President’s Message

Happy Summer Everyone! This past June, I had the opportunity to attend the American Association of Family and Consumer Sciences (AAFCS) National Conference in Milwaukee, Wisconsin; and it was a wonderful experience!

One keynote speaker was Dr. Douglas Gentile of Iowa State University, who presented a research study about the effects of media violence on children. It was truly eye-opening and extremely informative and I would highly recommend his books on this particular subject.

The association informed everyone in attendance at the conference about the Centennial Development Campaign, which is now underway across the country. It will serve to fund many national AAFCS awards, scholarships, and other funds, as well as specific Centennial Celebration activities to be held at our national conference in Knoxville, Tennessee in 2009.

I encourage you to consider making a contribution to the future of our association in this unique way when the opportunities are presented during the next year.

The California Affiliate has moved back its next biennial conference to be held in Sacramento one year, from 2009 to 2010, so that the California members can put their time and resources into planning for and making preparations to attend and make presentations at the AAFCS Centennial Conference at Knoxville in 2009!

Our state and national conferences are immense benefits for our association membership. They allow for enhanced learning and many opportunities for professional development and networking with many of our colleagues and friends across the country.

I encourage you to consider attending the celebratory Centennial conference next year in Knoxville—and also our next state conference in Sacramento in 2010!

I welcome any ideas you may have on ways to celebrate 100 years of our association during the next year...just E-mail me! Enjoy the rest of your summer!

Marge Lichty, President
mlichty@csulb.edu
Call to Fall Board of Directors Meeting!

To: CA-AFCS Executive Board, District Presidents, Committee Chairs, Past-Presidents, and Invited Agenda Guests

This is the official call to the Fall CA-AFCS Executive and Board of Directors meetings. You are urged to mark your calendars and prepare accordingly. Please rsvp to Marge Lichty, President-Elect if you will be attending (562-985-7492 or mlichty@csulb.edu). This call and the agenda will also be emailed to each person on the agenda on July 31st.

CA-AFCS Board of Directors Meeting
Saturday, September 20, 2008
9:00am – 4:00pm
Lions Gate Hotel and Conference Center (Sherman Room)
3410 Westover Street, McClellan, CA 95652   (866) 866.7100  www.LionsGateHotel.com

CA-AFCS Executive Board Meeting (executive officers only)
Friday, September 19, 2008
6:00pm – 8:00pm
Lions Gate Hotel and Conference Center (Restaurant)
3410 Westover Street, McClellan, CA 95652   (866) 866.7100  www.LionsGateHotel.com

You may call (866) 866.7100 if you would like to reserve a room for Friday, September 19, 2008. The rate is $99.00 per night, plus taxes (1 king or 2 queen beds) if you reserve by August 19th. Mention the code: CFCS.

There is a free shuttle to and from the Sacramento airport. You need to call the hotel the day before your trip arrival at 866-866-7100 to request the free shuttle for pick-up. There is also a free shuttle from the hotel back to the airport every 30 minutes on Saturday.

There is free parking in the area across the street from the hotel.

There is a free continental breakfast on Saturday and we will eat lunch in their restaurant in the hotel, which will be at your own expense.

Each person attending the Fall Board Meeting representing a district, a committee, or a group is requested to write an article for Contempo. The article could include completed activities and plans for the coming year such as meetings, community service, professional development, membership development, or member recognition, etc. Email it to our editor Lenada Bell (nseduktr@gmail.com). Bring hard copies of your article/report to the Board Meeting to share at the meeting.

Please Note: All CA-AFCS current members (including current and past officers, and committee chairs and members) may attend the Board of Directors meeting. However, please recall that CA-AFCS Policies and Procedures state that: 1) executive board members are reimbursed for travel expenses up to $250.00 for spring and fall meetings, 2) district presidents are reimbursed for fall meeting expenses only, and 3) invited committee chairs or other members on the agenda are reimbursed for either meeting only when specifically invited to attend the meeting to make reports, etc. (they will be listed on the meeting agenda).

If you have any questions, please contact President Marge Lichty at mlichty@csulb.edu or 562-985-7492.
Money Matters  By: Shirley Vernon

Income for the 2008-2009 Fiscal Year beginning June 1, 2008

Ways and Means sales at National Convention $ 500.00

To date, there are no dues sent from national. Expenses include:

- Contempo $ 272.97
- President (National Convention attendance) $1,000.00
- Ways and Means (Cookbook CD copies) $ 332.20

Cash Balance (as of August 8, 2008) $8,615.93

There is a $25,000 Certificate of Deposit—Matures with interest November 2008.

