



President's Message

By: Barbara Kilborn

Greetings!

You surely have noticed the new look of our newsletter. Corinne Thomas is really on top of things, making sure that California is the first Affiliate in full compliance with the national directive for consistency throughout AAFCS. If you are getting the *Contempo* by email (as the majority of members do), you receive it very promptly and can print in full color. You also save the association a lot of money. Those few members who still have the newsletter mailed to them may continue doing so, but it does add to our costs for printing and postage. **If you do have an EMAIL ADDRESS** and are not receiving the newsletter digitally, **PLEASE** give your information to Corinne at cthomas@aafcs-ca.org or (818) 570-2323.

AAFCFS Website

Check the AAFCS website for your current member information and update it by December 1, 2010. They are having a contest to update your information with them and YOU CAN WIN an amazing Amazon "KINDLE" digital book with downloads from Amazon.com for hundreds of books. Check out the chart on page 6 for step-by-step instructions! Keeping your information up-to-date helps us here in California too, so that

your dues are directed to the correct district.

The Childhood Obesity Effort

The Childhood Obesity effort in California is being directed by Jody Roubanis and Sue Walters as part of the AAFCS "Taking it to the Streets" project. They be calling on members in the various districts to help bring the message to parents and educators in your communities. Each district president should be looking for someone to work as a distributor of information that these two hard working women will be providing to you. The subject is really the stuff we already teach such as: nutrition; cooking skills; family values; life skills; household finances; and child development. We just need the messages to be heard and get credit for our knowledge.



Declining Membership

You are probably aware that membership has declined over the past couple of decades. FCS professionals and teachers join other organizations, and almost half of our members are now retired.

With so many school districts not even teaching Family and Consumer Sciences or Home Economics, young people are not as aware of our field and are not following this career path.

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Market FCS & CA-AFCS!

By: Marge Lichty
Cal State University Long Beach

Wherever you are, wherever you go!

The following is a list of ideas and suggestions for ways CA-AFCS can better accomplish its mission of furthering education and science in FCS. Practice and be prepared to give that 1-minute “elevator” speech on what FCS is to co-workers, colleagues, administrators, students, and other professionals or to strangers whom we might meet on a daily basis.

We can create our own stationary and business cards on the computer or purchase them from AAFCS (aafcs.org), and readily hand them out wherever we go because we never know when someone may want to refer back to that information or contact us. We can wear AAFCS logo items and jewelry when we travel to professional meetings or related discipline professional events and we could share rent for table space to promote our association and profession with handouts that highlight our strengths and accomplishments.

Bulletin boards and display areas can be used to publish research results, or for displaying promotional and informational posters, and “take-one” AAFCS brochures and applications. Flyers for membership, meetings, and events can be slipped into peers’ mailboxes. You can contact your district and state leaders to volunteer for leadership and committee opportunities, and to take advantage of applying for an EEF grant to further education and science in FCS through professional research or projects. Completed projects could be publicized to

reach large groups of people at all kinds of venues to share the results. Write newspaper articles on everything you do related to FCS and CA-AFCS and even invite television reporters to your events!

College students have very tight financial resources. It does require effort, but we should all encourage them to apply for scholarships and to become CA-AFCS members and get actively involved in the association in any way they can. There are still some funding sources that cover conference registrations and travel expenses and when we hear of them, we should pass the information on to students. Many college students are searching for a way to feel that they “belong” and they want to meet and get to know others who have the same career interests, but they don’t know how. We can model professionalism and networking for them by hosting simple socials where we work or in our homes, and invite a professional who is willing to share what they know or what they do with the students.

There are many, many more ideas.....the sky is the limit! I’m just encouraging all of us to consider these ideas and others, and be aware so that you can recognize when an opportunity arises where you can promote FCS and CA-AFCS. ■

Taking It to the Streets: It Starts by Making Connections



Childhood obesity has reached epidemic proportions in the United States. The 2007-2008 NHANES (National Health and Nutrition Examination Survey) reported that obesity now affects 17% of all children and adolescents in the United States. This rate is triple that from just one generation ago! America's obese children are at a much greater risk for elevated blood pressure, cholesterol, diabetes, and becoming obese adults. According to the CDC (2010) the financial cost of childhood obesity tips the scales at 3 billion dollars annually. In February of 2010, First Lady and President Obama established a Task Force on Childhood Obesity. According to First Lady Obama, there are four key pillars:

