President’s Message

Happy New Year!

As we begin 2018, I take this opportunity to thank each and every one of you for a great year and for continuing to support CA AFCS through your membership and through your ongoing life changing efforts and contributions. Without each of you, we would not be who we are….. doing what we do.

This year holds lots in store as we look forward to the CA AFCS Biennial Conference to be held on April 6th and 7th at the Hilton Hotel in Burlingame. The tri-chairs are planning an exceptional, full capacity event. I look forward to your participation as it is an exceptional opportunity to network with professionals in California and a great platform for learning and sharing current research and professional expertise in diverse specialties that are germane to the family & consumer sciences. I hope that you encourage your students to attend, and be a part of it – our students are the future leaders of CA AFCS and it’s never too early to get them on board as part of our great organization. Without your personal and caring student outreach, we would not be able to have such a great body of students preparing to help serve others in quality of life endeavors. Being part of a community is very important to the young adult generation and what better community to be a part of than CA AFCS!

This year, the FCSfit initiative - Emotional Health & Relationship Well-being - will culminate at the national conference on June 24-27, 2018 in Atlanta, Georgia. The conference theme is “Cultivating Social and Emotional Competence for Healthy Relationships.” Competence in these areas are particularly important in navigating a society that is immersed in social interconnections via the myriad technology platforms available to everyone in the world. The home and family are a great place to start. Our families serve as a foundation for developing relationships that are foundational to our understanding of how to engage in community and society in a healthy way. Strength in the foundation of our understanding can bring about results that are beyond our expectations. I encourage you to think about this initiative and to consider the best way that you can share this goal of competency with those whom you serve.

I hope you enjoy this issue of Contempo and express my heartfelt thanks to Nanci Schindler for her

(continued—p2)
2018 CA-AFCS/Western Region Biennial Conference

We are all looking forward to our April 6-7, 2018 conference. The tri-chairs have been busy with preparations. The preliminary program showing breakout session choices follows. The full program will soon be posted on the website (http://www.aafcs-ca.org/ca/). Presentations will be organized by tracts including Nutrition/Wellness, Apparel/Textiles, Family & Community, Education, and FCS Profession. We are excited to have Jacqueline Holland, President of the American Association of Family & Consumer Sciences, as our breakfast keynote speaker; she will speak about AAFCS initiatives. Our lunch keynote, Dr. Rob Williams, Associate Dean of the Graduate School of Education at San Francisco State University, will speak about emotional health and relationship well-being to align with the FCSfit initiative for 2018.

Over thirty oral and poster presentations from professionals will be made in addition to many student posters which we hope will be submitted soon (March 1 is the deadline) Faculty, please encourage your students to submit their projects and attend the conference. Click here for proposal guidelines.

We encourage CA-AFCS districts and registrants to donate funds (whatever you can do) to support student participation. Their registration is just $100. There is a spot on the conference registration form to indicate your donations. These will be offered to students whose poster presentations are accepted. We can organize those “student conference scholarships” or districts may want to do that for their students.

There is room for tabling at the conference. Tables are $75 if requested by March 15. Also opportunity drawings with prizes will be available. Contact Amber Bradley amberebradley@yahoo.com if you can help with this.

Reminder, the deadline for registration and hotel reservations at the conference rate is March 15, 2018. The hotel room rate is excellent, but only upon availability, so make your reservations NOW. There is a free shuttle to the hotel from SFO; overnight parking is $10 for conference participants; and day parking for conference registrants is free.

Looking forward to a rewarding conference,
Nancy Rabolt, CA-AFCS VP Programs
WILL WE BE SEEING YOU HERE? If you haven’t done so yet, make your arrangements now for April 6-7, 2018 to attend the CA-AFCS/Western Region Biennial Conference. As we have been announcing it is to be held at the beautiful Hilton San Francisco Airport Bayfront Hotel. The Registration form available online and a copy is included in this issue. Be sure to secure your room at the Hilton ASAP. If you have any questions about the conference, please contact Dr. Nancy Rabolt (CA-AFCS VP of Programs) at nrabolt@sfsu.edu.

