



President's Message

By: Barbara Kilborn

Thank you all who have contributed suggestions, good ideas and good will to me this past year. I hope 2011 will be very good for all of you. These past few months have made me appreciate our Home Economics-FCS background from college and through the many seminars and educational opportunities that have come my way as a AAFCFS member. My family issues are common to many people, which should emphasize the importance of our AAFCFS mission - "*Connecting Professional and Touching Lives.*"

Many of us are part of the "sandwich generation", dealing with aging parents, children and/or grandchildren. My parents, who are 87 years old, now have needs that we had not dealt with before. My mother has senior dementia, and my father has been providing her care for several years now. Last month, my father needed to have heart surgery, and my siblings and I had to care for both of them. Everything we had learned about senior issues became very important and then some. I also have been babysitting two days a week for my 7 month old granddaughter. This has been a real blessing but has made me very aware of how much energy babies take. Knowing things academically and dealing with them in reality are two different sides of the coin. Fortunately, I am blessed with a terrific family, who value our parents and children, and are equally committed to taking our share of the burdens.

► In the last issue of *Contempo*, I discussed the changing boundaries for

the six districts that are still functioning.

I have not heard from anyone about these changes. Your executive board needs your input soon, so that dues checks can be properly distributed to the districts. Included in this current issue is a page (Page 6) that shows the district boundaries and the current president with contact information in that area.



I would also really like to know where our student members are. Their addresses do not tell us which college they are attending. Dr. Jody Roubanis has requested this information from the colleges and universities, but without student IDs, most have not been able to give us specific information. Do **you** have suggestions for obtaining this information?

► Some good news: according to our treasurer, our insurance costs have been lowered. The member share for our group insurance is now only \$3 per member as compared to the \$5.25 paid last year.

We have also reduced our operating cost for governance over the last several years with teleconference meetings. The disadvantage for this is not seeing each other face-to-face, which I find very empowering and energizing. At our September meeting, less than half our board of directors were in attendance.

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ISSUE

01

JAN, FEB, MAR

2011

Spring Board of Director's Meeting

Saturday, April 2, 2011

10AM to 4PM

Double Tree Hotel

LAX/ El Segundo

SAVE THE DATE

All District Presidents and standing committee
members

Special room rates

Free Shuttle and parking

More information to come

Message from the Treasurer: Dues and Insurance

By: Shirley Vernon

Dues will be assigned to the Districts as noted in the California Information Sheet. Dues checks will be available at the Spring Board Meeting. This is to allow for any request of reassignment to another district so that member's dues share will go to the right assigned district.

A less expensive source of Commercial General Liability Insurance was purchased for this year. The cost was \$669. Working with the number of 256 members as noted in the California Information Sheet, each member's share of cost is \$2.61. This amount has been withheld from each district in proportion to membership. ■

Taking It to the Streets: To Curb Childhood Obesity

Tell us what you are doing to curb childhood obesity in your community, school, or home. For us to best understand the wonderful things you are doing, please provide the following:

- A description of Taking It to the Streets activities you have been involved in and the connections you've made. Be sure to include the title and description of any materials developed, research conducted, and grants received including funding details.
- Actual number reached, i.e., numbers of schools, classrooms, agencies, AS WELL AS number of students, parents, and community members. Specific numbers are important in order to measure impact.
- Please include photos in jpeg format (with appropriate photo release form), stories and experiences that can be included in a TIS PowerPoint.
- Copies/links of any press coverage received.
- Areas where you need assistance from our leadership team.

Forward this information to **Dr. Jody Roubanis** at jroubanis@socal.rr.com or **Sue Walters** at tigersu@cox.net until April 25, 2011. **We encourage any and all to respond!**

Contact the California TIS Representatives Dr. Jody L. Roubanis (562/296-5912) or Sue Walters (619/286-9013) with any questions you may have. ■

Submit Articles!

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

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President's Message

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Our by-laws state that we should have one meeting a year where this takes place. It allows brainstorming to resolve issues and keeps our personal contact with each other fresh.

Therefore our spring Board of Directors meeting will be held in the Los Angeles region on April 2, 2011. See page 2 for the announcement.

► I picked up a couple of good ideas from my trip to Indianapolis last October which I want to share with you. You might want to do some of them at your district meetings.

- **Community Project:**
Birthday bags for foster, homeless or poor children. Filled with cake mix, frosting, candles and a small gift for the child. This has been done successfully in a number of churches and sorority groups

in the south and central states.

