President’s Message

Dr. Gus Vouchilas
2016-2018 CA-AFCS President

Here’s to treasured moments........

To all my colleagues and friends of CA AFCS, and to the entire membership, I would like to thank you for providing me with the opportunity to partake in an awesome two years of service to the organization. My tenure as president has been much more than I ever could have anticipated or imagined. I have learned so much more about the foundation of family & consumer sciences as it impacts the lives of each and every individual and how instrumental the family is to the overall health of society. While these underpinnings of FCS have always held a certain significance for me, seeing through the lens of the presidency brought them into greater prominence for me and highlight the significance of the mission of the organization and the importance of carrying it out, day by day. As president, I was motivated to position myself more globally through better investigation and comprehensive analysis of some of the most prevailing issues that impact our communities. Communities are key to all of us and the millennial generation is steeped in how they serve communities and their expectations from them as well. Keeping the idea of community as an organization seeking to impact the quality of life, has been vital to how I have positioned myself within CA-AFCS and helps me understand why the body of FCS works so amazingly well at serving others. I will keep these thoughts in my heart and mind and hope that I can continue to bring, even something small, to the organization in the coming years.

If you attended the Biennial Conference in San Francisco, I hope you enjoyed it as much as I did. I was left feeling enthused by the strong interest in CA-AFCS, the fascinating work that continues to take place throughout the state, the strong presence of students (our membership of the future), a pervasive energy that shone through, and the continued support of our members. I would like to personally thank tri-chairs Nancy Rabolt, Ph.D. and Rhonda Campbell for making this event memorable. Additionally, I would like to thank each and every one of the volunteers who ensured a seamless and dynamic event. The conference will take place in San Diego, in 2020, and I know that it will be exceptional. I hope you can encourage your students to be involved in the conference and in joining CA-AFCS so that they can get a great sense of how they can make a great impact serving individuals, families, and communities.

(continued—p2)
President’s Message (continued-)

Please keep an ear out for news about the student unit conference in 2019 as well.

My tag line for ending my letters to the membership over the past two years has been...

‘I look forward to hearing about your successes along with ideas for the future of CA AFCS’...

It still holds water for me. Please stay in touch – I would be so grateful.

It has been a pleasure to serve each of you – you are what make CA-AFCS a dynamic organization.

Gus Vouchilas Ed.D.

2018 Biennial Conference

The successful 2018 CA-AFCS/Western Region conference took place at the Hilton San Francisco Airport Bayfront April 6-7, 2018. Eighty-five participants enjoyed stimulating plenary and breakout sessions on the all-day Saturday event. On Friday, the Board of Directors and other CA-AFCS units met. Tri-Chairs Gus Vouchilas, Nancy Rabolt, and Rhonda Campbell worked tirelessly to organize a great opportunity for students, high school, community college and university faculty, and other colleagues to share new ideas and research. Twenty-six students attended with most presenting their work at the poster session. We are so happy to say that all students had their registration covered by either individuals, campuses, or CA-AFCS districts. Thanks to everyone who donated their funds to support our students and encourage them as they begin their professional careers!

The proceedings for the conference, 44 abstracts of all posters and breakout session presentations, are posted on the CA-AFCS website under the Resource tab (http://www.aafcs-ca.org/ca/conferences-archives/). Presentations are organized by tracts including Nutrition/Wellness, Apparel/Textiles, Family/Community, and Education/FCS Profession This is a wonderful record of the work that was included in the conference. Check out our beautiful new website format while you review the proceedings!

Keynotes. We were excited to have Jacqueline Holland, President of the American Association of Family & Consumer Sciences, speak about AAFCS initiatives as the breakfast keynote speaker. At the lunch session, Dr. Rob Williams, Associate Dean of the Graduate School of Education at San Francisco State University, spoke about emotional health and relationship well-being which aligned so well with the FCSfit 2018 initiative.
Awards were given to three members: Janice De Bennedetti-Smith was honored for receiving the AAFCS Legends Award with a beautiful medallion from AAFCS; Patti Wooten Swanson was awarded the CA-AFCS Leader award; and Jody Roubanis was awarded the CA-AFCS Leader award. Lovely plaques were presented for the Leader awards.

The Student Unit elected new chair for 2018-2020. Congratulations to Vanessa Marlin. Thanks to Sara Digre who did such a great job as the current Student Unit chair.