The CA-AFCS Website will soon have a new look. Nanci Schindler, our current VP of Communications, has been busily working to upgrade our site. We hope to announce its new launch during the conference.

Silent Auctions will be held during our state convention with fantastic items to bid on. Be sure to bring your checkbook!
Biennial Conference Preliminary Program
2018 CA-AFCS/Western Region Conference Program
San Francisco, CA
*may be subject to change*

**Thursday**

6:00-8:00pm  Executive Board Meeting

**Friday**

10:00-6:00  Registration
10:00-12:00  Extended Education Fund (EEF) Meeting
12:00-1:00  Lunch break
1:00-3:00  Board of Directors Meeting
3:15-5:00  Unit Meetings: Higher Education; Secondary Education; Student
6:00-8:00  Welcome Reception (hors d’oeuvres and cocktails)

**Saturday**

8:00-10:00  **Breakfast Program**
Dr. Gus Vouchilas, CA-AFCS President, Welcome
Dr. Jacqueline Holland, AAFCS President’s Address

10:15-11:00  **Poster Session**
*Food and Nutrition Policies in Italy*
Nadine S. Braunstein

*The Childcare Experiences and Campus Support Services of College Students Who are Parents at a 4-Year Institution*
Nancy Dayne, Roudi Roy, and Abby Bradecich

*Fashion Communications Among Baby Boomers in Social Networking Sites*
Hira Cho and Dana Gossman

*Using Money Talks Resources to Promote Household Economic Self-Sufficiency of Youth and Young Adults Living Independently*
Derrick Robinson, Patti Wooten Swanson, and Katherine E. Soule

*The Association Between Added Sugar Consumption and Major Depression in Adult Women*
Adi Fish, Karen Johnson Carroll, and Gretchen Lynn George

*Report on the Economic and Nutritional Value of Produce Gleaned by a San Diego County Nonprofit, 2010-2016*
Patti Wooten Swanson, Derrick Robinson, and Susan Algert

*Sentinels of Change*
Amy Dorie

*China’s One Child Policy: Implications for Children, Youth and Families*
J. Ann Moylan

11:15–11:55  **Breakout Session 1**
*Textiles from Ancient Trade Routes to Quilt Market 2017: Terms and Trends*  LynDee Larson Lombardo

*Let’s Eat Activity Together: A Family Focused Pilot Intervention*
Gretchen Lynn George and Jeff Cookston

*Food and Housing Security Among College Students: Results From Two Surveys*
Lynn Hanna, Patrick Dorsey, Virgil Rambeau, Arturo Baiocchi, Reva Wittenberg, and Nadine Braunstein
Financial Socialization and Credit Card Behavior Among College Students  
Soo Hyun Cho

The Perfect Profession for a Passionate FCS Grad  
Mona Loy Klein

Outcomes Assessment and a Confession of Grade Inflation  
Kathleen Dyer

12:05–12:45  **Breakout Session 2**  
An Investigation of Textile Recycling and Textile Waste  
Connie Ulasewicz, Russell Esmus, Kinsey Anne Thomas, and Orisa Fonseca

**Our Health is All Connected:** National Pork Board  
Brad Greenway

Planning for a Rewarding Retirement  
Nancy Rabolt, Sue Chelini, and Barbara Kilborn

Family & Consumer Sciences Education: Empowering FCS Superheroes!  
Melissa Webb

1:00–2:15  **Lunch Program**  
Scholarship announcements
Award announcements
Dr. Rob Williams: *Emotional Health and Relationship Well-Being*

2:30–3:10  **Breakout Session 3**  
Entertainment and Social Media Exposure: In this Gender Blurring Era does Gender Matter When it Comes to Millennials’ Body Image and Social Comparison?  
Ivana Markova and Cristina Azocar