The number of members in the state on June 1, 2008, in each district is used to determine the individual district's share of insurance cost.

If there is no increase in the E-Risk Policy, each member's share will be $5.10. This is a ten cent increase over last year, but there are fewer members.

The district's cost share is withheld from their share of dues until the amount is met. For this reason, districts often do not receive a dues check until after the first of the year.

The Board of Directors has authorized two dues checks to the districts per year providing the district is entitled to the funds. In past years, up to four checks could be issued.

Shirley Vernon, Treasurer
North Central District Program Focuses on Children in Crisis
Submitted by: Roselene Kelley

The North Central District presented a highly successful program in March of this year. In cooperation with the Human Development and family Department of Sierra College, a panel presentation was organized with the topic of: Crisis and Intervention for Children at Risk. The program was presented on the Sierra College campus. Approximately fifty people attended, which is a large turnout for the meetings in this district.

The Saturday morning event began with a check-in and morning refreshments, which were prepared by the Nutrition classes, under the supervision of NCD members, Professor Clare Dendinger and Associate Professor, Marcia Goodrich. Recipes were provided for the nutritious and delicious snacks. A collection of healthy recipes was also sold with the proceeds going to the NCD scholarship fund.

The panel presentation was organized by Lori Capaul and Roselene Kelley, both NCD-FCS members, and included representatives from each of the following community agencies and programs: Sacramento Crisis Nursery, Women, Infants and Children Nutrition Program (WIC), Sierra College Foster and Kinship Education Program, People Reaching Out and Youth Connections Unlimited. Each panel member was asked to address the following questions:

1. What family circumstances or parental factors are reflected in the children in your program?
2. What societal forces or factors are present which are related to placing children at risk?
3. How do children get involved in your program? 4. describe your program philosophy.
4. What successes can you tell us about?
5. What do you see as the needs of family and community to lower risks to children?
6. What do we need to do to protect children from negative forces in families and communities?

These programs are all quite comprehensive and reflected support to families and children from infancy to the teenage years. They emphasized the need to provide a variety of opportunities for children and youth to develop a sense of safety, security and significance in our society. It became clear from the presentations that there were many common threads emerging. It appears that the central focus of our AAFCS is closely aligned with the philosophy and goals of these community programs as we strive to empower individuals, strengthen families, and enable communities by providing educational programs, developing communications, and influencing public policy.

The Human Development and Family and Nutrition students were encouraged to attend this program and were an “enlightened” group at its conclusion, with many eager to learn more and volunteer at the various agencies represented. We hope they will also consider Family and Consumer Sciences as a viable career choice.
Website Renovations

By: Corinne Thomas, CFCS - VP Communications

Communication – noun.
   The imparting or interchange of thoughts, opinions, or information by speech, writing, or signs.
   The art and technique of using words effectively to impart information or ideas.

In this day and age, communicating clearly and effectively is crucial, and we have been given numerous tools to do so – our minds, our words, paper, writing utensils, telephones, websites, e-mail, etc. The key is actually utilizing these tools to communicate!

Our website is one of the California Affiliate’s most visible tools (www.aafcs-ca.org). Through this electronic space on the Internet, we can share our history with others, provide resources for our members, allow visitors to learn more about us, help students in their professional growth, and keep us connected and informed.

Currently, our website undergoing major changes to bring it up to industry standards. We have also created a special “Student Edition” of the site, geared towards the student members of our organization. My desire is to encourage more participation from our members by giving them quality information and tools they can use.

We would welcome any pictures, ideas, and content you would like us to consider adding to the site! Please feel free to contact me anytime at corinne@cgthomas.com or 818-217-7318 with any questions you may have.

I look forward to hearing from you soon! And please…do visit us online at www.aafcs-ca.org!

CA-AFCS Election 2008

Submitted by: Rachael Libolt

The count is in on the 2008 Official Election Ballots! Some of you chose to vote by E-mail, while others used the United States Postal Service, to submit your vote. All ballots were received or postmarked by July 1, 2008.

Congratulations are in order to Allen Martin, PhD., on his EEF four-year, committee appointment. The results for the nominating committee member is pending a Write-In Candidate’s possible acceptance.