Also congratulations to the three student 2018 FCS Competition winners of community based projects which carry out the mission of AAFCS: Vanessa Marlin, Lora Ruan, and Genesis Fabian.

Tabling was successful for districts which sold beautiful items and brought in funds. Thanks to Amber Bradley who organized a silent auction of wonderful experiential opportunities for families up and down the state. There may still be a couple available for quite a bargain. Contact Amber if interested (amberebradley@yahoo.com). A very successful fundraiser for our organization!

Thanks to all the member volunteers, San Francisco State University student volunteers, and all the participants who helped make this such a rewarding conference. Our next conference will be in 2020 in Southern California. We all look forward to that.

Nancy Rabolt
CA-AFCS VP Programs

For the convention, ways and means chose the theme “Vacationing in California”. We offered tickets to attractions throughout California in a silent auction. Thank you! Thank you! Thank you to those who bid. We raised a little over $700 for the state affiliate. Thanks again for your bids and support!

Amber Bradley, Chair
2018 Biennial Conference

Conference Info

Highlights
Of Events and
Memorable
Interactions

Mona Klein of FCSTAC spoke to grads about why passion can make FCS the perfect profession

AAFCS President, Dr. Jacqueline Holland with CA-AFCS Treasurer Adina Duggan and Dr. Jody Roubanis

Juried apparel entries

Melissa Webb of CDE updates members about FCS secondary enrollment and FCCLA opportunities

For more information/photos check out: https://youtu.be/H1IClituMps

www.aafcs-ca.org
2018 Biennial Conference

Susan Rogers, Amber Bradley and Nancy K. Murray representing the San Diego membership.

Washington Affiliate (WAFCS) members sharing a moment with incoming CAAFCS President, Nancy Rabolt and Jody Roubanis.

Gus Vouchilas announces that Dr. Nancy Rabolt will be the 2018-2020 CAAFCS President.

Dr. Ashley Goins of SFSU looks at lack of black fashion designers.

Jacqueline Hernandez (PLNU Student) discusses her Reggio learning environment with Bonnye Whamond.
EXPOSING STUDENTS TO CA-AFCS: DESIGNING A STUDENT COMPETITION – THE VALUE OF AN EXTENDED EDUCATION FUND GRANT

The Extended Education Fund (EEF) is a great resource for CA-AFCS members to consider when working on a project that can further any of the many components that essentially comprise the entirety of the mission of CA-AFCS. The Fund is available to assist members in their endeavors to promulgate their work, be it in public policy, education, membership, resource management or any of the many other areas that are associated with the field.

To this end, we were interested in gathering millennial generation interest in CA-AFCS in efforts to increase membership through engaging students in communicating their interpretations of the family & consumer sciences (FCS) via a project submission for a state competition. Also, through sponsoring competition winners at state conference to illustrate means through which the organization helps promote the great work being done in the field.

We began by taking our idea of generating a state competition for students enrolled in FCS programs and developed a method of implementation. We designed our competition to include project submissions that consisted of visual montages that students would develop, and which addressed prevailing societal issues while considering the general mission of FCS. We preferred a visual approach as this generation is steeped in photo-documenting as evidenced in their use of the many platforms used to share images (such as Instagram and Facebook). We determined that the prize would be awarded to one graduate student and one undergraduate student (with leeway for change, depending on project submissions/student categories). We also decided that the prize would consist of Biennial Conference participation in the form of paid registration, airfare, and hotel for each of the two winners.

At this point in time we knew that we required financial assistance in order to run our competition and decided that we would write an EEF Grant, which if awarded, would offset the costs of the prizes. The grant application was approved, and we were able to run our competition which coincided with two state conferences. We wrote the competition and sent it to all CA universities with dedicated FCS programs and also posted the competition on the CA-AFCS website (for both 2016 and 2018 conference periods).

We had tremendous participation over each of the two periods, which alone, indicated student interest and brought attention to our organization. Professional CA-AFCS members made up the jurors who viewed the projects and we determined the winners for each of the conference years based on the jury scores.