1. Get parents more informed about nutrition and exercise;
2. Improve the quality of food in schools;

3. Make healthy foods more affordable and accessible for families; and
4. Focus more on physical education.

In the spirit of the Taking It to the Streets (TIS) campaign, Dr. Jody Roubanis is working with Suzanne Morales of the Los Alamitos Unified School District to target the first three of these pillars. As the district food service manager, Morales said she is very interested in aligning her programs with the First Lady's initiative yet is challenged to find the time to research them. Dr. Roubanis now serves as a resource for Morales in this endeavor. Besides making healthy changes in the school lunch offerings, Morales is initiating plans for educating parents and children about child nutrition. Morales's philosophy that the school lunch program is an opportunity to teach about healthy food choices is one First Lady Michelle Obama would certainly espouse.

Dr. Roubanis initially contacted Morales in response to the positive changes made in the school lunch offerings. At the school Dr. Roubanis' children attend, Morales had initiated a Produce Bar from which children serve themselves and are encouraged to choose a variety of fresh fruits and vegetables... yes – more than one serving is allowed! This initial meeting paved the way for a TIS connection. ■

Submit Articles!

Send them to our
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COLLEGES & UNIVERSITIES

Santa Rosa Junior College Excited About New Proposed Sustainable/Green Design Courses

By Elsa Torres, Adjunct Faculty
& Bonnie Panizzera, Interior Design
Program Coordinator

The Consumer Family Studies Department at Santa Rosa Junior College received a CTEA Grant (2009-2010) for the Interior Design Program to research sustainable/green design. Elsa Torres, adjunct faculty interior designer, wrote seven new courses specializing in sustainable/green design for interior designers. To provide a more professionally trained individual, the SRJC Interior Design Advisory Committee acknowledged the importance of introducing sustainable/green courses into the program.

As part of this grant, research was done to determine what was being offered in sustainable/green design at the two and four year colleges in the North Bay. Research indicated there is very little being offered in the North Bay for interior designers. The Interior Design Program Coordinator, Bonnie Panizzera, and the adjunct

faculty are in the process of restructuring the Interior Design certificate and major. Part of this restructuring process is to determine how these seven new proposed courses will be incorporated into the existing program and/or developed into its own sustainable/green design certificate. The new proposed courses are as follows:

1. INDE 70 Introduction to Sustainable/Green Design (Course approved by Curriculum Committee Spring 2010)
2. INDE 71 Green Remodeling for Residential Interiors
3. INDE 72 Green Remodeling for Commercial Interiors
4. INDE 73 Sustainability and the Interior Environment
5. INDE 74 Sustainability and Interior Contract Documents
6. INDE 75 Studio I: Sustainable/Green Design Projects

7. INDE 76 Studio II: New Sustainable/Green Strategies for Home Interiors

The Consumer Family Studies Department received a CTEA Grant 2010-2011 for the Interior Design Program to continue its work in reviewing the current Interior Design program as we try to meet the needs of the emerging sustainable/green design industry.

As part as the CTEA Grant 2010-2011, SRJC Interior Design program will be sponsoring a Sustainable/Green Design Conference in Spring 2011. Plans for this event are underway. The date and time of the event will be announced at a later time. We are hoping to make this conference available to faculty and students from community colleges in the Bay Area. ■

Outcomes of Students Participating in Apparel Construction/Sewing Laboratory Classes in Southern California Community Colleges

By Diane Lewis-Goldstein, PhD, CFCS

I want to thank the California Affiliate of the AAFCS for the financial support to complete this research project through the Extended Education Fund (EEF). I also want to thank and acknowledge my appreciation for the Hazel M. Kuehn Graduate Scholarship. Your resources enabled me to complete my

dissertation and my Ph. D. in Family and Consumer Sciences Education at Iowa State University.

My dissertation grew out of an assessment course which examined assessing objectives using Bloom's Taxonomy, familiar to many educators. Many have written objectives for their classes using

cognitive terms such as knowledge, comprehension, application, analysis, synthesis, and evaluation. In the 1950s Bloom and his associates also wrote a taxonomy of the affective domain that included receiving, responding, valuing, organization of values, and characterization of values. I looked for ways to assess

these areas, particularly in apparel construction/sewing lab classes. I explored and developed a valid and reliable scale to measure the affective domain. This grant allowed me to personally survey seventeen classes in apparel construction/sewing in seven different community colleges in southern California.