**Sentinels of Change**  
Amy Dorie

Food for Thought: Teaching Food Sustainability  
Cathy Schmelter

Educating Students for a Sustainable World  
Lauren Gerig

Exposing Students to CA-AFCS: Designing a Student Competition  
Gus Vouchilas and Dolores Robles

Say Yes To FCS – Get Onboard!  
Donna Graham

3:20–4:00  **Breakout Session 4**  
Alameda County Develops Wellness Policies for Preschools  
Mary L. Blackburn and MaryAnn L. Lagura

Millennial Exploration of Community Vitality Through the Image  
Gus Vouchilas and Connie Ulasewicz

Using eportfolios to Prepare Future Family & Consumer Sciences Professionals for Success  
Susan DeCristofaro Rogers

What Is Family & Consumer Sciences?  
Jody Roubanis

4:15–5:30  **Closing Reception**
## 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>
<thead>
<tr>
<th></th>
<th>Early Bird Price Up To March 15</th>
<th>Price after March 15</th>
<th>ENTER QUANTITY</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AAFCS MEMBER</strong></td>
<td>$225</td>
<td>$275</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td><strong>NON-AAFCS MEMBER</strong></td>
<td>$250</td>
<td>$300</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td><strong>STUDENT</strong></td>
<td>$100</td>
<td>$150</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td><strong>GROUP TABLE to advertise or share information</strong></td>
<td>$75 per table</td>
<td>$100 per table</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td><strong>DONATION (any amount) to support student registrations</strong></td>
<td></td>
<td></td>
<td></td>
<td>$</td>
</tr>
</tbody>
</table>

**GRAND TOTAL** $ ____________________________

*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](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
CA-AFCS Scholarship Opportunities

The CA-AFCS Scholarship opportunities for 2018 are announced! Please see details for CA-AFCS and district scholarships on our website: http://www.aafcs-ca.org/ca/scholarships-grants/scholarships/ CA-AFCS plans to give $20,000 in scholarships to students in Fall 2018; and there’s more given by the districts.

The following four types of scholarships are funded by the CA-AFCS Extended Education Fund (EEF), for $1500 each:

- **Credential Program/Student Teacher Scholarship**: for a Family & Consumer Sciences/Home Economics student who is registered in a credential program in an accredited CA college/university and is or will be scheduled to do one semester of FCS student teaching.
- **CA-AFCS Undergraduate Scholarships**: several for undergraduate students in FCS or any specialization
- **CA-AFCS Graduate Scholarships**: several for graduate students in FCS or any specialization
- **Deadline: April 1, 2018** for the above applications (one generic application form)

**FCCLA Scholarship** for a graduating high school senior who has been active in FCCLA, who has the goal to become a Family & Consumer Sciences/Home Economics teacher, has at least a B average, and plans to go to community college or university in the Fall. Contact MWebb@cde.ca.gov for FCCLA application.

**Deadline: March 1, 2018**

To apply for #1-3 above, mail the following in one envelope:

- Completed Application Form
- One official transcript for academic record from each institution attended (each in a sealed envelope; see specifics on application)
- One current, signed letter of recommendation from a professional on letterhead

Applications must be postmarked by deadline. See our Website for applications and details: http://www.aafcs-ca.org/ca/scholarships-grants/scholarships/ or contact Dr. Nancy Rabolt, at nrabolt@sfsu.edu.
2018 SCHOLARSHIP APPLICATION AND INSTRUCTIONS

Bay District of the
California Association of Family & Consumer Sciences

For majors in: apparel, child/family, nutrition/dietetics, interior design

1 Bay District Scholarship ($1500) 2 Marguerite Fenner Scholarships ($1500, $1500)

ELIGIBILITY: Fall 2018 enrollment in a credential, graduate, or undergraduate program in Family & Consumer Sciences (FCS) or one of its specialization at an accredited college/university.

