I hope the beginning of a new school year and a new season bring an invigorated
desire for sharing your compassion, your
expertise, and your tremendous ability for
getting things done with those whom you
serve and who are dependent on you for
making great things happen. Fall tends to
be a time when we find ourselves extremely
busy with the activities of the season and all
of the other things that life brings our way.
It seems to me that there’s also no better
time to consider the meaning behind what
we do as FCS professionals and the impact
of this great organization.

This coming December 3rd marks Family and
Consumer Sciences Day for 2016. This is a
special day when, historically, members
across all 50 states have committed to
Dining In, with California among the highest
with 9628 commitments in 2015. That is a
remarkable representation from our state
but also a tremendous testimony to your/
our belief that coming together as families
and talking about leading healthy lives
– with healthy meals around the table - is a
step in the right direction. After all,
beginning with small steps leads to leaps
and bounds. It is a great reminder of the
individual strengths that grow from family
strengths.

The FCS fit program is the national three
year initiative focused on overall quality of
life issues. Each year marks a different
focus for the annual conferences – (1)
Physical Well-being - 2016, (2) Financial and
Resource Well-being - 2017, and (3)
Emotional and Relationship Well-being –
2018. This national initiative is a great way
for each of us to think about things that
matter most and even research areas that
would make good proposal topics to submit
for consideration for presentation at each
year’s conference in 2017 and 2018.

With all of these and other tremendous
opportunities for sharing your FCS gifts, I
can’t imagine a better way to start the fall –
and to end the year – than to be involved
with any of these initiatives and
professional opportunities and to keep
doing what you do to help improve the
quality of life for individuals, families, and
communities.

Your/our participation and voices are vital to
succeeding in illuminating the true essence of
what FCS is and what we bring to this great
state. As always, I’m at your service and
invite you to share your thoughts with me
via email.

Gus Vouchillas Ed.D.
**Students: Save the Date!** April 29, 2017

Mark your calendar for the Student Leadership and Research Conference on **Saturday April 29 2017** from 9:30 AM to 3:00 PM at the California State University Long Beach Student Union. The CSULB Kappa Omicron Nu Chapter and CA-AFCS are co-sponsoring this exciting day of leadership opportunities and sharing of student projects/research. For more information about the conference contact Sara Digre (CA-AFCS Student Unit Chair) at Sara.digre.253@my.csun.edu, or Haley Gallaher (CSULB Kappa Omicron Nu President) at Hmgallaher1211@gmail.com. For CSULB students registering for the conference contact Dolores Robles at Dolores.robles@csulb.edu. For all other registration and information about student research/project proposals contact Dr. Jody Roubanis at jroubanis@AAFCS-CA.ORG

**Be A Part of the Experience**

Soon!
Report from IFHE Congress 2016

The XXIII World Congress of the International Federation for Home Economics was held in Daejeon, Korea, from 31 July to 6 August 2016. Over 1000 IFHE members and guests, from all five IFHE regions of the world, participated in the week’s events. (IFHE regions include Africa, the Americas, Asia, Australia, and Europe.)

Daejeon is the fifth-largest city in Korea and an industrial hub, producing textiles, pharmaceuticals, and electronics. It is located an hour by fast train (like the French TGV) from Seoul, the national capital. In the 1990s, a huge Expo Center was built, and now has been joined by a very large Convention Center. Two hotels near there and several more in the town (with shuttle-buses provided) housed the out-of-town participants. We stayed at the Lotte Hotel, an easy walk from the venue, which was very posh and had a wonderful buffet breakfast of Asian and Western selections.

During the Council Meetings on Monday and on Friday afternoon, we did the “business” of the organization, with reports from the regional Vice-Presidents and the Treasurer General, votes on the Budget for the coming two years, and reports from the Council Committees and Programme Committees. (Business is conducted at the Council Meetings, which are held every two years; the Congress is held every four years and includes the Council.)