The survey instrument had 100 items (plus demographic information) that would assess a) the various levels of the affective domain, b) self-efficacy, c) motivations, d) level of comfort in class, e) feelings of community within the class, f) overall feelings and satisfaction, g) attitude toward the class, and h) quality of students' work. Factor analysis was used to determine construct validity within each section and reliability was determined through Cronbach's

alpha. Factor loadings above .5 were used for validity and all sections of the instrument had a reliability ranging from .7 to .93.

A 5-point scale from 1 = *strongly disagree* to 5 = *strongly agree* was used to measure the levels of the affective domain and self-efficacy. Overall, the levels of the affective domain and self-efficacy were relatively high, hovering around 4 (*agree*). As the levels of the affective domain increased the levels of perceived self-efficacy also increased. A Pearson correlation was also run between each of the research variables. There was a strong positive correlation between satisfaction with the class and attitude toward the class. If a student is highly satisfied with the class it is likely that the student will have a better attitude toward the class. Other correlations

were moderate in nature: between self-efficacy and satisfaction with the class, between self-efficacy and comfort, between self-efficacy and quality of own work, between comfort and sense of community, and between self-efficacy and attitude toward the class.

It is important to remember that we teach more than cognitive skills in our classes. As educators we must be mindful of our students' attitudes and remember that we are modeling attitudes and values of the FCS profession. All educational outcomes are enhanced when we consider the affective domain, which has been linked to increasing creative problem solving, helping, generosity, motivation, mastery, memory, and lasting moral values. These strengthen our students, our communities, and our profession. ■

Tenure Track Position Available

Assistant/associate professor level 2011-2012 in Consumer Affairs

Qualifications: Earned doctorate. ABD considered; Earned doctorate required by August 24, 2011. Appropriate degrees for teaching in the consumer affairs area required. Expertise in family financial services/education desired. One degree in FCS or similar program highly requested. Evidence of effective teaching experience and professional credential/certification licensure requested. Desired family economics/education qualifications include experience in research and industry collaboration, grant writing experience, and experience in student advisement. Applicants must demonstrate a commitment to teaching and mentoring a diverse student population. Candidates who incorporate cultural perspectives in teaching and research are encouraged to apply.

Responsibilities: Teach undergraduate and graduate courses in the area of consumer affairs especially in family financial services and/or consumer economics and housing. Establish a continuous pattern of scholarly activities, including research and participation in professional activities. Participate in university governance. Collaborate in projects with other disciplines and consumer agencies. Work with a diverse group of students. Advise undergraduate and graduate majors. Supervise graduate students' research. Participate in curriculum program development and assessment.

Application deadline: Screening of applications will begin **November 30, 2010**, and priority will be given to applications received by that date. However, the position will remain open until filled. Include curriculum vitae and at least three letters of recommendation from persons familiar with your work, official university transcripts, and a cover letter including a statement of professional interest.

Inquires and nominations should be addressed to: Chair, Search and Screen Committee, Department of Family & Consumer Sciences, California State University, Northridge, 18111 Nordhoff Street, Northridge, CA 91330-8308; 818-677-3051; FAX: 818-677-4778. <http://fcs.csun.edu> ■

California State University
Northridge

President's Message

It is really a sad circumstance since Americans need our skills and teaching more than ever.

Realignment of District Boundaries

Due to the reduction in membership, the number of districts that serve our members has shrunk as well. Currently we have 6 active districts, but all of them are struggling to some extent to keep our members involved. Huge distances within the districts and between members is a factor for many people not attending meetings. It is at the meetings that we keep our relationships alive and help each other keep up to date with information. All of the districts have generous scholarship funds they want to extend to students in our field. Many of those scholarships go without any

applicants. Kay Wilder is the Scholarship Chair for the state, but all district scholarships that are offered are displayed on the CA-AAFCS website as well (please tell Corinne Thomas if changes need to be made).

In trying to help members stay better connected, the executive board has agreed to help members find the appropriate district information for themselves. Take a look at the information included in *Contempo* for district boundaries and contact persons. Please let me know if you need to be in a different district for any reason at bkilblorn@foothill.net or (530) 268-7330.