- **Walk California Project:**
This was done in Georgia and was highly successful. Get schools, children's or parents groups to pledge so many miles in a given period that they will walk with a pedometer so that the group miles will equal distance across the state. This could be an EEF project grant working with the Childhood Obesity project. It never hurts to use up a few more calories and share in a healthy community activity as well.
- **Video Experience:**
"Celebrate What's Right with the World" by DeWitt Jones. This video offers ideas for fixing what is wrong in our culture and the possibility for positive change. It is a shift in attitude from seeing what is **BEST IN THE WORLD** to

what is **BEST FOR THE WORLD**. It is about changing competitive attitudes to that of serving others as we do in our profession. You can't move forward if you are always looking back or complaining about what's wrong. Check it out for your group to view. It is a very heartwarming and inspiring film.

► I look forward to seeing many of you this year. One of my goals as president is to visit each of our districts for one of their meeting this year. PLEASE invite me to one of yours. The better we know each other personally the better we can work together professionally. Until next time, have a healthy and happy new year!

Barbara Kilborn
530- 268-7330
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Free Financial Literacy Resources

Are you a **high school teacher** who wants to include a financial literacy curriculum with your coursework but don't have the budget for materials? If so, you have an opportunity to receive the **donated** financial literacy curriculum resource, *Building Your Future*, from nonprofit group, The Actuarial Foundation.

A 2010 Excellence in Financial Literacy Education Award winner, *Building Your Future* gives teens a lifetime of sound personal finance and money management skills, covering topics such as credit cards, loans, taxes, insurance, inflation, and managing bank accounts, to name a few. The classroom-ready curriculum also includes Teacher's Guides and aligns with national standards.

View the *Building Your Future* curriculum resource and request a donated individual and/or classroom set of materials at <http://www.actuarialfoundation.org/programs/youth/BuildingYourFuture.shtml>.

Note: Announcement for member information purposes only.

The CA-AAFCS does not officially support The Actuarial Foundation and has not tested the materials listed above.

CA-AAFCS Financial Report for June 1, 2010 - January 5, 2011

	10/11 Actual	10/11 Budget
INCOME		
Dues from Nat'l	\$ 4,412.50	\$4,800.00
Interest		\$ 60.00
Ways & Means	\$ 367.00	\$ 500.00
Misc. Income	\$13,311.39	\$ 625.00
From Reserves		\$2,020.00
TOTAL INCOME	\$18,090.89	\$8,005.00
EXPENDITURES		
Restricted Donation	\$	\$ 500.00
Web Site	\$ 55.00	\$ 80.00
Contempo	\$ 200.00	\$ 400.00
Printing	\$ 68.80	\$ 400.00
Postage	\$ 76.94	\$ 200.00
Ways & Means Exp	\$ 69.20	\$ 50.00
Pres Operations		
Past President	\$ 36.84	\$ 50.00
Pres to Nat'l Mt.	\$ 879.94	\$1,000.00
State Governance		\$1,500.00
Finance Oper	\$ 20.00	\$ 125.00
Tax Prep	\$ 1,425.00	\$1,250.00
Finance Comm		\$ 50.00
Dues to Districts		\$ 500.00
Insurance	\$ 669.00	\$1,900.00
Transfer to Savings	\$12,686.39	
Misc		
TOTAL EXPENSES	\$10,551.33	\$8,005.00
Balance in Checking 1/5/11	\$15,485.17	
Certificate of Deposit 5/11/10	\$26,024.80	
Savings	\$12,689.79	
Total Assets as of 1/5/11	\$54,199.76	

Comments:

Dues—From National for April-July

Interest—Will stay in CD and Savings

Ways & Means—Note cards: \$98; Cookbook CD: \$92; Cookbook:\$88

Misc. Income—\$12,686.39: Santa Lucia closed out CD and sent to State; to be held in reserve for 2 years—opened savings account

\$625.00: From EEF for tax preparation

Contempo—2 set ups: honorarium | **Printing**—2 issues of *Contempo* | **Postage**—2 issues of *Contempo*

Past President—Shipping of materials

President to National—Airfare & hotel

Finance Operation—Franchise tax board; renewal fees for parent & group

Tax Prep—Fee of \$1250 plus \$175 to file each district's electronic filing. Next year Treasurer will file returns electronically—will need to log in with each of the 8-9 returns. Tax returns were signed 9/7/10.

Insurance—Farmers was able to provide us a better rate and same coverage. Executive Board decided not to continue the E-risk Policy.