From Tuesday through Friday morning, interesting Keynote Speakers provided information about a variety of subjects. (All keynote presentations were simultaneously translated into Korean and English.) Virginia Vincenti (former AAFCS President) discussed “Challenges and Future Directions for Home Economics Education.” Hee Young Paik (former Korean Minister of Gender Equality and Family) spoke on “The Role of Family Policy in Korea.” Peter O’Conner (Professor at Univ. of Auckland, New Zealand), an expert in applied theater, related his work with traumatized children after the Christchurch earthquake in his home country. Robert Mayer (Professor of FCS at U. of Utah) discussed Consumer Policy. Masako Ishii-Kuntz (Professor of Social Science and Family studies at Ochanomizu U. in Japan) talked about “mothering” and “fathering,” and how they are changing as younger people become parents. Joohan Kim (Professor at Yonsei U. in Korea) explained “GRIT” to us: Growing through Relatedness, Intrinsic Motivation, and Tenacity. Ilona Kickbusch (Director of the Global Health Centre in Geneva, Switzerland) presented her research on Working Together for Better Health globally. The final Keynote Speaker was Tae-seok Kim (President of the Korean Institute for Healthy Family), who opened his talk with the question: Which comes first, work or family life? Like Professor Ishii-Kuntz, he stressed the difficulties that today’s young people experience, and with which FCS professionals can be of help.

An IFHE Congress isn’t entirely about speeches and meetings. There’s fun to be had, too. On Monday evening the Reception Dinner featured costumed dancers and singers from various regions (and historical eras) of Korea. Members were invited to participate, too. On Wednesday the traditional Home Visits let members see how “real people” live, and also introduced our Korean hosts to many international guests. The Congress Banquet on Thursday wrapped up the social scene and, once again, showcased the amazing musical, theatrical, and costuming abilities of our host country. All of us from around the world have a greater appreciation of this fascinating country.

PS: You, too, can participate in an upcoming IFHE meeting. The next Council meeting will be held in March of 2018 in Dubai, United Arab Emirates. And the next Congress will take place in July-August of 2020 in Atlanta, Georgia. The coordinating committee from IFHE-US will need LOTS of help from all over the USA. Further information will be forthcoming, but please “Keep Georgia on your Mind!”

By Mary Turner Gilliland, IFHE representative for CA-AFCS and outgoing Chair of the IFHE Programme Committee of Textiles and Design
“Say Yes To FCS” Initiative

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

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

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

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

October: Speaking Out for Family and Consumer Sciences
Remember to use #SayYesToFCS with your social media posts!

- Educators share about why they are a family and consumer sciences educator and the impact they make. Change profile photo to “Proud Educator” image on Twitter and Facebook. Profile photo can be used throughout the campaign. (http://www.aafcs.org/res/Educator_Recruitment/EducatorProfile.jpg).

- University family and consumer sciences education majors share why they chose the major and change profile photo to “Future Educator” image on Twitter and Facebook. Profile photo can be used throughout the campaign. (http://www.aafcs.org/res/Educator_Recruitment/FutureEducatorProfile.jpg).

- Program advocates who are not educators or planning to become an educator can use the “Say Yes to FCS” profile image on Twitter and Facebook. Profile photo can be used throughout the campaign. (http://www.aafcs.org/res/Educator_Recruitment/SayYestoFCSProfile.jpg).

- Program participants share photos or videos illustrating what they’ve learned through family and consumer sciences programs/organizations…all possible because of a family and consumer sciences educator.
In 2015, more than 125,000 people committed to preparing and eating a healthy meal together on December 3.

If you've participated in the past or have committed this year, watch for email updates on 2016 FCS Day! If you have any questions or comments, please email pr@aafcs.org

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In addition to the general suggestions on how to participate in Family & Consumer Sciences Day, there are many more specific ways that affiliates and related organizations can promote this special event!

1. **Follow AAFCS on Facebook, Twitter, and/or Instagram** and share our content with your social media followers. Be sure we know of your social media accounts so we can follow you too!

2. **Post original "Dining In" posts** on your social media sites. Here are some examples.

3. **Include the Family & Consumer Sciences Day flyer** in your communications pieces or pass it out at affiliate meetings.

4. **Email your members and encourage them to "Dine In" on December 3rd!** If they list your affiliate on the form (under "how did you hear about this"), you'll be in the running to be one of our top five referring organizations!

5. **Highlight healthy food preparation resources** you've already created.

6. **Download our proclamation template** and customize it for your location. Then send it to your public official.

