President's Message

A Travel Journal

Late October – Early November 2007
Frost is predicted and does appear.
Summer flowers are drooping and leaves are turning colors and dropping down daily. The ladies’ shoe shops are full of women looking for new winter boots, black is definitely “the color” of choice.
Winter is coming to Siedlce, Poland.
Also quickly coming is All Souls and All Saints Day, a national holiday on November 1.

People in this area are going to the local cemetery to scrub, not wipe off, the flat marble grave coverings and the large head stones of family members.

Artificial flower arrangements are on display in flower shops and on streets by vendors. Some arrangements have real greenery while others have artificial greenery. Also for sale by street vendors and in many stores are large candles in glass containers with metal domes, some are about a quart size and others about a gallon size. The flowers are beginning to be put on the graves and the number of arrangements grow daily in the local cemetery.

As All Saints Day becomes closer, live mums are sold and the colors are vivid on the large displays on the streets. On Thursday morning, All Souls and All Saints Day, families across Poland will go to church in the morning and then gather together in local cemeteries to add more flowers and candles to the graves. Families will visit for a few hours at the cemetery. (It is important to note that ladies will often wear new coats and other new clothing for this event to show to the family members.) After going home and having a Polish lunch (in Poland it is the big meal of the day), families will return to cemeteries at dusk to light the candles and to visit some more. The cemeteries will glow for several days.

We are in Krakow on All Saints Day. Police and barricades are used for crowd management and extra trams are put on the route to address the crowds entering the famous Gothic entrance of Rakowicki Cemetery. This is an enormous cemetery (acres, acres, and acres) where many distinguished Polish citizens are buried. (continued on page 3)
Correction: CA-AFCS Secretary Membership

Current CA Membership

Active: 163

South Coast District News  Submitted by: Margaret Lichty

Membership statistics in recent years in AAFCS reveal a gradual decrease in membership and an even more noticeable decrease in the active participation of members. However, it is important to note that throughout these changes in membership, the national and state offices have remained connected and supportive of its members, and continue to carry out the mission of the association. In addition, as active members express a need for professional development opportunities and networking opportunities, the states and the national office continue to provide them, and with much success.

The South Coast District is an example of such membership trends. Declining membership and a lack of active members has resulted in the district being in an unofficial inactive status for the last two years. It is now officially categorized as an "inactive" district of the state association. In the past few weeks, a letter has been sent to all current South Coast members (which includes former Orange District members) to inform them of this action. South Coast members can continue their membership in AAFCS/CA-AFCS by simply continuing to pay their annual dues, which will ensure continuous benefits of, and correspondence from, the national and state association. Members also have the choice of changing their district designation to another district, if they so choose, by contacting the national association office and the state Secretary, Rachael Libolt at mlibolt@yahoo.com or 760-435-6894.

Information related to the last round of South Coast District scholarships and grants to be awarded in Spring 2008 was included in the letter that was mailed to all members. Members are encouraged to apply, carefully following the stated criteria and requirements. See this information online at http://www.aafcs-ca.org, the state's website. Scholarships and grants offered are:

- 3 - $400: Undergraduate Student scholarships
- 3 - $500: Credential Student or Graduate Student scholarships
- 3 - $400: New Teacher Awards
- 3 - $500: Professional Development Grants

The postmark deadline for applications to Dr. Bonnie Roder at Cal State University, Long Beach is January 10, 2008, and awards will be distributed by February 10, 2008.

Respectfully Submitted, Marge Lichty, President-Elect CA-AFCS
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The sights of mounds of flowers, thousands of candles glowing, and families gathered together will remain with us as amazing memories. A man we met reported seeing “a glow like charcoal” when his plane was landing in Kielce that night.