CD Savings—Includes interest as of 8/11/10: approximately \$8 per month. Account opened 9/29/10 with money from Santa Lucia

District	Members	Contact	Boundaries
A – Bay	57	Mary Gilliland (650) 0462-9415 mltg@aol.com	North from Monterey to the Oregon border east to the coastal foothills around the Bay area
B – Central Valley	19	Carolyn Berry Jackson (559) 299-3977 cberryjacson@att.net	From the Tehachapi's north to Modesto east from Paso Robles to the Nevada border
D – Citrus	6	Bonnie Farmer (951) 682-2530 bmfarmer@charter.net	Riverside area and eastern LA metro area, south to San Diego country and eastern desert
F – Los Angeles	87	Allen Martin (818) 677-3051 allen.martin@csun.edu	North from San Diego County to Kern County, east to Riverside, also includes Orange County
G – North Central	41	Marcia Goodrich (916) 789-2649 a_goodrich@sbcglobal.net	North from Modesto to Oregon border, east from Fairfield to Nevada border, mostly Sacramento
J – San Diego	35	Sharon McKenzie (619) 435-0782 jmckenzie@san.rr.com	From Mexican border to Orange County, east to Arizona
K – Central Coast*	11	Caryl Gonzales (805) 929-5521 carylgon@sbcgobal.net	From Ventura County north to Monterey and east to Paso Robles

Notes:

- Kern (5) and Valley (6) districts have dissolved and therefore members in Bakersfield are in Central Valley, and those in Stockton are in North Central
- The South Coast district (27) was dissolved about 5 years ago and is part of Los Angeles, although not counted in LA yet. If you are a member of South Coast and want to be part of San Diego or Citrus districts please let us know.
- * Literally this district does not exist yet, as Channel Islands and Santa Lucia both dissolved some time ago. Our treasury is holding scholarship moneys in reserve for this group if they should reform. If you are a member of Central Coast and want to be active, please contact Caryl Gonzales.

Students

If you are a student, please contact Barbara Kilborn (bkilborn@foothill.net) and let us know what college you attend. You will be invited to local district meetings and receive scholarship information.

LATEST FROM NATIONAL

AAFCS 102nd Annual Conference & Expo

When: **June 23-25, 2011**

Where: **Phoenix, AZ** at the Sheraton Wild Horse Pass Resort and Spa

This year's theme is *Linking Cultures, Enriching Lives*. While most proposals for educational sessions and sessions of special interest are now closed, abstracts for the **Undergraduate Student Research Poster Session** are not due until **March 1, 2011**. Students, submit yours today!

More information to come. In the meantime, you can visit the conference website at: www.aafcs.org/meetings/11/index.html.

Webinars

In 2010, the AAFCS started their New Experiences in Training (NEXT) webinars, designed to utilize technology to provide professional development activities throughout the year. Webinars are available for a nominal fee and cover topics such as best practices in FCS, career development, techniques for the classroom, and much more. Each webinar is worth 1.5 PDS.

Upcoming webinar: *12 Foods You Should Add to Your Diet Now to Reduce the Risk of Heart Disease and Other Illnesses* on **February 2, 2011**.

Visit www.aafcs.org/DevelopmentCenter/Webinars.asp for more information.

Resource Center

If you have not done so already, you should definitely check out the [AAFCS Resources](#) section on their website. Offering links to journals, teaching materials, and other useful publications, the Resources section offers members an easy way to promote FCS and develop their own knowledge of the discipline.

The [FCS Career Connection](#) is another helpful resource provided by the AAFCS. Whether you are looking for someone qualified to hire or wish to post your own resume, this is the place to connect.

Member Web Portal

Remember, keeping your information up to date with the AAFCS is one of the best ways for us to keep up with you! Visit the [Membership Web Portal](#) to manage your contact information, renew or change your membership, and manage certification PDUs. In addition, you can join Communities of like-minded individuals to collaborate on important topics and issues.



California Affiliate—AAFCS

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Calendar

February 2, 2011

AAFCS Webinar: *12 Foods You Should Add...*

February 18, 2011

FACS Submissions due for March issue

March 26, 2011

Los Angeles District: Scholarship Deadline

March 31, 2011

Contempo Submission Deadline for next issue

June 23-25, 2011

AAFCS 102nd Annual Conference & Expo

View our complete calendar online at www.aafcs-ca.org/ca/calendar/

Ask district leaders for more information on activities specific to your district!

Visit us online at
www.aafcs-ca.org

Students

Scholarships

Scholarship information is now online!
Download your application forms and make note of the due dates. If you have any questions, contact the district scholarship representative.

Student on Facebook

The student section of the AAFCS is active on Facebook! Just search for AAFCS Student Unit to join.