7. **Customize the press release template** to share how your organization celebrated and send to local media.

www.aafcs-ca.org
CDE Update

AAFCS California Affiliate Board of Directors Meeting
California Department of Education
Agriculture Education and Family and Consumer Sciences Office

CDE State Staff: Effective April 19, 2016, the name of FHA-HERO: The California Affiliate of FCCLA changed to California FCCLA. Effective July 1, 2016 the name of the Agriculture and Home Economics Education Unit changed to Agriculture Education and Family and Consumer Sciences Office. Effective September 6, 2016 Donna Wyatt became the new Division Director of the Career and College Transition Division. She was a former CTE Director of Oakland USD. The division name will be changing to Career and College Readiness Division. The Every Student Succeeds Act (ESSA) is a hot topic at the department and we are working to share information about how Family and Consumer Sciences teachers can measure their role in the needs assessment. Also, a grant was written in partnership with the CDE and CA Community Colleges Chancellors Office for Industry Sector Alignment.

Home Economics Careers and Technology (HECT): The 2016–17 HECT Professional Development Schedule is available on the HECT Web site at this link: http://www.hect.org/professional-development/workshops. This year’s HECT Leadership and Management Conference theme was HECT: It’s About Time and the conference was held in Garden Grove on June 24–25, 2016.

3. Industry Recognized Certifications: HECT teachers are encouraged to provide certifications for their students, for example: Serv Safe, CPR, AAFCS Pre-Pac, and National Occupation Competency Testing Institute: Fashion Merchandising. Last year, the HECT Professional Development Project purchased 64 exams from AAFCS Pre-Pac and had teachers statewide pilot the testing process and results which included: 30 Culinary Arts; 10 Fashion, Textiles, and Apparel; 10 Early Childhood Education; 6 Interior Design; 4 Nutrition; and 4 Food Science. Teachers provided feedback that the exams helped them improve their curriculum because of the student data they received after testing.

Visa/Debit Grant: California FCCLA received the first payment of the grant settlement on July 12, 2016, in the amount of $71,411. The remaining part of the grant will be paid over 3 years and will total approximately $214,233. The FCCLA Board of Directors is writing a Request for Proposals for a 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 RFP will be posted on the FCCLA website.

California FCCLA: This year, we celebrate 70 years of leadership and career development. FCCLA Membership includes 4,104 members, 138 advisors, and 105 chapters. The 2016–2017 theme is “Lights, Camera, Action! California FCCLA: Featuring You.” The 2016–17 State Officers’ goals include: (1) Be a VIP Member and (2) FCCLA: Red Carpet Roll Out. The 2016–18 State Projects Goals include: Financial Fitness, Student Body, and STOP the Violence. The 2016–17 SB 1070 allocations were $80,000 that were allocated to 48 chapters to use for this school year. Fall Meetings will be held in September and October. A calendar of statewide activities is attached. The FCCLA State Leadership Meeting will be April 8–11, 2017 in Riverside, California. The National FCCLA meeting will be held July 2–6, 2017 in Nashville, Tennessee.

Submitted by Melissa Webb

www.aafcs-ca.org
EEF Financial Report

EXTENDED EDUCATION FUND
FINANCIAL REPORT September 2016
Barbara Kilborn - treasurer

In the fiscal years 2015-16, and 2016-17 the Extended Education Fund paid out 13 scholarships equaling $19,500, and student AAFCS membership fees at $50 each. This required a transfer of $20,000 from the EK Riley accounts to Chase Checking. We were grateful to East Bay Home Economist group for $150 donation, and $200 toward scholarships.

Our share of the tax preparation bill of $620 was paid to CA-AFCS. Gus Vouchilas from SFSU was awarded a grant of $3600, and Lynn Hanna from CSUS a grant of $3000. These Grants have two years for funds to be requested to pay for their itemized expenses.

Our goal for producing a new brochure for EEF has taken a real effort, and we hope to gain some new donations from members. It was presented at the state conference in Burbank on April 1. Due to the excellent efforts of Nancy Kostman and Nanci Schindler, the brochure looks very professional and is available on-line with our CA-AFCS website.

In the period from June 1 through May 31, we have earned $10,406.43 from dividends and interest, which is 4.62% yield. Our realized gains from stocks is $26,182.43 for this fiscal year. Our stock holdings are down 1.84%, but our bonds yields are stabilizing the market fluctuations of our investments. Over the past two years the market has been fairly stagnant, partly due to the US Dollar being too strong for the global market. In these past two years however, EEF accounts have had 24% realized gains, with only 3 losses.

On advice from EK Riley, we sold 9 stocks and one bond, then purchased others to replace them, realizing some gains, but avoiding some downward spirals in foreign markets. When stocks reach their target for growth, or higher, we are advised to sell, then buy new stocks that are showing high growth potential. Currently we have 13 stocks, 2 bonds and 1 mutual fund held with EK Riley.