We are here in Poland with Global Volunteers to teach English. We teach at two sites. At the first site, my husband Perry is working with unemployed college graduates at the “high-intermediate” English level. One of his students is interested in becoming a military officer. He brought the sample test to class for help. The test includes 100 grammar and comprehension questions that must be answered in 75 minutes. This test is a challenge for English speakers. My three students at the first site are in the “low-intermediate” level. Two of the men are unemployed and all three men are on daily release from a nearby prison for “social rehabilitation”. (They seem to be the Communists gave a “gift” of a prison to this town and built it near the center of town.) We are using ESL materials published for students in America. I decided to drop the chapter about our American government system and how to apply for citizenship, and I substituted brief daily discussions and practice on job interviewing, in English.

Employees of the national health insurance program are in our second group of students. They have such a charming camaraderie and like to share information about their lives with us. Perry’s group is advanced and enjoys practicing English on some challenging topics and learning about idioms. My group is still learning vocabulary, struggles with idioms, and really enjoy my American magazines, especially Better Homes & Gardens.

A critical part of our English curriculum for adult learners is teaching idioms. My students call them “crazy American saying”. When I thought about the words in an idiom and then their meanings I could understand how incredibly difficult the idioms are for English learners to understand and we constantly use them in our conversations and writing.

Poland does not celebrate Halloween. Our adult students and the elementary students at a village school are very interested in learning about it. The volunteers in elementary schools and at the afternoon children’s shelter plan to have students carve a pumpkin and make some masks along with reading some stories.

Traces of the Communist rule of this country continue. Tailgating by drivers of trucks, buses and cars (even at high speeds) is a way of life as is tailgating in line in the stores. More than one student shared drivers and people in line need to “stay close” as to not have someone crowd in line. The people previously endured long waiting lines as it was a way of life to get the limited goods and services under Communist rule. The highways in Poland are two lanes with wide marked shoulders on each side. Drivers are expected to drive on the shoulder to allow cars and trucks to pass “down the middle”. Cars are typically very small as gasoline is about $8.00 per gallon, the roads can be marginal in some places and speed laws are “challenged”. As we rode in trains and in cars, auto parts businesses can be seen with the mangled remains of cars from high impact accidents. Yes, along the side of roads are many small crosses with artificial flowers as memorials to crash victims.

It is quite interesting to watch our adult students read and discuss American menus. Many students ask why there are no Polish food on the menus as the students think it is quite good. The students are amazed that restaurants [Denny’s, Bob Evans, and Sizzler] can offer so many items and have pictures of the food. Polish breakfasts have been “hearty” with eggs, fried apples, or omelets. Also served at breakfast are fresh fruits, yogurt, a plate of sliced meats, cheese, tomatoes, cucumbers, and peppers, and a basket of bread and buns. Dried cereal and aseptically packaged milk are also offered. Coffee, tea and juice are also available. Lunch is the big meal of the day. Lunch usually is a hot meal with soup, meat, potatoes, a vegetable or vegetable salad, and tea. (continued page 4)
Addressing the Challenges of an Increasing Older Population
Submitted by Corinne Thomas, Minter College

"I never thought I’d live this long." – Shared by an older lady in a retirement home. "(Living Clif)."
"Americans eighty-five and over are the fastest growing segment of society today." (Navasky & O’Connor, 2006). Numerous medical and technological advances allow people to live longer. However, many individuals have not thought through the implications and consequences of living longer. Being a member of the older population in American society is very difficult for some, primarily because of a lack of quality care and support.

"America is a society that pretty much believes that the people who should care for the elderly are the members of their own family. But, that is becoming an increasingly difficult task for families. People are having fewer children. Families are smaller – less stable, geographically spread out. The time of caregiving has gone from months before death to years (or in some situations, up to a decade), where people are simply living longer in conditions that are deeply needy." (Kass, 2005). With the numerous responsibilities of family members today, many have not planned how to take care of their ailing parents or family members – whether through in-home care, assisted living facilities, or nursing homes. As a society, we do not appear to understand how to respond to the challenges that face the older population.

