Greetings, Members!

Approximately 1000 of the association’s 7000 members attended the AAFCS Annual Conference, Expo and Centennial Celebration in Knoxville, TN on June 24-27. AAFCS members across the country came together to celebrate the past and look to the future of the organization. The general sessions featured a historical look at the Pampered Chef corporation and a panel discussion of environmental issues from a variety of perspectives. The pacesetter dinner was a celebration to recognize past and current award recipients, as well as long time members who have shown loyalty and dedicated service to our profession. An appearance by “Ellen Richards” (Joyce Miles) highlighted the philosophy and vision of our original founder in a dramatic reading with two new AAFCS professionals. Another highlight was the poster exhibition in the Expo Hall which illustrated 35 state affiliates’ historical facts, features and photos. Well-attended educational sessions covered all areas within the profession and provided stimulating new information and interesting connections to our past history. The final event was a centennial celebration that included a social hour, dessert, speeches, a laser light show, and a lovely glass block Betty Lamp memento given to all attendees. It was a conference and celebration to remember for all times.

Let’s use the energy generated at this celebratory conference to promote and innovate and hold true to our core values of family, integrity, ethical behavior and life-long learning, to name a few.

Marge Lichty, President
mlichty@csulb.edu
## CA-AFCS Financial Report
For June 1, 2008 to May 31, 2009

### INCOME

<table>
<thead>
<tr>
<th></th>
<th>08/09 Actual</th>
<th>08/09 BUDGET</th>
<th>09/10 BUDGET</th>
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<td>Conference</td>
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<td>Carry Over</td>
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### EXPENDITURES

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### Net Total

Net Total: $1,525.98
Balance in Checking 5/31/2009: $10,050.85
Certificate of Deposit 5/11/2009: $25,725.30
Total Assets as of 5/31/2009: $35,776.15

### Comments:

There was an error in the addition on the budget total for 08/09 so $100 over Budget Income
Ways & Means: Note Cards=$270.60; Cookbooks=$455; Centurion Campaign=$1400
Misc Income: EEF pays one half of tax preparation fee
Restriction Donation to be used for Program Only
$1,416 is still due to the districts. Contact Shirley Vernon for more information.
09/10 Budget Approved Feb 28, 2009

www.aafcs-ca.org
The Community of Global Perspectives (formerly International Division of AAFCS), led by CA-AFCS member Mary Turner Gilliland, met during the AAFCS Annual Meeting in Knoxville, TN. Attendees included members from around the USA, as well as a visitor from India. This Community is open to all AAFCS members with an interest in world home economics/FCS programs and opportunities. The group sponsors representatives from AAFCS, an NGO (Non-governmental Organization), to the United Nations in New York.

During the 2009 AAFCS meeting, Global Perspectives co-sponsored a luncheon, at which Dr. Angali Capila from New Delhi, India, spoke about her work with impoverished women in that country. She organizes programs to empower them to improve their communities and to develop positive self-images. Her words were impressive, as were the photos and drawings (she is an accomplished sketch artist!) she used to illustrate her presentation.

Two representatives to the United Nations from IFHE (International Federation for Home Economics, based in Bonn, Germany) presented their knowledge of Food and Water Safety at a panel discussion sponsored by the Community. Mary Miller, of Burlingame, CA, and Mary Covington, of New York, gave participants an overview of UN programs that benefit human health through clean water, conservation, and education of good farming techniques. The two Marys provided many handouts from the UN for session participants to share.

Global Perspectives’ future plans include searching for home economists/FCS professionals who have served as Peace Corps Volunteers, to celebrate the 50th anniversary of the Peace Corps’ founding in 2011. Another project will be establishing an annual grant for AAFCS members, including students, doing international work.

To become a member of the Community of Global Perspectives, log on via the AAFCS web site (e-mail address and AAFCS membership number required), click on “Global Perspectives,” and then click “join.” We look forward to meeting you online!

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**Centurion Campaign Update**

Thanks to all of you who have made a donation or purchased note cards during the Centurion Campaign. The following members are Centennial Centurions having donated $100 or more to our campaign:


It is not too late to send your donation in for our Centurion Campaign. Those donating $100 or more will still receive a Centurion Certificate of Appreciation.