Our goal for giving another $20,000 in scholarships every year should be fine, as we should reach that amount from dividends and interest alone. We will also be giving out grants in 2017 for up to $5000. I believe we have been given excellent service and advice from EK Riley, just looking at our realized gains during a bear market.

As of September 24th, Sue Chelini is treasurer & Barbara Kilborn is chair of EEF.
For Details and Applications, Please Visit [http://www.aafce-ca.org/ca/scholarships-grants](http://www.aafce-ca.org/ca/scholarships-grants)

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<td>APPLICATIONS POSTMARKED BY April 1, 2017.</td>
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| **NORTH AND NORTH CENTRAL DISTRICT** |
| CA-AFCS |
| FCS Related Careers |
| High School Student Scholarship |
| Three $1,000.00 scholarships will be awarded to three qualified applicants |
| APPLICATIONS AND LETTERS MUST BE POSTMARKED BY March 22, 2017. |

| **LOS ANGELES DISTRICT** |
| CA-AFCS |
|  |
| Essie Elliott Scholarship $1,500 |
| Graduate Fellowship $1,000 |
| Community College Scholarship $500 |
| APPLICATION DEADLINE: March 20, 2017 |

| **SAN DIEGO DISTRICT** |
| CA-AFCS |
| For Majors in Apparel, Child/Family, Nutrition/Dietetics, Interior Design |
| 1 Bay District Scholarship $1,500 |
| 2 Marguerite Fenner Scholarships ($1,500 ea) |
| APPLICATIONS POSTMARKED BY April 1, 2017. |

**CALIFORNIA ASSOCIATION OF FAMILY & CONSUMER SCIENCES**

Extended Education Fund Scholarships

CA-AFCS is pleased to announce $20,000 for California students in the following scholarships available Fall 2017

- Credential Program/Student Teaching Scholarship
- Several CA-AFCS scholarships
- FCCLA scholarship

Deadline: Postmarked by April 1, 2017.

FCCLA Deadline: March 1, 2017
**GRANTS FOR PEOPLE WITH BIG IDEAS**

2017 is the year when the Extended Education Fund (EEF) offers two grants of up to $5000. If you have a good idea that will benefit CA-AFCS members or students with any of the following:

- Seminar, conference or workshop
- Research in the field (may be part of a thesis or dissertation)
- Developmental activity related to FCS or community problem

Funds are not awarded as personal money, pay or wages to accomplish the grant project, but may pay for equipment, supplies or travel. Grants needs to be completed in a two year period, then reported in *Contempo* and presented at the biennial conference. You must be a member of AAFCS to apply, if you aren’t already, join now.

See the accompanying application which is **due April 15, 2017**. Go to grants@aafcs-ca.org or contact Barbara Kilborn, EEF chair, at bkilborn@suddenlink.net for more information.

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**HELP EEF CONTINUE PROVIDING GRANTS & SCHOLARSHIPS**

Our Extended Education Fund has helped many students, as well as our own CA-AFCS members, with Scholarships and Grants to further their education and professional accomplishments. In order to continue helping our students and professionals we are suggesting that our members and supporters of this worthwhile endeavor by sending:

- **$1.00 donation for every year** that you have been an AAFCS member

Those who may no longer be a member can donate whatever is a comfortable amount. Even a few dollars helps us achieve our goal of support to students and our own CA-AFCS professional members.

**MAIL to**

**SUE CHELINI**

122 Shelley Drive, Mill Valley CA 94941

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www.aafcs-ca.org
Calendar

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

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

**January 15, 2017**
Deadline for *Contempo* newsletter articles

**April 29, 2017**
Student Leadership and Research Conference
CSU-Long Beach Student Union

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

*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!

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Students

**Facebook**
Keep up-to-date with the latest CA-AFCS happenings by friending us “AAFCS—California Affiliate”

**Professionals & Students on LinkedIn**
Just search for CA-AFCS to join. If you are not yet networked on LinkedIn, go to www.linkedin.com.

**Twitter**
Tap into #morefcs to follow tweets from President Jody Roubanis.

**Still Receiving Paper Contempo Copies and Want to Vote On-Line?**
Please contact the Contempo Editor at [articles@aafcs-ca.org](mailto: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.

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