Additional requirements:
- Bay District Scholarship: Must be a member of AAFCS or show proof of membership application. Check www.aafcs.org for application (comes with state and district membership).
- Marguerite Fenner Scholarship: Must be a woman enrolled in Northern California college/university at time of scholarship award.
- If you receive a CA-AFCS or AAFCS scholarship, you are not eligible to receive one from Bay District of CA-AFCS in the same year.
- Recipients must reply to the Scholarship Committee to verify eligibility of the award by submitting a copy of their Fall college/university registration by September 15. (Agreement form will be sent to recipients.)

CRITERIA FOR EVALUATION (weighted in this order)
1) Experience and goals meet the mission of Family & Consumer Sciences, 2) GPA, and 3) Financial need

REQUIRED MATERIALS (All must be included in one packet and submitted by deadline)
- One legible completed scholarship application (downloadable form)
- One official transcript (in a sealed envelope) from each collegiate institution attended/attending. Transcript is not required if less than 12 units earned at the institution and units are transferred to current school.
- Personal Statement (2 pages MAX) to include:
  - Description, with examples, of how your work experience/service and professional goals help meet the mission of Family & Consumer Sciences (for Credential/Student Teaching, include plans/progress in your program), and
  - Your financial need (income/support and expenses)
- Signature on application.

NOTES
- No letters of recommendation are required
- One set of materials is sufficient for both Bay District and Marguerite Fenner Scholarships.
- Applicants will be notified of the awards in May.
- For an online application go to http://www.aafcs-ca.org/ca/scholarships-grants/

DEADLINE: postmarked by April 1, 2018. No late or incomplete applications will be considered. Send application to:
Dr. Nancy Wolford, 16171 Jasmine Way, Los Gatos, CA 95032
contact Nancy Wolford nlwolford@comcast.net
NORTH AND NORTH CENTRAL DISTRICT
AMERICAN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

Family and Consumer Sciences Related Careers Student Scholarship
4-Year College or University Application

A $1,000.00 scholarships will be awarded to two qualified applicants

Who may apply: 4-Year College or University Student seeking a professional career in Family and Consumer Science related occupations (Family and Consumer Science Education, Early Child Development (Not Primary School Education), Food Science, Dietetics and Nutrition, Consumer Science, Food Service and Hospitality, Fashion Design, Manufacturing and Merchandising, Interior Design and Furnishings) who will attend an accredited college or university during the 2018/2019 academic year.

Criteria for consideration in the selection of the recipient’s:

- Career Goals
- Intended Use of the Scholarship Award
- Financial Need
- Special Aptitudes

Applications must include the following Parts (downloadable online forms — College Option CC or JC Option)

PART I: Application

PART II: Statement providing information about yourself.

PART III: Attach a student copy (photocopy) of your most recent college transcript.

PART IV: Letters of Recommendation
At least one of the letters of recommendation must be from a FACS or related career instructor and/or American Association of Family and Consumer Science member.

APPLICATIONS AND LETTERS MUST BE POSTMARKED By March 10, 2018.

Scholarship winner will be required to present proof of registration before check is issued.

Send completed application to:

Bonnye Whamond
NCD Scholarship Chairperson
2787 19th Street
Sacramento, CA 95818
Phone Number (916) 441-0748
The Essie Elliott Scholarship - $1500

Any FCS full-time upper division students at a 4-year institution in the LA area, in Family and Consumer Sciences.

To be awarded for 2018-2019 school year

ELIGIBILITY: Family and Consumer Sciences students who are currently active members of the American Association of Family and Consumer Sciences and the California Association of Family and Consumer Sciences. Any full-time upper division students at a 4-year institution in the LA area, in Family and Consumer Sciences, Home Economics, or a related field. The student must be taking a minimum of 12 units a semester or quarter. An applicant must have a 3.0 or above cumulative grade point average. Preference will be given to applicants to have been actively involved in AAFCS.

APPLICATION PROCEDURE: All of the following items must be sent in a 9” x 12” envelope to the Chair of the Scholarship Committee postmarked no later than:

March 20, 2018.