Respectfully Submitted,
Rachael Libolt
CA-AFCS Secretary
Election Teller
Located in Santa Clarita, California, The Master’s College is a private Christian liberal arts university that serves a student body of around 1,000 students. It offers thirteen major fields of study with fifty-four distinctive emphases. It is committed to cultivating students’ “intellectual curiosity, a habit of careful analysis of such truth, including as many differing views of truth as are possible within the context of the student’s major.” (The Master’s College, 2008)

The Home Economics-Family and Consumer Sciences Department is one of the gems of the college. Located in a remodeled home surrounded by beautiful trees and grassy lawns, the department offers its students a quality education and state-of-the-art equipment in its labs.

A new HE-FCS major recently wrote, “This is what Home Economics-FCS has taught me: excellence - excellence in my spiritual life, which should not entail any shortcuts, and excellence academically, where excellence is not perfection. This is something that every Christian woman needs to learn - and I am still in the learning process and always will be.” (2008 in Retrospect, 2008) Classes cover all major aspects of the Family and Consumer Sciences discipline and a heavy emphasis is placed on conducting relevant, quality research and obtaining real-world experience through internships. Several students have had their undergraduate theses published by the Kappa Omicron Nu Honor Society (www.kon.org). Others have taken their skills and used them to enrich the lives of individuals and families both locally and globally. Whatever path each student decides to take in the field, they leave trained and committed to pursuing excellence in all that they do.

For more information on the Home Economics-Family and Consumer Sciences Department at The Master’s College, please visit www.masters.edu/hefcs.
MODERN FOOD TECHNOLOGY: AFFECT on HUMAN HEALTH, FOOD AND NUTRITION
Presented by: Claudia Sealey-Potts, PhD, RD, Sam Houston State University Submitted by: Amber Bradley

The food industry today’s aim is four fold: shelf-life, variety, nutritional quality and income. Current food processing technology included freezing, fermentation, heat sterilization, heat processing (steam, water or hot air) evaporation, distillation extrusion, irradiation and biotechnology.

Food biotechnology has gained increasing attention within recent years. It has a long history of use in food production and food processing. Food technology represents both traditional breeding techniques as well as the latest techniques based on molecular biology. Modern food biotechnology techniques in particular have opened up great possibilities of rapidly improving the quality and quantity of food available.

Food biotechnology is defined as the application of biological techniques to food crops, animals and microorganisms to improve the quality, quantity, safety, ease of processing and production economics of food. In agriculture, biotechnology includes the application of tissue, culture, immunological techniques, molecular genetics, and recombinant DNA techniques in all facets of agricultural production and agro-industry. Food biotechnology is used in manipulating or modifying DNA for the purpose of improving quality and/or safety of foods. It employs the tools of genetic engineering to improve plants, animals and microorganisms for food production.

Food biotechnology usually describes one of three processes: direct modification of DNA in plants, animals or microbes that are used for food (popularly known as GMO’s); use of microbes or microbial products as food or food additives; and using DNA or protein bases methods for detection of microbial products in food.

Transgenic plants involve transferring genes from virtually any organism to another related or unrelated specie. As a result, by 1994, 51 transgenic crop varieties have been released in the U.S. Traits introduced in recombinant crops, and transgenic plants include herbicide resistance, insect resistance, sterility or fertility, delayed ripening, virus resistance, modified lipid profile and improved nutritional content.

Recombinant microbes so far are limited to recombinant microbial enzymes and a recombinant hormone which includes bovine growth hormone (BGH) to boost milk production and recombinant chymosin (rennet) is an example of a recombinant enzyme produced by enzymes used in cheese making. The U.S. public largely opposes to its introduction into the dairy industry even though it was deemed to be safe by the U.S. FDA. rBHF cannot be used legally in Canada, Europe and many other countries due to animal welfare concerns and/or concerns over potential effects on human health. It should be noted that the concerns on animal and health are linked to the hormone itself and its effect on bovine metabolism, rather than to the fact that rBGH is recombinant. Lack of commercially available transgenic animals is surprising given the amount of success with plants. Referred to as molecular “pharming” (animals with genes inserted from another organism) is being used to provide solutions for disease treatment, organ transplant shortage and food production. In some cases, biomedical researchers are modifying mammals to produce therapeutic proteins—such as those already used to treat cancer, heart attacks, hemophilia, rheumatoid arthritis, and other diseases—in their milk. Other scientists are modifying pigs so that organs transplanted into humans will not be rejected.

