President's Message

To paraphrase the motto of the Indiana Department of Education, “If California students are to achieve high standards, there must be competent, caring, and qualified educators to get them there.” Congratulations to Sherry Kleinschmidt of San Diego! She took the challenge and used her time and energies to apply for the Teacher of the Year Award sponsored by AAFCS. Her packet is an impressive collection of documentation including project goals and objectives, student worksheets, and great student activity pictures. We send Sherry our best wishes and thank her for her professional endeavors.

Yes! We have a new web site www.aafcs-ca.org. Please visit the site for the February 2007, conference program and registration information. An important addition on the web site is a final draft of our proposed state By-Laws. It is critical that members take the opportunity and time to review this important document. If you do not have a computer to check out the proposed By-Laws, many local libraries have computers or call me at 916-944-3553 and I will print and mail you a copy. It is very important that district presidents and members communicate on the proposed changes to our By-Laws. Also on our new web site are two issues of Contempo and a complete listing of our district, state, and EEF scholarships.

According to our current By-Laws, ARTICLE XVI: AMENDMENTS

The Articles of Incorporation and the Bylaws may be amended by a vote of two-thirds of the members of the Senate, present at an annual meeting. Provided that notice is given by mail or through the official publication of AAFCS-CA to the total membership at least one month prior to the meeting at which it is voted. Amendments to bylaws of AAFCS that govern AAFCS-CA shall automatically be incorporated into these bylaws with a 30-day notice to districts.

On Friday, February 27, 2007, the Executive Board and Board of Directors Meeting will be held at the Sheraton Hotel, Los Angeles, CA at 2 o’clock and will be voting on this proposed document.

As we approach holidays and a new calendar year, I send my wishes to all members for a healthy and safe future and hope each day will be filled with meaning and blessings.

Betty Knopf, President

P.S. The challenge activity in this issue of Contempo’s two-fold.


2). Call up another CA-AFCS member and coordinate conference travel/hotel plans.
CA-AFCS NEWS

Call for Grant Proposals

Extended Education Fund
The AAFCS-CA Extended Education Fund (EEF) was created to promote the profession of Family and Consumer Sciences in California. EEF has two thrusts: 1) scholarships to qualified undergraduate and graduate students; and 2) grants for activities that promote the purpose of AAFCS-CA and Home Economics.

Recent donations and competent financial management have made more funding available. The EEF board or trustees wants to present grants to professionals and teachers in any area of Family and Consumer Sciences for a wide variety of projects and activities involving people and communities. EEF provides funding for seminars, conferences, workshops, research projects and developmental activities related to the mission of AAFCS-CA.

The individual GRANTS AWARDED MAY BE UP TO $5000. These funds can be used to complete the project over a two year period. It is not too early to think about the opportunity that EEF has to offer for funding some special project in Family and Consumer Sciences that you may have in mind. Project proposals will be accepted until May 2007.

For more information meet the board members at the Los Angeles Conference in February, or contact: Barbara Kilborn
Email: bkilborn@foothill.net
Telephone: (530) 268-7330.

AAFCS-CA 1994-2004 Historical Data Project Completed
The Extended Education Fund Grant Project that provided for the collection of AAFCS-CA historical data from 1994-2004 has now been collected and compiled. Lakisha Robinson, California State University, Fresno graduate student, has done an excellent job for us. She was able to complete her research and was graduated from CSU-Fresno with a master’s degree in Child, Family and Consumer Sciences in May, 2006.

Once the materials have been approved by the AAFCS-CA Board readers, final copies will be bound and placed in the file of each state officer and each District President. The information will also be placed on a CD and again copies will be placed in the file of each state officer and each District President. Copies will also be available to individuals for a small mailing fee by contacting me.

Carolyn Berry Jackson
7112 E. Alluvial
Clovis, CA 93619
Telephone: 559.299.3977
E-mail: cberryjackson@aol.com
President's Message - Part II

Every aspect of our Association is being reviewed as part of our transition, Transforming AAFCS: New Era of Action. We have completed Phase 1. The second phase of the transition includes a self-assessment, to be conducted by groups including state affiliates. As AAFCS has evolved in size, structure, focus, and membership, the multi-year transformation process has a goal to make all facets of our Association operations more streamline, nimble, and effective. The opportunity for our state members is to do a self-assessment. This is a chance to review our current functions, to endorse those parts that are strong, and to make recommendations for action that would strengthen and add value to our state’s members, and the Association.