Two student winners were awarded in 2016 (one graduate and one undergraduate) and three winners in 2018 (undergraduate) as there were remaining funds available through the original grant. It was great sharing our conference with students to introduce them to CA-AFCS and all the work being done. They were very excited to be a part of the event and one of our winners in 2016, Rhonda Campbell, was a tri-chair for the 2018 conference planning and one of the winners in 2018, Vanessa Marlin, is a chair for the Student Unit beginning this fiscal year – great outcomes for us and for CA-AFCS. We are thrilled with our successes and it is only through the assistance of EEF that we were able to implement our initiative.

If you have an idea that furthers the mission of CA-AFCS, we encourage you to consider assistance for associated financial needs by submitting a grant application to EEF (see website for grant application and instructions).

Gus Vouchilas, Ed.D. and Dolores Robles, MA
Passing the Torch…..

The time has come for me to pass the torch as Contempo editor and VP of Communications. I have truly enjoyed serving you, the membership at large, and our organization in these two roles over the last 6+ years. It was great to work alongside three very different Presidents: Amber Bradley, Dr. Jody Roubanis, and most recently Dr. Gus Vouchilas. I feel it has been a special privilege to share in your visions, assist in getting important information out to our members so that the wheels of our mission and goals could keep rolling, and making accomplishments memorable through the Contempo. Thanks to all of you who were regular contributors. We were few at times, but your pens have been mighty in recording events and alerting people to needs.

I would like to thank Dr. Jody Roubanis for encouraging me to follow her in this capacity and for providing valuable input all along the way. I would like to thank Amber Bradley for her leadership and faithfulness in providing such tireless service in so many areas besides Ways and Means. I would like to thank Dr. Nancy Rabolt for her keen eye and skill in tracking changes needed on the website and in different documents. I would like to especially thank Dolores Robles and countless others that helped make sure the membership was served through voting and that the student programs were successful. A special thanks goes to the Executive Board for their gracious parting gift that spoke to me of recognition for the time and effort I tried to put forward towards the Contempo each quarter. Finally, I would like to thank Gus Vouchillas for his contributions and futuristic leadership enabling us to reach the next generation in more effective ways. I appreciate your leadership and style so much.

These are all the treasured things, and more that I can hardly begin to mention, that have enriched my time of service. Please continue to make movement forward and recordable for my successor. Again, thank you all for the opportunity. I look forward to serving in other ways down the road as they become available.

Nanci Schindler, Ph.D.
New Slate of Officers

CA-AFCS welcomes a new slate of leaders! Thank you for your willingness to serve!

Dr. Nancy Rabolt, 2018-2020 President
Bay District

Dr. Jody L. Roubanis, CFCS
2018-2020 Vice President of Programs
Los Angeles District

Dr. J. Ann Moylan, 2018-2020 EEF
North Central District

Melissa Webb, 2018-2020 Nominating Committee
North Central District

Dolores Robles, 2018-2020 Nominating Committee
Los Angeles District

Jenne Hill, EEF
Elected last year for one year; voted in to complete the four year term (2017-2021).
San Diego District

Student Unit News

2018-2020 Student Unit Leader from CSULB

At the recent Biennial Conference, members of the Student Unit elected Vanessa Marlin as their 2018-2020 Student Unit chair. Vanessa is a student at California State University, Long Beach and plans to graduate in Spring of 2019 from the department of Family & Consumer Sciences with a BA in Child Development and Family Studies. Because she was a 2018 winner of the FCS Competition, her way to the conference was paid through an EEF grant that Dr. Gus Vouchilas initiated and worked with Dolores Robles to facilitate. Her CSULB advisor is Dr. Nancy Dayne and her CA-AFCS liaison advisor is Dr. Jody L. Roubanis. Vanessa is excited about taking on her new role in the organization!

Vanessa and other student leaders will be working with members of the CA-AFCS executive board to plan the 2019 CA-AFCS Student Leadership and Research Conference. Current plans are to have the 2019 conference at San Francisco State University in the spring. For highlights of the 2017 student conference at CSULB check out the video https://www.youtube.com/watch?v=2UieBiDy260.

Dr. Nancy Dayne (co-adviser) and Vanessa Marlin (Student Unit Chair)
2018 CA-AFCS Scholarship Recipients

Congratulations to all the recipients of the CA-AFCS scholarships!

