A Message From CA-FACS President

Christmas in July...and What a Gift!!!

It is a fact; many of us do gift shopping all year. In addition, many of us do our Christmas shopping in the summer while travelling. While we all have a list of people to purchase or custom make a gift for, it now could be the time to add our state association to your gift list.

Yes! Yes! Yes! Thanks to an anonymous donor, a matching gift opportunity has been made available for our members and our state association.

The donor will match our members' gifts up to total of $10,000.

The donor has stipulated the funds must be used for special projects and programs that promote our state's professional association and the funds cannot be used for governance expenses. Just use your imagination to think of the creative projects that could be done to advance our association and our profession!!! Your board will finalize projects that will be accomplished as a result of your generous donations. Please consider putting our state association on your gift list.

Your donations to this matching fund are tax-deductible and must be postmarked by December 31, 2007. Please send your checks made payable to CA-AFCS, and mail them to Shirley Vernon, CA-AFCS Treasurer, 31 Deer Court, San Jose, CA 95123-3233.

NATIONAL CONFERENCE UPDATE-RENO, NV

Our 98th Annual Conference & Expo attracted 49 members from CA. One keynote address by Dr. James A. Banks proposed that education in basic math, reading and writing is incomplete. An education must include reflective moral and active citizenship education as we need to be human and know how to care and act. One of the most interesting, informative and even entertaining sessions was by Joyce Miles who researched the life of Ellen Swallow Richards, our association’s founder, can’tld, page 5.
Our year started in September 2006 with our annual FCS Fall Get-Together. We met just off-campus at Professor Sandy Foster’s home for fun, food, and fellowship with our new and returning majors. Forty-five students and seven faculty had a great time meeting and greeting each other. The highlight of this year’s event was a Faculty Trivia Game. The students were pretty good at the game as they know the faculty well but we managed to stump them several times! The freshmen particularly enjoyed getting this insight into our experiences and interests.

One of our most successful events this year was at a Monday morning meeting with 77 of our department students where we explored “Discovering Our Similarities, Bridging Our Differences”. This message was humorously presented by FCS Professors Cindy Swann, R.D. (Dietetics) and Nancy K. Murray, Ph.D. (Fashion & Interior Design).

As Contempo readers know, many students don’t understand why our diverse subject matter areas are housed under the Family and Consumer Sciences umbrella. This was our effort this year to educate our students! Cindy and I started with a snappy give-and-take that included comments on how we are different. Which of us is a morning person versus a night person, introvert versus extrovert, vegetarian versus carnivore, camper versus shopper, etc., even our clothing shouted our differences. We were each wearing a black skirt and a white top but that is where the similarities ended.

Then we segued into how we are similar with more chatter on how I like color and design and Cindy uses both in creating menus; we both use numbers and calculating; thrive on change and variety; function better with structure and planning; etc. We tied it to general education requirements with comments on how we both use psychology to serve our clientele and that we can’t make textiles or understand nutrients without chemistry.

Now that we had their attention with our antics, we had our opportunity to bring the AAFCS message home.

Adapting the AAFCS website message here is what we said. “One of the most remarkable strengths of the Department of Family and Consumer Sciences is its diversity of thought, disciplines, people, roles and resources. Within that diversity are programs and people dedicated to sustaining and improving the most basic aspects of life – food, shelter, clothing, safety, health, relationship – as well as optimizing the quality of that life. continued on page 6.
Retirement Announcement
All Good Things Come to an End: Interview with Professor Deirdre M. Larkin, M.S., R.D.
By: Caroline Shalabi-SDFSA, Secretary and Taranbeh Tamaddon-SARCS, Editor

Throughout the past two decades, many things have changed the FCS Department. The building we inhabit, for example, was built after the ’94 earthquake to become the beautiful Sequoia Hall; our department name transformed us from “Home Economists” to the more representative Family and Consumer Scientists; the halls have been the background for new club/organizational bulletin board displays each semester, reflecting the ever changing seasons.

However, amidst all this change, one thing has managed to stay the same: Room 200A. This tiny room has been the office of Professor Deirdre Larkin. By occupying this room, Professor Larkin, known to many peers, students, and alumni simply as “Dee”, has taken the art of reaching out to members of this vastly expanding field to incomparable levels. From a recipe for the perfect meringue, to the recipe for juggling family life and a career, Professor Larkin is not just an infinite supply of “pearls of wisdom,” but she is also a leader at the forefront of providing services in family and consumer life.