Thanks again to all those who are strengthening our professional association!

www.aafcs-ca.org
Special Focus: FCS Students
The following articles focus on the many efforts and activities of our students

Promoting Undergraduate Research: 2008-2009

The Master’s College Home Economics-Family and Consumer Sciences students engage in significant research throughout their educational sojourn in the Department. Home Economics-Family and Consumer Sciences 300, Fundamentals of Home Economics-Family and Consumer Sciences Research, is designed to give our students experience with the development of an undergraduate research topic. Ideally, students enroll in the course in their sophomore year. They learn all of the research methodology applicable to upper division and graduate research projects...from the selection of a topic to the final oral defense. Visit the Home Economics-Family and Consumer Sciences page on The Master’s College website to read their abstracts (http://www.masters.edu/hefcs). The topics from this spring’s course included:

Perceptions of the Needs, Issues, and Solutions of Post-Adoptive Families
Katie Abbott

The Perceived Influence of a Father on His Daughter’s Development
Caitlin Goossen

The Perceived Influence of Family Togetherness on Junior High Students
Jamie Hernandez

The Effects of Older Child Adoption on the Family
Lisa Hutton

The Perceptions of the Portrayal of Men in the Media
Chelsea (Griffin) Jové

The Effects of Open Adoption on the Birthparents, Adoptive Parents, and Adopted Child
Lorraine (Harriger) Newton

Students producing exemplary research are invited to prepare their research findings for the Kappa Omicron Nu, the National Home Economics-Family and Consumer Sciences/Family and Consumer Sciences Honorary Society Journal. During the 2008-2009 academic year, Sarah Danielsson, Jessica Crabb, Rebekka Kelly, Erica Sanders, and Anna Tsang prepared their theses for publication. The abstracts from two research findings are included in this edition of CONTEMPO. Visit the KON website (www.kon.org) and click on URC, Volume 8 to read their articles. Previous volumes of URC also display research findings including those of our CA-AFCS Vice President of Communication, Corinne Thomas. Her topic, “Relieving Current Immigration Tensions Through Home Economics-Family and Consumer Sciences” is found in Volume 5.
Providing Orphan Care Systems in Developing Countries

By: Rebekka Kelly
The Master’s College

Abstract

Research communicates that orphans, particularly in developing countries, have a significantly greater tendency towards symptoms related to Post Traumatic Stress Disorder. It is strongly suggested that the type of care orphans receive impacts the development of the orphan. The purpose of this study was to determine whether or not the care system received by orphans significantly affects their socioemotional development. A survey using a four point Likert-attitudinal scale for measuring participant responses was distributed to students attending Preparation for Global Outreach (which is a required class for those preparing to go on a short-term missions trip) at the Master’s College. The survey results indicate an agreement with current research suggesting that care systems indeed impact the socioemotional progress of orphans in developing countries. It can be concluded that the symptoms generated by traumatic circumstances undergone by orphans can be alleviated in varying degrees based on the care system.

To read more, please visit www.kon.org/urc/v8/kelly.html

The Effects of Working Mothers on Sibling Rivalry

By: Anna Tsang
The Master’s College

Abstract

Research suggests “links between maternal management styles and sibling relationship quality have been established” (Howe, Fiorentino, & Gariety, 2003, p. 187). The purpose of this study is to determine whether or not sibling rivalry is affected by working mothers. The survey instrument, which requested demographic information in addition to six Likert-type scale questions, was distributed to students at the University of California, Davis, and The Master’s College in Santa Clarita, CA, during the spring of 2008. STATPAK was employed to examine the data and the One-Dimensional Chi-square test was used for data analysis. All but one of the responses met the level of significance in the results. The conclusions of this research are such that they suggest that the relationship between siblings appears to be a multi-faceted relationship influenced by various factors.

To read more, please visit www.kon.org/urc/v8/tsang.html

SAFCS Gives Back

By: Valerie Yu & Erin Matthews-Maxwell, M.S.
California State University Northridge

The Student Association of Family and Consumer Sciences (SAFCS) always starts the academic year off with a Spaghetti Social. SAFCS invites anyone and everyone to come and join us for a meet and greet with the new officers and advisor, Professor Matthews. It is a great time to relax and get to know each other and often other professors show up to enjoy the food and company. We are lucky enough to be funded by the restaurant Buca Di Bepo. They have been a great support in many of our gatherings.

Continued on page 7
A t Point Loma Nazarene University our year started on September 4, 2008 with our annual FCS Fall Get-Together. We met in our Quad and had a Build-Your-Own Tostada Bar. FCS students, faculty and staff had a great time meeting and greeting each other. A new version of the Faculty & Student Trivia Game guaranteed laughter for all. Office/school supply prizes were awarded to the well-informed or at least the best guessers.