**Graduate**
Meegen Feori (Apparel) ................................................................. Iowa State University

**Undergraduate**
Espranza Cervantes (Child/Family) ........................................ California State University Long Beach
Rafael Gill (Interior Design) .......................................................... San Francisco State University
Angela Juan Martinez (Child/Family) ............................................ California State University Long Beach
Pearl Kim (Child/Family) ................................................................. California State University Long Beach
Yumiko Llontop (Interior Design) .................................................. San Francisco State University
Brian Mitchell (Nutrition) .............................................................. California State University Northridge
Tina Mohaghegh Motlagh (Interior Design) ................................. San Francisco State University
Tracy Munoz (FCS) ........................................................................ California State University Northridge
Jessica O’Connell (FCS) ................................................................. California State University Northridge
Mai Spaulding (Nutrition) .............................................................. California State University Northridge
Aye Yi (Interior Design) ................................................................. San Francisco State University

**FCCLA**
Lauren Winslow ............................................................................ Central High School, Fresno

All awards were for $1500 and a one year membership to AAFCS is given to all recipients. Funds come from the CA-AFCS Extended Education Fund. Thanks to all 59 students who applied. And thanks to the Scholarship Committee (Nancy Rabolt, Gus Vouchilas, and Nancy Wolford) who had a hard job choosing our recipients from an excellent applicant pool. Criteria for selection in this order of priority were: 1) goals and/or experience related to the mission of family & consumer sciences, GPA, financial need. The deadline is always April 1 and the application is on the CA-AFCS website. Faculty should encourage eligible students to apply next year.

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2018 Bay District Scholarship Recipients

Congratulations to all the recipients of the Bay District scholarships!

Shakurra Ellis (Marguerite Fenner) .............................................. San Francisco State University
Juliana Hernandez (Marguerite Fenner) ....................................... San Francisco State University
Rosamar Jimenez (Bay District) .................................................. San Francisco State University
Michael Martin (Bay District) ..................................................... San Francisco State University
Ashleigh Lloyd (Marguerite Fenner) ............................................ San Francisco State University
Stephanie Sweeny (Marguerite Fenner) ..................................... San Francisco State University

All awards were for $1500. Thanks to all 30 students who applied. And thanks to the Scholarship Committee (Nancy Rabolt, Gus Vouchilas, and Nancy Wolford) who had a hard job choosing our recipients from an excellent applicant pool. The deadline is always April 1 and the application is on the CA-AFCS website. Faculty should encourage eligible students to apply next year.

Criteria for selection in this order of priority were: 1) goals and/or experience related to the mission of family & consumer sciences, GPA, financial need. Bay District gives two types of scholarships with these additional criteria: Bay District: AAFCS membership and in an FCS or related program; Marguerite Fenner: a woman in a Northern California FCS or related program

Best wishes to all recipients.
NORTH AND NORTH CENTRAL DISTRICT
AMERICAN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

NCD 2018/2019 Scholarship Winners

March 10th was the deadline date for NCD scholarship applications. We are very pleased to announce that three outstanding and very deserving students were selected to receive $1,000.00 each. Two, Micah Bautista and Jose Idrovo, presently attend UCD as Clinical Nutrition and Dietetics majors and one, Sabrina Hanes, presently attending Butte Community College with plans to attend Chico State University next year majoring in Child Development.

Micah Bautista, is majoring in Clinical Nutrition with an area of emphasis: Clinical Dietician, at UCD. Micah graduated from Joseph A. Gregon High School in Modesto, CA. Micah described in her first paragraph why she decided on an FACS career related major because it encompasses the dietetics and nutrition occupations. She stated, “When I volunteered at Doctor’s Medical Center during her senior year of high school, she met many patients who struggled with diabetes, heart disease or high blood pressure. These were all diseases caused by diet and could have been prevented by a change in food choices. My fear of having any one of these diseases caused me to change my own diet, become more aware of what goes on my plate and where my food came from. Along with this fear, she suffered from severe asthma from kindergarten through high school. She remembered not being able to breathe at night and feeling like I was grasping for air. She became dependent on medications and had an inhaler and was constantly hospitalized. After she graduated high school, she read a nutrition book that influenced her to change her entire diet. She states, “after just two weeks of eating healthier, I felt an increase in my energy, had no trouble breathing or having a wheezing sound from asthma and I noticed I no longer needed my medication." I am motivated to become an advocate for healthier eating choices.”

