



## President's Message

Our **Biennial California Conference** is March 2-4 in San Diego, and I hope you have already registered to join us. The tri-chairs have tapped into their creative resources to bring us a quality program, in a one day format, at a reduce cost to the association and to our members. The theme of volunteerism resonates with most of us, as I am sure, we serve our communities in many ways outside of our workplaces. We are very excited to have AAFCS President Dr. Susan Shockey CFCS, as a keynote speaker. I look forward to seeing many of you there.

I am in my last few months of service to the California Affiliate of AAFCS. Promoting membership has been my main focus. If you have read THE FACS from the AAFCS, you know membership retention and recruitment are responsibilities of each of us. Strengthening our membership will pave the way for a stronger and more vital future of our profession. As we see our current membership aging and going into retirement, it is even more important that we promote the benefits of AAFCS to future members and to retain our current members. Because more college students are majoring in areas of specialization of FCS and fewer in Broad Field FCS, I see promoting

AAFCS as the only Broad Field professional organization as an important task of successful membership recruitment and retention. We need to continue to work to make new graduates aware of the value of AAFCS membership.

As individuals we need to have the courage to talk to friends and colleagues about continuing or reinstating their membership. Dropping membership when we retire or are no longer working in the field, reduces the strength of our voice in this arena. Personal economics often motivates this decision, but if you are really involved and truly believe in our values, consider continuing your dues payments, just as you would with your church or family needs.

Susan Shockey sometimes discusses how the media often contacts AAFCS headquarters for because of our professional knowledge base. Individuals, businesses and communities are coming to realize that the average person is not sufficiently informed about issues of family management, finances, or

By: Barbara Kilborn



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## Tivaevaes: A Global Volunteer's Perspective of Quilts and Customs

The Cook Islands are a small group of islands in the Pacific, “a dot on the map.” The largest island, Rarotonga, is partnering with Global Volunteers to provide assistance to improve English skills to elementary and high school students. The islands are known for black pearls, hand-made ukuleles, and beautiful



music. They are also known for a special form

of quilting introduced by missionaries called tivaevaes. While it is similar to patchwork and appliqué quilts found elsewhere in the world, the designs, construction techniques and cultural links are truly unique.

Tivaevae patterns are designed to reflect the environment of the islands with flowers and plants. Designs are made by a limited number of highly skilled women

who are often known for particular designs. Colors are generally determined by the designer.

There are two basic methods of sewing tivaevaes. The first style is pieced from small pieces of fabric cut into triangles, diamonds or squares. The finished size of these pieces is about 1 inch. The second style is made from appliquéd pieces. The top layer is folded into pieces and the design cut out similar to the way children fold paper when making “snowflakes.” The top layer is then basted to the background fabric. The top layer can be stitched using small invisible stitches, using embroidery stitches, or using a machine zig-zag stitch. In some cases the pattern is cut out and embroidered before being sewn to the background fabric.

While some women prefer to work alone on a tivaevae, a common activity is for women to work together in neighborhoods, in families, or in villages. Group work often includes women eating, singing and talking together. Singing is a very common activity in Rarotonga, the largest of the Cook Islands, and is done in churches, schools, and at cultural performances.

Imagine walking into a huge church hall to be totally amazed and thrilled. Hundreds, yes hun-



dreds, of tivaevaes were hanging on walls and displayed on beds. The colors were beautiful, the patterns ranged from simple to very complicated, the skills of the makers very noticeable. Again imagine hearing the pastor's wife sharing the histories of the tivaevaes in her family that were on display. While tivaevaes are usually stored in a

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# Obesity Community: Taking It to the Streets

By: Cynthia Figueiredo, CFCS  
California TIS Representative

We have joined AAFCS's Taking it to the Streets (TIS) Obesity Community in reaching out to our communities to combat this major health issue and lead in nutrition education. I encourage everyone to join us in sharing your expertise with others, as we have been teaching nutrition education since the 1950s. I invite you to check out the blog

([www.facsidealweight.blogspot.com](http://www.facsidealweight.blogspot.com))

and to open up a dialog between professionals to lend support to ourselves and lead our communities. Hopefully HETAC members will also join us, as well as other

FCCLA-FHA members in California. Many of my students are caught up in some nutritional supplement craze in place of a solid foundation of nutritional information and healthy eating, especially students involved in sports—or don't eat most of the day. We still have students falling through the cracks even with free lunch and free breakfast programs. As adults we seem to be sleeping less, and rushing more, adding to our own challenges. Please join the TIS Obesity Community in leading the way! You may contact me at [cindyfig@gmail.com](mailto:cindyfig@gmail.com).



Picture to the left is student helping child in Nutrition and Food Science Department lab at Sierra College in Rocklin.