On October 1, 2008, FCS Department Chapel theme was *Plant Your Seeds with Us*. Each faculty member brought an object that was illustrative of them and explained why it was a seed that had flourished in their life. We all enjoyed Professor Cindy Swann’s demonstration with her plastic food. She turned a revealing moment about her life into a learning seed for everyone present but isn’t that just like a teacher!

I can’t resist sharing that I brought one of my many Steeler hats and my Steeler lanyard! This was October 1st before anyone but diehard Steeler fans expected us to even be in the Super Bowl in February 2009 let alone be the first team to ever win six Super Bowls! You can move away from Pittsburgh but you can never abandon the Steelers!

FCS Advising Chapel on October 30 was a bit more exciting than usual. With the major overhaul we gave our FCS curriculum in 2007-08, we had lots of adjusting to do during advising. The students are delighted with the increased course offerings in all our subject areas.

Campus Christmas Celebrations seemed to sneak right up on us just as we were completing the semester. Our Annual Cookie Decorating Get-Together on December 5th was catered by the FCS 445 Catering Class under the capable direction of Professor Margaret Wing-Peterson. The class made healthy snacks and about 15 dozen Christmas cutout cookies. Four decorating stations were set up with colored frostings and sprinkles so students could decorate their own cookies. It was a great time for all and fortified us for Finals Week!

The Spring 2009 events started off with FCS Department Chapel on February 9, 2009. Although early in the semester, this chapel is the last time the graduating seniors attend a chapel with just the Department of Family and Consumer Sciences. As a result, we honor the graduating FCS seniors and ask them to share with the other department’s students their individual PLNU story and their plans for the future.

February is Heart Month and our speaker on February 12th was John Rogers, MD, Cardiologist at Scripps Green Hospital in La Jolla. His topic was Cardiovascular Disease: Reducing Your Risk. Of course, we served healthy refreshments!
SAFCS also wanted to do something for the victims of Hurricane Gustav. In October, we contacted the local Red Cross and decided to make pins. The pins had sparkle red beads on them that would spin (like a hurricane) and we sold each pin for $2. We ended up giving the Red Cross $345.00. We made a lot of pins but with all the hands we had helping it only took us about two and half hours. We have great members!

We also threw our 2nd annual Holiday Party. SAFCS invites everyone, member or non-member, to come to our potluck and white elephant gift exchange. It was great fun, and everyone enjoyed themselves. Often after our parties or school socials we end up getting more members joining SAFCS. It is a wonderful way to network and spread our name.

In the midst off all of this SAFCS puts out a Family and Consumer Sciences themed newsletter every two weeks-The Betty. The Betty has been very busy this past academic year. We have gone from Issue 13 to Issue 29 in one academic year; amazing. The Betty has had themed issues-The Political Betty, The Elderly Betty, and our favorite The “Betty” Betty (it is all about famous Betties that have influenced Family and Consumer Sciences). All of our issues of The Betty Newsletter can be found at www.csun.edu/~matthews

One of SAFCS’s largest events this past year was the 2nd annual Relay for Life at California State University, Northridge. Our first Relay for Life was fantastic and we had so much fun, so we knew as a group we wanted to do it again. However, in the beginning of February our faculty advisor Prof. Matthews got very sick and ended up with a herniated-bulging disc in her back and was unable to return to work. Although we had a sick advisor we stayed in touch though phone and e-mail and Prof. Matthews still managed to raise money for Relay for Life and come out in her wheelchair! SAFCS was the 2nd top fundraising team for Relay for Life and had two members in the Top 5. This was an amazing goal for us to reach! We had about 20 people on our team and all of us worked really hard. The best news... SAFCS won “Best Cancer Education.” We decided during one of our meetings that our chosen cancer would be pancreatic cancer in honor of Patrick Swazye, therefore we did a Dirty Dancing theme, and we won!

Our advisor being injured limited us on the amount of social fundraising we would usually be doing. It will be great to have the entire team back in the Fall and have our main motivator there to help guide us in the right direction.
Family & Consumer Sciences Student Activities at Point Loma Nazarene University 2008-2009

Continued from page 6

On March 19, Professors Cindy Swann and Margaret Wing-Peterson hosted the annual San Diego Dietetics Association Student Night to meet professionals working in clinical, food service management, consulting, health coach, WIC, HIV and Renal. In the fall, Professor Swann also hosted a Dietetic Internship Application Workshop to facilitate information exchange for dietetics students planning to apply for internships. Our dietetics program is growing and we wish them luck in this highly competitive field.