Sabrina Hanes is majoring in Child Development with an area of emphasis: Infancy and Preschool. Sabrina graduated from Willows High School in Willows, CA in 2003 and is attending Butte College. She intends to transfer to Chico State University. In Sabrina’s personal letter she shared that five years ago her Mother was diagnosed with stage 3 cancer. She told her there were two things she wanted; for me to go to college and give her a grandchild. “I will have done both.” She states she started out slow, taking a few classes here and there, but as she continued she found she loved the work. “Even when I was having a bad day I would walk into the child development center and instantly begin to smile.” It was her director of the child development center who inspired her to take her education further and work towards a bachelor’s degree.

Jose Idrovo is a most deserving young man who graduated from Encina High School in Sacramento but is from Ecuador. Jose’s goal is to become a Registered Dietician as he prepares for the MCAT. His “ultimate goal is to become a cardiologist and open a clinic to start educating my patients in nutrition to prevent or diminish the possibilities of not only cardiovascular diseases but also diabetes, obesity, among other diseases.”

It is with great pleasure that North Central District members are able to award these three most deserving students $1,000.00; making it possible for them to achieve their ultimate career goals in the field of Family and Consumer Sciences.

Bonnye Whamond
NCD Scholarship Chairperson
Los Angeles District Scholarships

4 awards and the names are listed below:

- Tracy Castro - CSUN
- Sara Digre - CSUN
- Marlen Gudiel - CSULB
- Navil Lorenzana - CSULB

San Diego District Scholarships

Our Annual Recognition Brunch was held on Saturday, April 28th at the Point Loma Nazarene University. We had 39 attendees. Congratulations to our ten scholarship winners: Cristina Umana, Fatima Lopez Donjuan, Corey Augilar, Maday Jimenez, Meegan Feori, Jamie McDaniel, Mytein Danh, Samantha Valdez, Denisse Paulino and David Tyler Gonzales. We always enjoy hearing from the winners about where they are going to school and why they chose that school. Aina Summerfelt, through her estate, donated $10,000 to our scholarship funds. A big thanks to her wonderful generosity. We were able to give our ten winners a total of $20,400 this year, thanks to the wise investing of The San Diego Foundation were we have our scholarship funds.

We also honored eight graduating seniors from Point Loma Nazarene. We enjoyed hearing from them as they are going out in the world to use their education.

Thanks to all of our members who helped put this event together: Reading application and interviewing the students, we started with 30 applicants so this is a big job; coordinating catering, helping to set up the room, making name tags. Also thanks to the many who gave donations to help pay for the scholarship winners and graduating seniors who were our guests

<table>
<thead>
<tr>
<th>Scholarship winners for 2018</th>
<th>Award</th>
<th>School Attending</th>
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<tbody>
<tr>
<td>Cristina Umana</td>
<td>Hollenbeck Award</td>
<td>San Diego State U</td>
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<tr>
<td>Fatima Lopez Donjuan</td>
<td>Henry Hague Award</td>
<td>Cuyamaca Community College</td>
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<tr>
<td>Corey Augilar</td>
<td>Snyder Award</td>
<td>San Diego State U</td>
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<tr>
<td>Maday Jimenez</td>
<td>Snyder Award</td>
<td>Whittier College, Whittier CA</td>
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<td>Meegan Feori</td>
<td>Snyder Award</td>
<td>Iowa State U, Ames IA</td>
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<tr>
<td>Jamie McDaniel</td>
<td>Snyder Award</td>
<td>Southern California Seminary, El Cajon, CA</td>
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<tr>
<td>Mytein Danh</td>
<td>A. Summerfelt Award</td>
<td>San Diego State U</td>
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<tr>
<td>Samantha Valdez</td>
<td>Cooper-Gay Award</td>
<td>California State Dominguez Hills</td>
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<tr>
<td>Denisse Paulino</td>
<td>Annin Award</td>
<td>California State U, San Marcos</td>
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<tr>
<td>David Tyler Gonzales</td>
<td>Steinberg Award</td>
<td>University of Utah, Salt Lake City</td>
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Reported by: Dolores Robles, MA

Nancy Kostman
SD Co-President and Scholarship Chairperson

www.aafcs-ca.org
Calendar

May 24, 2018
STEMIFY Webinar — AAFCS
4:30-5:30 ET
Register online through AAFCS

June 24-27, 2018
109th AAFCS Annual Conference & Expo in Atlanta, GA

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.

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