After eighteen years of superb service at CSUN, Professor Larkin is retiring. On July 31, 2007, Room 200A will be locked for the last time by Professor Larkin, as this is her last day as a faculty/staff member of California State University, Northridge. Here, in this excerpt, is an interview with the expert in food science about her past, present and future in FCS. Continued on page 7
More Messages By Members  By: Betty Knopf

Letter from Lena Barry
Thank you for the certificate acknowledging 53 years membership in home economics and AAFCS. The eruption of World War II brought about so many changes in plans and events. After 10 years I returned to teaching home economics and it was attendance at “National” in San Francisco that I became a member. I taught a 4 year program in the high school for 25 years. It has all contributed greatly to my life and that of my family.

Letter from Betty Hansen
Thanks for the “49 membership certificate”. It arrived as I was getting ready for back surgery and not able to do more than absolute essentials. Because of multiple orthopedic problems, I retired early from teaching after 33 years in the classroom. For a few years I did help our local chapter of the Embroiderers’ Guild of America with their Teach a Child Project. I also became involved with wearable arts in two guilds and have taught (mostly volunteer) numerous needlework workshops.

As a young Home Ec teacher, I was very active in Bay District AHEA and even served on a couple of national committees. 50 years ago I attended my first state convention as a student member. I find it interesting how membership policies have changed over the years. Years ago people with a degree in another area that prepared them for roles such as extension could be members. Then that was discontinued. Now it looks like we are returning to do something similar. For a multitude of reasons, I do not use the Internet, so I’m out of the loop on elections and a number of other things. I do read my newsletters to try and have some idea of happenings.

I would like to have attended National this year but think they too have to be memories of numerous past events. I recall being a CA delegate when we voted on backing the Equal Right Amendment. Even our delegation had to caucus and have a lot of discussion before casting our votes. Another session at National that stands out in my mind was when AIDS came up (probably late 80’s) and most people from other states refused to face the facts and didn’t want to discuss it let alone deal with the subject in the classroom. Meeting people from around the world and sharing ideas was always great. I hope the organization is able to move ahead and continue with its service to our society. Thanks for all you have done and continue to do for our organization.

Thanks from Bernice Smith
Bernice thought her certificate for 53 years of membership was “very kind”. She reports she lives in Morro Bay and has “been a busy senior citizen” who greatly enjoys reading Contempo. Bernice has especially enjoyed reading the articles from others about appreciating their certificates as she has known many of them for many many years. She would also enjoy hearing from them and can be contacted at 805-772-1369.
President's Message continued from page 1

Joyce now does presentations dressed in costume and shares the history of our founder and our profession. She has even made a 13 minute video which purchased. The video would make a great at a district meeting, a student chapter meeting, or joint meeting with another organization (such as AAUW as Ellen was a founding member of the group). Please contact me if you would like to borrow this video and promise to return it promptly.

Our incredible thanks go to Amber Bradley who drove her van to Reno loaded with note cards and silk scarves. She faithfully displayed and presented these products at a sales table during the conference. Additional thanks go to her support team of Willy Hall and Ada Loewer.

Congratulations to Jean Burand (San Jose), Judith Douthit (Manhattan Beach), and Wanda Hart (Diamond Bar). At the Pacesetter Luncheon, three of our state members were recognized for 50 years of membership. Also recognized as a 51 year member was Ada Loewer (San Jose).

Senate action included a vote to rescind the dues increase scheduled for 2007-08. In additional action, the Senate ratified a resolution for a career choices class being required in junior and senior high schools. The Senate also ratified the resolutions for Renewable Alternative Energy Benefits and the 2007 Farm Bill Authorization.

The new idea of AAFCS Communities attracted great interest from members. Communities are replacing or changing sections and divisions. There are several groups in the process of forming communities. Various sessions were held at the conference for interested members to ponder and discuss the direction, leadership, and goals relevant to AAFCS mission.

To join one or more these new communities, For further information, please contact Bev Crabtree at crabtree@sjsu.edu.

Clickers is now a term used for small pieces of technology about the size of a half of a deck of cards. During the Senate session on the topic “Deliberating Our Preferred Form of Governance”, Senate members voted with a clicker-audience response system. Wireless one-way technology replaced holding up hands while a manual count was made.

The discussion flow was much smoother and less time was needed to complete the process. The results of each vote were displayed immediately in Microsoft PowerPoint on a large screen. Clickers are now being used in many university classrooms and apparently are becoming more and more common. Clickers provided for a nice experience to an interesting and important discussion.
Year-End Update  continued from page 2

The common denominator of these diversified efforts is the fact that all of the things we do transform lives. In the future you will impact families, consumers, clients, and community as you follow your career path and continue to develop your personal intellectual, spiritual, and community fulfillment. We were extremely well received; many students commented that they enjoyed it. But even better was the number who made comments on how it helped explain why Dietetics and Fashion & Interior Design are even in the same department. Since that was our goal, it was gratifying that they received the point so well.