March 30, 2009 brought us to the FCS Advising Chapel and talk about preregistration. Stress is always high at this time of year as the semester starts to hit crunch time and advising comes around to plan for next year. This year the economic crisis in the nation added to the stress and concerns of students. Many were worried that they would not be able to afford to continue in school. Professors Murray and Rogers presented a program on how to take the time in your own life to de-stress. Professor Rogers pointed out that you may need a physical place to find peace. She talked about how Prescott Prayer Chapel on campus was always that place for her when she was a student here. She pointed out that your refuge need not be a real place. She mentally takes herself to Tuolumne Meadows in Yosemite Park when she needs a virtual refuge. Dr. Murray then walked the attendees through a visualization exercise to show the students how just a few minutes away from life’s concerns can reduce stress and even pain. We were so happy with the response that we plan to do it again in the future.

Our last event of the year was FCS Student Night which invites recent graduates of our own programs and other professionals working in our subject matter areas for an evening of Q & A. This event is always well attended and requests to do it more often. Of course getting 10+ speakers to come on one night is more of a scheduling feat than many realize! After a social half hour over refreshments, we broke into subject matter areas and let the students direct the show. With 36 students asking countless questions, the visitors had lots to challenge them but 90 minutes later the event was judged a success by the ones that really matter—the FCS students who attended!

As I write this article at the end of May, the Department of Family and Consumer Sciences is so quiet it is hard to remember just how busy it is during the school year. We have a few classes in the summer but most of our students are off working, participating in missions, studying abroad or looking for a job! Hopefully we are all recharging our batteries for the first day of classes on August 24, 2009!

Have a great summer!

Award Opportunities

It is not too late to nominate an FCS professional in your district for one of several awards, recognizing and honoring outstanding work to improve the lives of individuals, families, and communities.

Award winners will be recognized during the CA-AFCS 2010 Regional Conference in Sacramento, CA.

For more information or guidelines, please contact Linda Gomez-Ortigoza at Got2sew@sbcglobal.net or visit www.aafcs-ca.org/ca/awards/
Job Opportunity

Full time and part-time substitute Cooking teacher Position for adult learners is open at Orientation Center for the Blind, Albany, CA with State of California, Department of Rehabilitation.

Requires CA secondary teaching credential in Home Economics/Family & Consumer Sciences OR a Designated Subjects Career Technical Education Teaching Credential in the subject of Hospitality: Dietetics/Nutrition or Food and Beverage Production or equivalent; having a teaching credential application on file with the CTC for the appropriate credential may also apply.

Applications at State Personnel Board’s web site www.spb.ca.gov or Department of Rehabilitation’s web site at www.dor.ca.gov.

Deadline is July 30, 2009

Questions regarding program contact:
Teresa Torres Garcia, Home Economics teacher at 510-559-1216, ttorresg@dor.ca.gov or Linda Zagula, Cooking teacher 510-559-1204, lzagula@dor.ca.gov

California History Poster

California Product Sales Table
Back: Marge Lichty, Sharon Kleinschmidt
Front: Roberta Null, Amber Bradley

Pacesetter Dinner
Front : Sheryl Heavin, Caryl Gonzales, Joan Frey, Shirley Exeter
Back: Marge Lichty, Kay Wilder

www.aafes-ca.org
Calendar

**July 11-15, 2009**  
Society for Nutrition Education (SNE) Annual Conference

**September 14-18, 2009**  
National Extension Association of FCS Annual Session & Exhibits

**September 30, 2009**  
Contempo Submission Deadline

View our complete calendar online at [www.aafcs-ca.org/ca/calendar/](http://www.aafcs-ca.org/ca/calendar/)

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Students

Do you love writing? Have you done research in an area you would like others to know about? Do you love Family and Consumer Sciences? Want to spread the word?

Then consider being a guest writer on our Student Blog! Contact Corinne Thomas at cthomas@aafcs-ca.org for more information! Represent your school/discipline today!

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**Question of the Quarter**

Inspired by an 8th-grade student interested in “what it’s really like to be in FCS”, we have started this section. Each issue, we will post a question...and we want your answers! For this issue:

*“What drew you to the field of FCS?”*

Send your answers to Corinne Thomas at cthomas@aafcs-ca.org. Answers will be published online and select answers will be published in the Contempo. Feel free to send questions in as well!