The self-assessment tool addresses topics on purposes, targeted audiences, programs and projects, and benchmarking. Based on our review of each category, we are encouraged to make recommendations for action to the AAFCS Board of Directors. Recommendations approved by the Board which are deemed to need Senate and/or membership approval will be submitted to these bodies for a vote.

A copy of our state’s self-assessment tool is located on our web site, www.aafcs-ca.org. If you do not have access to a computer, please contact me at 916-944-3553 for a printed copy. I am asking that each member check out this comprehensive self-assessment and make at least one response. I truly will value your responses and need to hear them. Out-of-the-box-thinking is welcomed. Any recommendations for action could focus on our state association or on other facets of our Association. Thanks in advance for your forthcoming responses!

Betty

P.S. If you are interested in making a significant contribution in time, energy, and historical knowledge to this project, your assistance will be extremely welcomed.

Join Our e-Newsletter

Would you like to view our newsletter via e-mail, or online in our new website at www.aafcs-ca.org?

Any information provided will be kept in the strictest confidence. We do not share your e-mail information with any other party or entity. To ensure that you can receive our CONTEMPO newsletter by email, add nsheduktr@gmail.com to your approved senders list.
Enviga: Breakthrough Product or Market Scheme?
Mary Lou Marinas, Student Association of Family and Consumer Sciences (SAFCS) at CSUIN

Coke says that drinking their new Enviga is as healthy as “Taking the Stairs.” “This is the biggest thing to hit the health market in a decade!” “Nothing is as unique as this new product!” “A healthy revolution has begun with the release of this product!”

Coca-cola and Nestle joined forces on a joint project to create Enviga, a carbonated green tea that claims to burn as many as 100 calories/day. One of the newest energy drinks on the market today, Enviga (with its proclamations of health benefits) is questionable to the eyes of those who are aware of the heavy caffeine and sugar content. Initially, this was a product looking to provide all the energy one attains from other highly consumed options, minus all the carbohydrates they provide. However, keeping in mind the well-developed research behind the negative effects of most energy drink components (guarana, taurine), is this product as ‘health-conscious’ as it claims? Or is it just another well-marketed product?

Another point is serving size. An average glass of beverage is 6-8 fluid ounces. In order for this drink to do its ‘100 calorie/day’ job, one must consume three 12-ounce cans. That is almost a pitcher-full! One thought comes to mind with this product: Unique does not always mean good. Enviga is expected to hit the U.S. market in approximately January 2007.

New Chapter Formed at San Francisco State University
By: Billie Lou Sands

A new chapter has formed at San Francisco State University. Group discussions include topics such as:
- The mission and philosophy of the field of Family and Consumer Sciences
- The importance of belonging to AAFCS, the umbrella association of our field
- The meaning of “real leadership”, and how to set meaningful goals and objectives for a student chapter.

Representatives from the chapter plan to attend the February 22-25, 2006, AAFCS Western Regional Conference in Los Angeles.

Bay District Scholarship
Submitted by: Nancy Rabolt

I am a recipient of an AAFCS $1,000 scholarship which will enable me to pursue my Doctorate in multicultural and multilingual education. After attaining my Baccalaureate and Master Degrees in Consumer and Family Studies at San Francisco State University, my desire for knowledge inspired me to pursue a teaching career using my multicultural and multilingual background in cross-cultural human and consumer behavior. Because of the AAFCS scholarship opportunity, I have started attending an International and Multicultural Education Program at University of San Francisco in fall 2006.

Thank you,

Ivana Markova
At the Los Angeles Auto show teams will present automotive design ideas for the ultimate eco-friendly vehicles. One proposal is an algae-filled Hummer and another idea is a VW that can dissolve and rebuild itself. According to contest rules, the proposed vehicles must be fully recyclable after five years have as little impact as possible on the environment plus “reflect the Southern California lifestyle.”

The Hummer idea would have body panels filled with algae and through photosynthesis the Hummer would turn CO2 into oxygen, just like a tree. When the vehicle is parked, the Hummer’s body panels could fold upwards to capture more sunlight.