## Welcome New & Returning CA-AFCS Members!

Susan DeCristofaro Rogers, Maria E. Fregulia, Natalie Holman, Anne Gill, Julie Earhart, Shauna Mund, Wenjia Zong, Tigist Abegaz, Professor Latanga Gail Hardy, Amparo Torres, Glynis Bruner, Miss Monica Elise Perez de Corcho, Zoe B. Engstrom, Beth A. Mackey, Dr. Scott Murdock Williams, Michelle A. Beasley, Veronica Neal, Casey A. Gardner, and Laura Marie Kuras.

### Submit Articles!

Send them to our  
*Contempo Editor*  
at  
[articles@aafcs-ca.org](mailto:articles@aafcs-ca.org)

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## Social Capital: Joining & Participating in CA-AFCS Improves Your Longevity!

By: Dr. Jody Roubanis, CFCS  
CA-AFCS VP of Communications

Over the last decade, social scientists have recognized the importance of social capital in building strong community and family networks – but can it help us live longer? According to Robert Putnam (2001), it does. In his now classic book “Bowling Alone: The Collapse and Revival of the American Community”, Putnam defines social capital as the collective value of our social networks. Based on a large data set, he correlates the joining and participating in one organization as decreasing your odds of dying next year by 50%.

Social capital works through multiple channels. It influences the informa-

tion we get such as learning about jobs, and exchanging ideas. It connects us with people who have similar values and/or beliefs. It move us from an “I” mentality to a “We” mentality towards more collective action – which can lead to new networks! These are all good...great reasons for being active in CA-AFCS and other organizations!

On the flip side of social capital, Putnam identifies several factors that have contributed to its decline, including work, age, family structure, computers, televisions, and women’s roles. Evidencing their effect, he cites the following declines over the last 25 years:

Attending club meetings ↓58%

Family dinners ↓43%

Having friends over ↓35%

We have all seen these effects too in our own professional organizations and communities. What can we do to increase our social capital – and perhaps live longer? Appropriately the theme of the upcoming conference is “Community Involvement through FCS”. The Biennial California Conference, March 2-4 in San Diego, provides a great venue to get busy and start participating in CA-AFCS!

BIENNIAL CALIFORNIA CONFERENCE MARCH 2-4, 2012

**FAMILY &  
CONSUMER  
SCIENCES**



*Creating Healthy & Sustainable Families*

## Learn about Co-branding at Biennial California Conference

Have you seen the new FCS co-brand? It was first unveiled to many AAFCS members at the national meeting in June of 2011. Dr. Susan Shockey will discuss the meaning behind the logo and its many applications at the CA-AFCS Biennial California Conference March 2-4, 2012, along many other exciting happenings at AAFCS and in the profession.

# Make Plans to Attend the Biennial California Conference!

There are just a few more weeks until the 2012 Biennial California Conference March 2-3 in San Diego! It is set to take place on the beautiful Point Loma Nazarene University campus with lodging and the Friday night reception at Humphreys Half Moon Inn & Suites on Shelter Island. Participants will have the opportunity to choose from over 20 educational breakout sessions presented by FCS professionals and community agencies, learn from many poster displays, gain new ideas from the breakfast and lunchtime keynote speakers, and participate in a fun silent auction. All of this is happening within a Friday night and all day Saturday time frame. And of course there will be many opportunities to network with colleagues, and to meet new professionals!



Dr. Kay Wilder, CFCS

Contact for more information  
[KayWilder@pointloma.edu](mailto:KayWilder@pointloma.edu)

The deadline to register for the conference without a late registration penalty has been extended to Wednesday, February 8. Don't delay! Go to [www.aafcs-ca.org](http://www.aafcs-ca.org) for a conference registration form and additional information about the conference venue. Plan to extend your weekend experience by coming early and/or staying after the conference to tour your choice of San Diego's many attractions.

See you in San Diego!

Sharon McKenzie, Kay Wilder and Sue Walters

2010-2012 CA-AFCS Biennial California Conference Tri-Chairpersons



Dr. Susan Shockey, CFCS

AAFCS 2011-2012 President

2012 Keynote Speaker

# Collecting Items for Silent Auction at Conference



Bonnie Farmer is heading the collection crew for a super fun silent auction at the Biennial California Conference March 2-4, 2012. She is looking for FCS/HEC memorabilia and any other items that members can donate to raise funds for CA-AFCS. If you have something that you would like to donate, please contact Bonnie at [bonnita.farmer@att.net](mailto:bonnita.farmer@att.net).



Jewelry donated for auction



Silver and crystal jam set donated by Nancy Beland

## President's Message

food and nutrition. It is encouraging news, that the public is looking for ways to deal with their daily problems for effectively, and we are the source for that information!

The AAFCS national conference will be in Indianapolis, June 24 to 27. The time frame is a little dif-

ferent this year: Sunday through Wednesday. The AAFCS Annual Meeting is a wonderful opportunity to mingle with like minded professionals from all over the country, learn new things, and enjoy mid-western hospitality. It will be in the new Marriott hotel and convention center in the heart of

downtown Indianapolis.