Referring to the questions on a survey measuring perceptions of the elderly: "This is depressing, I really don’t know what they go through. I don’t know how to respond. I’ve never really thought about this before." – Overheard from a junior at The Master’s College, Santa Clarita, CA

The U.S. Census Bureau predicts that one in five will be gerontologically advanced by the year 2030. (Hobbs, 2001). Research shows that there are different types of aging – chronological, biological, and psychological. (Merck & Co., Inc., 2004, p.3-4). Within these categories, a variety of issues emerge, including physical, emotional, mental, and spiritual challenges. Is America prepared to meet those needs?

Referring to a response relating to the study of the older population: "You’re studying this? Wow. I did not think anyone really studied this. I’m taking care of my own parents right now, and it’s tough. I mean, sure...there’s social services, but it’s different with family. I just try to do my best, you know?" – Shared by a librarian in Burbank, CA

"Be proactive, not reactive, whenever possible." (Somers, 2006). How can we, as a society, be proactive? How can the Home Economics – Family and Consumer Sciences discipline participate in equipping American families to respond to the increasing population of older relatives? Our discipline is in a strategic position to address the training needs of American families today in relation to the increasing older population. The discipline can use its knowledge base to assist in alleviating many of the tensions created by the unpreparedness of the increasing older population to adapt to a potentially modified lifestyle. We can participate in preventative measures before crisis management is needed – the challenge is already diagnosed; it is now our opportunity to respond while the chances of recovery are still high.

The Master’s College is conducting research in relation to our perception of the older population and their needs. If you would like to participate in the survey, please visit www.masters.edu/elderlysurvey.

*References available upon request.
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A sweet dessert is commonly served after dinner. One common dessert is kremówka, the favorite dessert of John Paul II. This dessert has a custard crème filling between two flaky pastry layers and topped with confectioner’s sugar. Polish people commonly have a jar of Nutella (like chocolate frosting with hazelnuts) on the table. Peanut butter is a fairly new product and has not been well received.

On November 11, Polish citizens celebrate Independence Day (WWII). However, they will not wear their patriotic colors, red and white, as that brings of the negative memories of the Communists requiring them to wear them in the past. One tradition started by the Communists continues to be common. While the term “flat” or “apartment” is being replaced with “politically correct” word “townhouse”, the purchase of a home is very interesting. When a person purchases a new flat, apartment, or townhouse, it is basically a cinderblock box with a front door and windows. In some cases, the buyer is responsible to build the internal walls and, in other cases, this will be done by the builder. It is expected that the new owner will install the bathroom fixtures, inside doors, kitchen cabinets and fixtures, put texture and paint on the walls, and install flooring. In the Communist era, Polish people signed up on lists to buy furniture, appliances, and cars. When the items arrived, there was no choice of style, color, or accessories. We saw many car dealers selling new and used cars, and many home improvement businesses selling furniture, paint, bathroom fixtures, and flooring. We took note of the many stores that sold doors. Choices!

Let’s talk basics, laundry. We were told there is no such thing as Laundromat business in Poland. People have small washing machines or do laundry by hand in plastic basins. The people do not use dryers as they use costly electric. My students told me they use “natural drying” by hanging wet laundry items on the bathroom wall heaters and on various clothes racks. The students told me it takes 24 hours to dry most clothes using this method and they are accurate!

Perry and I were able to watch people leave church and then go vote in their national election. Their leaders were changed and our students are waiting to see if the changes that were promised will happen. Poland has been plagued with high unemployment for several years. The unemployment rate has been cited as high as 19% by some of our students. However, the students smile when they report this number has been dropping. There have been several responses to the problem. One response is to learn English and improve employment chances. Another response is to leave the country to another EU country for work. Going to England appears to be a popular country to find employment and to be able to save money. Another response is to try to start a small business and work long hours. What is unclear is the impact on the country when it’s talented and skilled work force leaves (and some do not return) and what is the impact on the families of Poland now and in the future when family members leave. Poland is a country where the family unit has been an ever-present and critically important “glue” in its evolving history.

Global Volunteers uses “adventures in service” as its motto. Yes, as advertised, it has been a 3 week adventure in service to our diligent students with a very long list great memories and learning for us. We leave Poland with memories of its people, everyday life, a holiday, an election, and some enthusiastic students wanting to learn English.