Twenty students attended and expressed their satisfaction in receiving such useful information for their internship planning, job hunting, and professional networking. While the turnout was low, the students pointed out to me it was only 10 days to the end of classes and they were just run off their feet. Several suggested we do it every semester in the future but earlier in the semester. We had a good year. I was very pleased to identify several strong preferences of our students for events! They most want opportunities to talk to real world professionals and to get to know their faculty up close and personal. With that in mind, we are going to focus on those areas next year. If it works, why fix it? One more note, $5 Starbucks cards are very well received as prizes.

The end of October brought our annual Fall Festival where we decorate pumpkins and eat dinner together. The Catering class made three types of chili with appropriate accompaniments and fed us well! This year we had two guest judges who handed out Starbucks’ gift cards to the winners.

The highlights of the Spring 2007 semester focused on the future for FCS professionals! The annual Student Night for Dietetic Students in San Diego County sponsored by the San Diego Dietetics Association was held this year on our campus. The success of that event—over 45 students from several colleges attended for the opportunity to talk to dietitians working in the field—encouraged me to try the same thing for FCS on April 24th. Using recent graduates of our own programs where possible, we had seven FCS professionals talk to the students about their careers in child development, dietetics, food service, fashion, and interior design. We broke into subject matter groupings and had lively Q & A sessions.

Pumpkin Decorating at Fall Festival
Dee Larkin, MS, RFD Retirement continued from page 3

Q) What is your degree in?
A) I received my Bachelor’s in Psychology from the University of Redlands. I also have three Teaching Credentials: Restricted for Deaf and Hard of Hearing, Early Childhood Education and Standard Elementary. My Master of Science Degree is in Family and Consumer Sciences, which was called Home Economics at the time, from CSUN.

Q) How did you become interested in nutrition and food science?
A) This is my second career; my first career was as a sign language interpreter. After obtaining my degree in psychology, I became interested in nutrition and food science from a personal perspective. As a sign language interpreter, I was often asked about nutrition and food science, which led me to pursue a degree in Family and Consumer Sciences.

Q) How long have you been working at CSUN in FCS?
A) Eighteen years as part-time faculty and part-time staff. I first began in Fall 1987 as a team teaching with Dr. Lisagor in FCS 302. In Spring 1989, I began teaching on my own and prepared for RD exam which I took and passed in April 1989. In the fall of 1989, I began teaching in FCS 201 as well as FCS Instructional Support Assistant (part-time staff).

Q) What is (are) your best memorie(s) at CSUN?
A) My best memories all include my students. I had the opportunity to be the Chairperson of the SCIFIS event at the Food Industry Conference in 2002, which was written about in LA Times. The event was “Culminating, the Marriage of Culinary Art & Food technology.” I also served as the Associated Director of the Marilyn Magaram Center (MMC). I worked with the Maternal Phenyketonuria (MPKU) Camp at CSUN in the summer as a liaison, coordinating the State Department of Health Services and the MMC. Some other memorable accomplishments include starting the Lab School Project with Dr. Terri Lisagor; I enjoyed having the sensory evaluation experience with Chef America, an internship through the MMC where sensory panels taste-tested “Hot Pockets”. I also started the Brown Bag Film Series. Above all, being the Director of Didactic Program in Dietetics (DPDI) was an unbelievable challenge and I am very fortunate that I had the opportunity to do it.

Q) What are your last words of wisdom to CSUN students?
A) Keep your eye on the prize and... if you always do what you have always done, you will always get what you always got.

Q) Is there anything else you want to share with us?
A) I’ll try not to cry at the end in public. However, I know I will cry in private. You all have great, great gifts and need to capitalize on your strengths and explore your talents. Nothing comes easy; everything we have now we worked hard for.

It became quite apparent at the beginning of this interview that Professor Deirdre Larkin has been an educator all her life. CSUN will forever be in need of women like her. Many students consider her the guiding light at the end of the DPD tunnel. Her inspiration, dedication, and motivation are the things for which we owe much gratitude and respect, not only for showing us it can be done, but that it can be done remarkably well. From all your extended family in Sequoia Hall and the greater CSUN area, thank you, Professor Deirdre Larkin! There will never be another Dee.
$28,400 IN GRANTS FUNDED BY EEF FOR 2007  Submitted by:  Barbara Kilborn, EEF Chair

The Extended Education Fund Board of Trustees is pleased to announce that we have funded five excellent proposals from members for larger than average amounts this year. These projects are very useful in furthering the goals of our profession and they will hopefully increase AAFCS membership in California.