The VW idea would be constructed entirely of microscopic machines that could disassemble or reassemble themselves. In the event of a crash, the time machines that make up the frame could loosen their bonds in certain areas to create “crumple zones” to soften the impact. (Source: CNNMoney.com, 11-13-06)

With the cold weather season, some of the new technology in outdoor clothing should be of interest. For example, welded seams are replacing thread and reducing weight and bulk. In addition, according to this source, the gluing technology should become cheaper in the future. With iPods and cell-phones becoming the “norm”, look for wired jackets to include digital features such as flexible keyboards embedded in the fabric and pulse monitors woven directly into the wrists. And now for a moment of potential humor, last fall Patagonia launched its Common Threads Program. The idea of this program is to collect worn-out synthetic long underwear and turn it into new, 50-percent recycled underwear.

(Source: Outside 2006, Buyer’s Guide, page 85)

Consumer Alert: “Opt Out”

The California elections are over and, hopefully, also over are the political phone calls. You can reduce many calls to your home and personal cell by registering with the Federal Trade Commission. Call 888-382-1222 or click on www.donotcall.gov. You must call from the number you wish to register. Registration is free.

To opt out of lists used by creditors or insurers to make offers of credit or insurance, go online and register at www.optoutprescreen.com. The four major credit agencies Equifax, Experian, Innovis, and TransUnion recognize this site.

To “reduce” junk mail, contact the website of the Direct Marketing Association (DMA) at www.dmaconsumers.org/consum erassistance.html. Information is given on how to remove your name from postal and e-mail lists along with information to avoid identity theft. This should remove your name from lists for five years. However, you will still receive mail from companies and organizations that to not belong to the DMA. Please remember that when you move to a new address or get a new telephone number, you will need to re-register and opt out again with these groups. (Source: “The Motley Fool”, a column in The Sacramento Bee, October 29, 2006, page D3)
Some 1,000 professionals and students in family and consumer sciences and allied fields from across the U.S. will convene at the Grand Sierra Resort in Reno to present research, devise strategies, and create new opportunities related to the dramatic changes in U.S. demographics and many other complex cultural challenges facing individuals, families, and communities today.

The meeting will feature prominent keynote speakers and sessions on a variety of topics, such as the challenges and opportunities of multicultural education, services and programs to assist older Americans, and strategies to improve the health and wellness of Americans, as well as special events to honor award, grant, and fellowship recipients.

Mary Kay Mueller, international trainer, coach, and author, will kick off the conference on June 21st with “Shift Happens: Tools for Transition.” On Summit Day, June 22nd, conference participants will learn from keynote speakers Dr. James A. Banks, “father of multicultural education in the U.S.” and professor at the University of Washington, and Dr. Eugene Garcia, VP for Education Partnerships at Arizona State University and researcher in effective schooling for linguistically and culturally diverse student populations.

Founded in 1909, the American Association of Family & Consumer Sciences (AAFCS) is the only national not-for-profit 501 (c)(3) organization dedicated to bringing people together to improve the lives of individuals, families, and communities. AAFCS’ 8,000 member include elementary, secondary and post-secondary educators, researchers, and administrators, Cooperative Extension educators; and professionals in not-for-profit organization, government and business and industry.

Family and consumer sciences professionals develop, integrate, and provide practical knowledge about research-based life skills—financial literacy; dietetics and nutrition; child care and parenting; conflict resolution; consumer education; housing and environment; and apparel and textiles. With national headquarters based in Alexandria, VA, AAFCS has 51 state affiliates located across the United States and Puerto Rico.

Source: AAFCS Annual Conference Committee

You’re

Invited
Rarin’ to go to Reno!!!

Save the date: June 21-24, 2007 in Reno, Nevada!!

Didn’t get the August, September or October message?
Contact Marilyn Swierk, CFCS, Director at Large, msinnovate@aol.com

Topics in this message:

A. Conference Speakers
Thanks to those of you who gave us some great ideas for speakers. Guess what!? We listened!!! Here are the headliners based on YOUR input: Mary Kay Mueller will speak on transitions. The title of her opening keynote is “Shift Happens: Tools for Transition. For our summit day, we have Dr. James Banks, who is known as the “Father of Multi-cultural Education, and Dr, Eugene Garcia from Arizona State who will address various demographic issues. Check the November issue of the FACS for more details.

B. Parents and the Law training session
Reminder: Street Law has once again chosen a site and training dates which are in sync with our annual conference to conduct its Parents and the Law professional development. It will take place in Reno, NV from June 24-25 immediately following the closing of our AAFCS conference at a nearby site. (Note: Training will also be held January 22-23, 2007 in Newark, New Jersey).

