker family history.

- Gourmet Lunch at Il Fornaio Restaurant.
- After lunch visit the historic **Leland**

Stanford Mansion once owned by Leland Stanford, Governor, U.S. Senator, railroad tycoon, member of the Big Four and founder of Stanford University. Access to the Mansion is by guided tour only. Tours of the Mansion provide an intimate view the home as it appeared in the 1860s and 1870s. Careful research has guided the restoration of the Mansion's rich details and original Stanford family furnishings.

Cost: \$60

Tour B: Tour of the Honda Food Culture Museum and Shoei Foods, Marysville

The museum was founded to establish an agricultural museum, and to promote a better understanding of Japanese food culture and the agricultural community. The museum aims to encourage, and support the healthy prosperity between both the United States and Japan. The Museum includes food products sold in Japan and art prints from a renowned Japanese artists. A tour of the plant will be included, along with a Gourmet Lunch and Food Demonstration.

Cost: \$30

Tour C: Tour of the M.I.N.D. Institute and Shriners Children's Hospital

(Medical Investigation of Neurodevelopmental Disorders) an international, multidisciplinary research organization, committed to excellence, striving to understand the causes and to develop better treatments and ultimately cures for neurodevelopmental disorders.

- Catered Lunch at the Shriners Hospital.
- Shriners Hospitals for Children is a one-of-a-kind international health care system dedicated to providing specialty pediatric care, innovative research and outstanding teaching programs. Children up to the age of 18 with orthopedic conditions, burns, spinal cord injuries, cleft lip and palate are eligible for admission with no financial obligation to patients or families.

Cost: \$45.00

Tour D: A Taste of California and Japan

Kikkoman Foods brews its quality soy sauce locally in Folsom. Learn about this long-time Japanese staple. Then, we'll take you around the block to visit Gekkeikan Sake. This 360-year-old company has established a brewery here because of the pure water and California's abundance of rice. Learn how sake's made, enjoy a taste and a quiet moment at their koi ponds and peaceful Japanese gardens.

- A visit to the gold-rush era Sutter Street in Folsom will give you some Gold Rush history as well as give a variety of choices for lunch. Wander down the wooden sidewalks and stroll through the fascinating shops. Please note **lunch will be on your own**. Tour includes walking on uneven surfaces.

Cost: \$25.00

On Your Own: Tour the California state capital: Old Sacramento and the Railroad Museum; stroll along the Sacramento River Promenade or enjoy shopping at the Downtown Westfield Mall -All within easy walking distance from the hotel.

NO COST

California Affiliate - AAFCS
1145 Savoy St.
San Diego, California 92107-3914
Return Service Requested

Non-Profit Organization
Postage Paid
San Diego, California
Permit No. 1102



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California AAFCS State & Western
Region Conference
Sacramento, California
Capitalizing on our Strengths

Conference Tri-Chairs

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