Please remember to vote in the AAFCS elections for the 2012-2013 slate of AAFCS officers. The e-version of the ballot will available by early February.

Until next time,

*Barbara Kilborn*

## Quilts and Customs

“glory box” or wooden box, the family memories and the time spent with mothers, grandmothers and aunties while working on various quilts are considered personal treasures to Rarotongan women.

Tivaevaes are commonly made for family members but can be given away as gifts especially to dignitaries and pastors who will be leaving a church or will be coming to a new

position. A wedding ceremony often will have a tivaevaes as a decoration. A very special use for tivaevaes is part of the pakotianga rauru, a traditional ceremony for boys between the ages of five and 21 to have their first hair cut. Tivaevaes often decorated the walls but are commonly draped over the chair where the boy sits. Boys who have not had their hair cut wear their hair in a single braid. Family mem-

bers and friends who attend the special hair cutting ceremony generally offer gifts of money based on the length of the braid. Tivaevaes are often piled on the top of caskets during funeral ceremonies. As these quilts have such ceremonial and family uses, it is very rare to see them for sale. A few very basic new examples were for sale in a couple of stores on Rarotonga. A few cut and basted examples were for sale at the Saturday morning market.

As a Global Volunteer, the opportunity to see and to learn about tivaevaes was one of the many great cultural experiences on Rarotonga, Cook Islands. To learn more about Global Volunteer opportunities in 21 countries, go to [www.globalvolunteers.org](http://www.globalvolunteers.org). To read more about this beautiful art form, a great book is Tivaevaes: Portraits of Cook Islands Quilting by Lynnsay Rongokea, 1992 (ISBN 0-908896-20-4).



# ANNOUNCEMENTS

## Vote for AAFCS 2012-2013 Officers

The polls are now open! You have until February 21st to vote for the AAFCS National Officers. Go to [www.aafcs.org](http://www.aafcs.org) and click on the burgundy button that says "vote" (directly below "Family & Consumer Sciences"). Voting for officers is an important membership benefit available only to those in good standing as of January 1, 2012.

## CA-AFCS 2012-2013 Officer Openings

The CA-AFCS election is drawing near. This year, we are seeking nominations for the following positions:

- Vice President of Programs
- Secretary
- Extended Education Fund/Scholarship-Grant Committee Member

If you are interested in serving in a position or would like to nominate someone, please contact

Nominating Committee chair, Dolores Robles, at [drobles2@csulb.edu](mailto:drobles2@csulb.edu)

## EEF Grant Applications Due April 1, 2012

Do you have an idea for a seminar, a conference, a research topic, or a special activity that would enhance CA-AFCS in some way? The CA-AFCS Extended Education Fund (EEF) awards grants up to \$5,000.00 with consideration for larger amounts for really special projects. For more information contact Dr. Bonnie Rader, EEF Chair, at [brader@csulb.edu](mailto:brader@csulb.edu).

## Home Economics "It's Cool Again" February 27-28, 2012

As part of an effort to rediscover the roots of home economics and explore its impact on modern society, professors in the fields of family and consumer sciences, history and women's studies will gather at the University of Georgia in late February for a two-day conference titled, "Home Economics: Classroom, Corporate and Cultural Interpretations Revisited."

To register or for more information go to [http://fcs.uga.edu/college/home\\_economics\\_revisited.html](http://fcs.uga.edu/college/home_economics_revisited.html).

## Priester National Extension Health Conference April 10-12, 2012

Bonnie Braun, AAFCS Past President and Priester Conference Chair, encourages all AAFCS members to attend this conference. For more information contact her at [bbraun@umd.edu](mailto:bbraun@umd.edu) or go to [www.priesterconference.org](http://www.priesterconference.org).



## California Association of Family & Consumer Sciences (CA-AFCS)

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*Address Correction Requested*

Place Stamp  
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## Calendar

### **February 9, 2012—5:00PM**

Deadline San Diego Scholarships

### **March 2-4, 2012**

CA-AFCS Biennial Meeting in San Diego

### **March 24, 2012**

Deadline Bay District Scholarships

Deadline LA District Scholarships

### **April 1, 2012**

Deadline *New* FCS/HEC Student Teacher Scholarship

Deadline EEF Undergraduate & Graduate Scholarships

Deadline EEF Grant Application to brader@csulb.edu

### **April 10, 2012**

Deadline North & North Central District Scholarship

### **June 24-27, 2012**

AAFCS 103rd Annual Conference & Expo “Connecting Professionals: Leadership in Action” Indianapolis, IN

Visit us online at  
[www.aafcs-ca.org](http://www.aafcs-ca.org)

*View our complete calendar online at [www.aafcs-ca.org/ca/calendar/](http://www.aafcs-ca.org/ca/calendar/)*

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

## 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.

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### **Professionals & Students on Facebook**

AAFCS is active on Facebook! Just search for AAFCS to join. There is also a student unit Facebook page!