We changed our rules one year ago, in that we now can fund grants annually. Our portfolio is fortunately has increased again this year by $27,724, and we are giving away all of it. This is almost three times the amount we have previously granted, and this is separate from scholarship awards. The Board reviewed the following proposals and approved them as follows:

Betty Knopf
- Long Term Member Appreciation: Approved in February for $400
- Student Chapter Advisor: Approved two years for $400 each year for student advisor support
- State Self-Assessment: Approved for $500. $592 unspent from website development grant

Karen Armitage
- Research on Silk Production in Mexico: Approved for $500

Candia Varni and Marge Lichty
- Distance Learning Education (FCS Teacher Credential On-Line course): Approved: $10,000.

Barbara Kilborn finished her term as chair in June and Carolyn Jackson was selected to serve as the EEF board chair for the next two years. Sue Chelini will remain as treasurer for one more year. Mary Gilliland will become treasurer when Chelini goes off the board. Bonnie Rader will continue as secretary for her final year on the Board.

We have also crafted a promotions position for one of our members to begin working on face-to-face meetings on the college and university campuses. For 2007-2008 Mary Gilliland will serve in this position. We hope this effort can be joined with the efforts of the student sections and the on-line course grants, which should expand the exposure of our profession and career opportunities. EEF funds projects for up to two years for completion for in amounts up to $5,000. It is our pleasure to fund more projects that are worthy and are happy to consider larger amounts when it is deemed exceptional. It is not too early for the rest of you 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.

Congratulations to our recipients and to all of us for having such dedicated professionals working for the advancement of our association.
Another productive year was witnessed by many new members in SAFCS. The spring semester was kicked off to a sweet start by the traditional Cookie Feast, which serves as a ‘meet-n-greet’ for both past and new members. Next on the calendar was the Downtown Los Angeles CA-AFCS Conference which impressed many members who had no idea how integrated our field could be into LA. life everyday. Volunteers served fruitful hours to fill giftbags with raisins, water bottles, brochures and city guides. Tours were taken, workshops were conducted, and a final award ceremony and formal dinner set the creative tone for the year to come. This event was followed by what came to be known as the “Water-Bottle-Giveaway” which consisted of many students dressed in traditional Hawaiian garb, situated just outside the resident FCS department, Sequoia Hall. We gave away bottles of water with each option represented on the label of different categories of bottles. The purpose of this event was to shed new light on our department among students who had no idea what FCS even stood for, while satisfying their thirst on a warm summer day. This event was a success! Finally, just before finals-week, a mandatory meeting was held to have an official election for the new SAFCS logo. In brief, the winning logo consists of a cartoon-like home which encompasses all options which are represented by a different color, with the titles surrounding the home in a circle. Look for this symbol on the front cover of the next issue of Journeys!

**Career Opportunity**

by: Nancy K. Murray, PhD

An opening for a Family & Consumer Sciences teacher at Temecula Valley High School is currently available. Do you know of any prospective candidates for the job? We are a two (2) person department with the prospect of future growth.

The teaching assignment would be four (4) periods of beginning foods and one (1) period of beginning clothing. The position is listed on EDJOIN. If you have any questions, please contact Diane Castro at (951) 693-9898.

**Scholarship Review**

Submitted by: Betty Knopf, PhD

The number of “hits” on our web site, www.caafcs-ca.org, clearly show that the most often used portion is our scholarship page. This is an important source of information for students, members and potential members. The accuracy of the information is vital for prospective users and for our association’s reputation. It is time for a review of scholarship deadline dates, form, requirements etc by District Chair or Scholarship Chair. Please conduct a detailed review and then contact Betty Knopf by **September 1, 2007**.
CA-FACS 2007 Election Results  Submitted by: Margaret Lichty.

The official election results as of July 1, 2007 are as follows:

President-Elect
Marge Lichty

Vice President of Programs
(Vacant)

Treasurer
Shirley Vernon

Extended Education Fund
Mary Gilliland

Nominating Committee
Allen Martin

Congratulations to all newly elected officers! On behalf of the California AFCS, I wish to extend sincere appreciation to each of you for your willingness to serve in a leadership capacity in our association. Best of luck to you all for a successful and memorable term in office. The Association also wishes to extend gratitude to all outgoing leaders for serving your terms efficiently and faithfully.

Marge Lichty, Secretary and Election Teller
CA-AFCS
# CA-FACS Financial Report

**Submitted by: Shirley Vernon, Treasurer**

**JUNE 1, 2006 thru MAY 31, 2007**

## INCOME

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## EXPENDITURES

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## BALANCE IN CHECKING ACCOUNT MAY 31, 2007

$26,075.60
Sign up NOW for Contempo by E-mail

Contact Betty Knopf, PhD at fpstude@aol.com

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CALENDAR

September 1, 2007
District and Scholarship Chair Update Deadline

September 15, 2007
Board of Director's Meeting
Best Western Harbor Inn
1250 Halyard Drive
Sacramento, CA 95691
9:30am to 4:30pm