Betty Knopf

(Check out www.GlobalVolunteers.org for more information as various programs are in over 20 countries)

P.S. Please consider making a holiday gift to our association. The deadline is December 31, 2007. Please send your donation to: Shirley Veron, CA-AFCS Treasurer 513 Deer Court San Jose, CA 95123-3233
Spend Summer 2008 in The South Pacific (Australia, New Zealand, Fiji, Hawaii)

13 day tour—$3361 for those under 23 at the time of the tour, $3776 for those 23 and over.
Just $95 secures your spot and locks in your price.

Fee includes all transportation (ground and air), hotels, tour guide, admission fees, breakfasts, and three dinners.
Students and non students welcome.

Estimated departure date: July 19, 2008

2 days in Honolulu, 4 days in Sydney, 1 day in Auckland, 2 days in Rotorua, and 2 days in Fiji, 3 sightseeing tours and 11 attractions

Contact Professor Anne Marenco at 661/362-3685 or anne.marenco@canyons.edu or go to www.csun.edu/~amarenco for more information and a detailed itinerary or to enroll in the tour.
CA-FACS News

Educational Trip to Germany & France
IKA 2008 Culinary Olympics
Northeast France, Strasbourg & Colmar
October 19-28, 2008

Spend 2-1/2 days watching the top competitive chefs of the world compete in this event. Root for the U.S. team who has won in past years. The coach of the U.S. team is our very own Southern California FSEC Executive Chef at the So. CA. Gas Co. in Downey, Jill Bosich.

Here are some highlights of our trip. After Erfurt, Germany and the Olympics, we will travel to Frankfurt, have a Rhine tour and visit romantic Heidelberg. Then we head on to Strasbourg for a canal trip and a cheese presentation at the La Cloche a Fromage. At Brasserie Kronenbourg, we will visit a beer brewer and then a foie gras production and tasting event.

We will continue through 170 k of storybook villages, visit wineries. In Strasbourg visit Chateau's.

- $3,350.00 per person, double occupancy (includes coach airfare)
- $520.00 Single supplement

- Programs Approved by the American Culinary Federation for Continuing Education Units

*Contact Professor Emerita Sandi Lampert at sandilampert@sbcglobal.net with your interest.

This educational Culinary adventure will include: round-trip coach airfare, Los Angeles/Frankfurt, 8 nights hotel accommodations including daily breakfast, ground transportation by fully appointed & deluxe motor coach including airport transfers in Frankfurt, unique gastronomic dining experiences, wine tasting, professional & cultural visits as per the itinerary, all taxes & tips, & 1 French phone card.
Letter from the Editor...

Welcome to the last issue of 2007 for CONTEMPO, the official newsletter of the CA-FACS. The past year has been very exciting and very busy! As always we bring you the latest news and service announcements, upcoming events, member updates and more. As we prepare to wrap up this year, and look ahead to the future, we would like to thank you for your support and interest in our work; and we hope you will continue to support and participate in the CA-FACS.

Please join me in congratulating our Board members on an outstanding year... We hope you enjoy this issue, and invite you to share your views by commenting on the articles.

If you are interested in writing for CONTEMPO, please email me at psedukter@gmail.com. If you would like to sponsor this publication, please email Betty Knopf at fpstude@agci.com.

Without a doubt, this is my favorite time of year. There is a shift in the seasons, and something clicks in all of us. As we breathe in the fresh, crisp air, memories come pouring in of the smell of fresh cinnamon in rich holiday dishes, and treasured gifts from even more treasured loved ones. I would like to take this time to personally wish you a very happy holiday season and a wonderful, and exciting new year.

Sincerely,

Lenada Bell
SIGN UP NOW for Contempo by E-mail
Contact Betty Knopf, PhD at fpstude@aol.com

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Volunteer for AAFCS Committee 2008 Deadline

December 31, 2007
Association Matching Donation Deadline

June 19-22, 2008
AAFCPS 99th Annual Conference
Milwaukee, WI