(continued on page 8).
MODERN FOOD TECHNOLOGY (continued from page 7)

For farmers and consumers, transgenic animals offer the hope of increased supplies of meat, milk and eggs that are more nutritious and allow farmers to raise animals with less feed and have less impact on the environment. Increased public demand for seafood and dwindling natural marine habitats have encouraged scientists to study ways that biotechnology can increase the production of marine food products, making aquaculture a growing field of transgenic animal research.

In microbial biotechnology, the food industry microbes are grown for one of four reasons. They are to produce a compound that is useful either as a food additive or as a food; to produce enzymes that can be used to modify the properties of foods or food ingredients; to transform a food into a different type of food and to transform waste products of the food industry into less environmentally harmful products.

Biotechnology is also being used as a diagnostic tool for food safety. Monoclonal antibodies are being used to identify viruses from samples of body fluids in individuals with food-borne illnesses. DNA-based methods such as polymerase chain reaction (PCR) and labeled probes are currently used to identify pathogens in transgenic soybeans and corn.

Benefits of biotechnology include alleviating food shortages in developing countries, minimizing the impact of food production on the environment and improving the nutritional health of populations. First generation biotechnology products have directly benefited agricultural producers through increased yields and reduced production costs.

Second generation GM foods addressed consumer needs for flavor, freshness, nutritional value, extended shelf life and product consistency.

Biotechnology may have another effect on human health. Gene Therapy is trying to correct genetic disorders by replacing a defective gene with functional or normal ones.

Earliest successes have been with single gene disorders such as cystic fibrosis, Duchene muscular dystrophy and familial hypercholesterolemia. Overall gene therapy is marginally successful so far.

While some aspects of biotechnology are relatively free from controversy such as the use of microbial products (chymosin in cheese or xanthan gum in salad dressings), others are questioned. Transgenic plants and animals have aroused controversy among activists and consumer groups, especially in Europe and Britain. The EU and UK have enacted legislation which requires labeling of foods containing recombinant crops. In the U.S. and Canada there is no label legislation and labeling is voluntary. Concern has also been expressed about inadequate testing for the presence of allergens and toxins. Also expressed is concern about "unnatural" mixing of genes that would never occur using normal reproductive processes. Concerns are expressed too about herbicide resistant crops becoming "superweeds" and harming insect species.

Many concerns and positive aspects are emerging. The results only time will tell.
Margaret Mead said, “Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has.” As an organization we must define our role within society, through our own discipline and our roles as students, educators, and family members.

Our group, although small compared to organizations around the world has begun to define itself. We believe that by helping the community we can better ourselves as an organization as well as grow as strong, caring, thoughtful, committed and understanding citizens.

This Halloween season we have decided to donate money through fundraising to Habitat for Humanity, a nonprofit, nondenominational housing ministry, whose objective is to build houses with and for those who lack adequate shelter. This will mark our first fundraiser to benefit an outside organization. In supporting this foundation, that helps families and communities thrive, we highlight everything that Family Consumer Sciences is about.

SAFCS will be selling Tootsie Pops decorated as ghosts, donated by Albertson’s. Regardless of the amount of money raised, (as John Ruskin stated, ”A little thought and a little kindness are often worth more than a great deal of money.”) we are learning to give back to society,

In the semesters to come you will be hearing more about our views on social responsibility and what we are doing to give back.

To learn more about Habitat for Humanity visit their website at: www.habitat.org.

-Amy Wolpa
Family & Consumer Sciences
California State University, Northridge
Sign up NOW for Contempo by E-mail
Contact Margaret Lichty, PhD at mlichty@csulb.edu

INSIDE CONTEMPO
AUG/SEP 2008

President’s Message Page 1
Fall Board Meeting Page 2
Money Matters Page 3
North Central District Page 4
Website Renovations Page 5
CA-AFCS Election Page 5
Closer Look: The Master’s College Page 6
Modern Food Techn Page 7
Modern Food Tech (cont’d). Page 8
SAFCS Leadership & Volunteer Page 9

CALENDAR

September 20, 2008
CA-AFCS Board of Director’s Meeting
Ramada Inn & Plaza
Sacramento, CA