This is a great opportunity for family and consumer sciences professionals, social workers, nurses, parent educators, and community leaders who work directly with teen parents or teach child development or parenting. Go to Streetlaw.org for more details.

C. Proposals are in...Thanks for submitting!
Thanks to those of you who submitted a proposal! We will have some great and special functions and educational sessions to choose from. The sessions chosen will be notified sometime in January. Check the website for other proposals and due dates.

D. Research to Practice Rounds
The applications for Research to Practice Rounds should be sent out within the next month or so.
Check the website on this one as well.
(continued on page 8)
CA-AFCS NEWS

Save the date: June 21-24, 2007 in Reno, Nevada!! (cont’d).

E. Awards
PLEASE submit a candidate from your affiliate for Teacher of the Year, Leader, New Achiever, DSA, and many more. Again, check the website...due dates are approaching fast and furious!!

F. Leadership Conference...Hope you liked your surprise!!
Post it’s: So glad you liked your surprise post it notes!! Those of you who did not attend the conference should have received them in the mail. Please share and use them to promote the 2007 conference in Reno!
Getting the Message: It’s come to my attention that some of you have not been getting the messages. There is a lesson to be learned here. AAFCS lists change on a monthly basis based on renewals so it is crucial that you check with AAFCS on monthly basis to be sure you have the most up to date membership list so that you can share these notices with your members. If you are an affiliate president, it is also important that you check with your president-elect, executive director and newsletter editor to be sure they are all receiving these messages.

Communities of Interest/Practice: A number of you expressed concern as to how these new groupings will work. Rest assured, there will be at least 3 opportunities for these groups to connect and this time will also include professional development and an orientation. You will also be given PLENTY of information on this topic. NOTE: The name of these groups have not been officially chosen. Bev Crabtree is leading a task force to determine this and other items in relationship to these new groups.

G. Future of the AAFCS Annual Conference
We will soon ask for ideas and preferences for the future of our annual conference. Here is just a sample of what we’ll ask you: What kind of conference would be best?

What would excite you?

What would make you want to attend?

What do you want to happen when you get there?

What are your needs?

WHAT are you willing to do to help make this happen?

These questions will be sent to you from the AAFCS Annual Conference Committee soon! Please respond, and if you have any ideas for exhibitors that you would like to see at our conference in Reno, let us know ASAP!!

Thanks and Have a Wonderful Holiday!!
USDA Proposal for Change to WIC Food Packages
by: Taraneeh Tamaddon, Student Association of Family and Consumer Sciences (SAFCS) at CSUN

The United States Department of Agriculture announced a proposal for change in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) food packages. These changes will reflect the recommendations made by The National Academies of Sciences’ Institute of Medicine (IOM). This is the first major update of WIC food packages in over 30 years.

WIC provides pregnant, breastfeeding, and postpartum women, infants and children with nutritious supplemental foods. The program also provides health and social services, and nutrition education. About 8 million participants receive WIC benefits each year. In fiscal year 2005, federal food costs for the program was $3.6 billion. Current WIC food packages were designed to supplement consumer diets with the five classical nutrients (vitamins A and C, calcium, iron and protein), because those nutrients were in the diets of the WIC target population when the program first began in 1974. Yet, the current proposal targets this as, a time for a change, adhering closely to current nutrition science and dietary guidelines.

Under the proposal, the food packages were revised to add fruits, vegetables and whole grains. One might ask, “How could food staples such as fruits and vegetables be overlooked for so long in a department, whose sole purpose is guidance and support in the field of health and nutrition”? Well, it goes without saying, this proposal is well overdue!

Please join me in writing a letter or email supporting and encouraging the USDA to strengthen its proposal by including the aforementioned recommendations of the Institute of Medicine. USDA correspondence by any of the following methods are acceptable:

1. United States Postal Service (US Mail) - Send comments to:
   Patricia N. Daniels, Director-Supplemental Foods Programs Division, Food & Nutrition Service, USDA
   3101 Park Center Drive, Room 528
   Alexandria, VA 22302
   Telephone: (703) 305-2746

2. Web site: Go to http://www.fns.usda.gov/wic. Follow the online instructions for submitting comments through the link at the Supplemental Food Programs Division Web site.

3. E-mail: Send comments to WICHQSFPD@fns.usda.gov. Include \"Docket ID Number 0584-AD77, WIC Food Packages Rule,\" in the subject line of the message.