1. A current resume.

2. A statement from the applicant including (not to exceed 300 words):
   a. motivating influences for selecting Family and Consumer Sciences as your area of study
   b. professional aspirations in your proposed area of graduate study
   c. student, professional, and/or community involvement
   d. need for financial assistance

3. Three letters of recommendation, at least one of which must be from a college professor or administrator and one from an AAFCS member (or one letter from professor/administrator who is an AAFCS member).
   Letters should include:
   a. how long and in what capacity the writer has known the applicant
   b. the writer’s evaluation of the applicant on the following points: leadership ability, intellectual interests, maturity, character, potential for success, and any additional pertinent comments
   c. the faculty recommendation must include comments on potential contributions of the applicant to the Family and Consumer Sciences profession

4. Current official transcript of records from each college/university attended.

5. A copy of the applicant’s current AAFCS membership card. The LA District will pay $25.00 of the $50.00 membership for first time members. Include your application (from the AAFCS website www.aafcs.org) and check for $25.00 made payable to “AAFCS.”

MAIL TO: Dolores Robles
Department of Family & Consumer Sciences
Los Angeles District Interim Scholarship Chairperson CA-AFCS
1250 Bellflower Boulevard
Long Beach, CA 90840

Finalists may be requested to meet with the Scholarship Committee for an interview. All applicants will be notified by email upon receipt of application. All applicants will be notified of the Committee's decision by April 17, 2018.

www.aafcs-ca.org
$1000 GRADUATE FELLOWSHIP

IN FAMILY AND CONSUMER SCIENCES

To be awarded for 2018-2019 school year

ELIGIBILITY: Professionals in Family and Consumer Sciences who are currently active members of the American Association of Family and Consumer Sciences and the California Association of Family and Consumer Sciences. Graduate students who will be or are enrolled in graduate level courses either full-time or part-time in an accredited graduate program in Family and Consumer Sciences, Home Economics, or a related field. The student must be taking a minimum of six units a semester or quarter. An applicant must have a 3.0 or above cumulative grade point average. Preference will be given to applicants to have been actively involved in AAFCS.

APPLICATION PROCEDURE: All of the following items must be sent in a 9” x 12” envelope to the Chair of the Scholarship Committee postmarked no later than: March 20, 2018.

1. A current resume.

2. A statement from the applicant including (not to exceed 300 words):
   a. motivating influences for selecting Family and Consumer Sciences as your area of study
   b. professional aspirations in your proposed area of graduate study
   c. student, professional, and/or community involvement
   d. need for financial assistance

3. Three letters of recommendation, at least one of which must be from a college professor or administrator and one from an AAFCS member (or one letter from professor/administrator who is an AAFCS member).

   Letters should include:
   a. how long and in what capacity the writer has known the applicant
   b. the writer's evaluation of the applicant on the following points: leadership ability, intellectual interests, maturity, character, potential for success, and any additional pertinent comments
   c. the faculty recommendation must include comments on potential contributions of the applicant to the Family and Consumer Sciences profession.

4. Current official transcript of records from each college/university attended.

5. A copy of the applicant's current AAFCS membership card. The LA District will pay $25.00 of the $50.00 membership for first time members. Include your application (from the AAFCS website www.aafcs.org) and check for $25.00 made payable to “AAFCS.”

MAIL TO: Dolores Robles
Department of Family & Consumer Sciences
Los Angeles District Interim Scholarship Chairperson CA-AFCS
1250 Bellflower Boulevard
Long Beach, CA 90840

Finalists may be requested to meet with the Scholarship Committee for an interview. All applicants will be notified by email upon receipt of application. All applicants will be notified of the Committee's decision by April 17, 2018.

www.aafcs-ca.org
Calendar

March 1, 2018
FCCLA Scholarship Deadline

March 10, 2018
North Central District Scholarship Deadline

April 1, 2018
CA-AFCS Scholarship Deadline
Bay District Scholarship Deadline

April 6-7, 2018
2018 CA-AFCS Western Region Biennial Conference, San Francisco, CA area
Executive Board and Board of Directors Meeting

April 17, 2018
LA District Scholarship Deadline

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.