Students

There are 42 students listed as AAFCS members in California within 9 of the colleges teaching

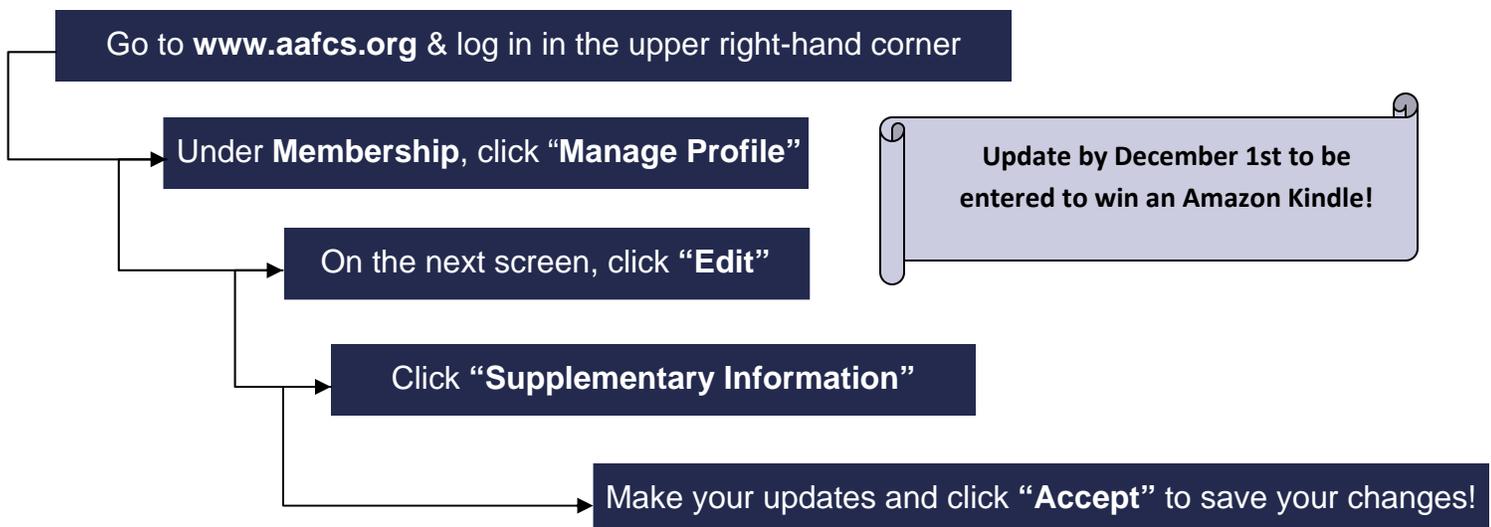
Family and Consumer Sciences. Last year almost 4000 students were enrolled as majors within these departments. It would be terrific if more of them knew about our professional organization and had local student groups on their campuses. Please spread the word that membership for students has value for future career opportunities, networking, leadership skills development and scholarship money.

I was in Indianapolis for the annual Leadership Conference for the state presidents. This was an inspiring weekend and full of work, too. Meeting people from across the country and getting fresh ideas for all the things we do is worth all the travel and time involved. Until next time, I hope you all will have a happy holiday season. ■

Barbara Kilborn

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Update Your Information Online!



DISTRICT & MEMBER NEWS

San Diego District Programs for the Year

By: Sharon McKenzie

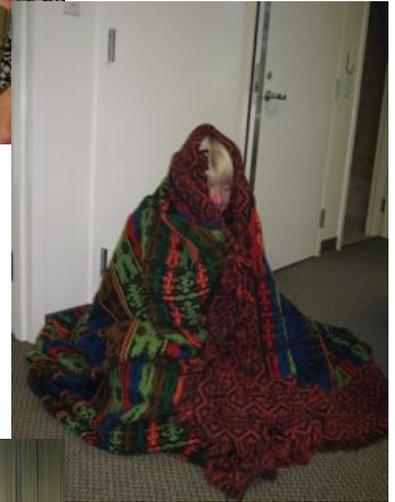
The San Diego District started their new year on Saturday, September 11 with the theme of Disaster Preparedness at the community room of the Coronado Library. Since it is a public meeting room, a notice was placed in the local paper to invite all to attend. Many non-members arrived to hear the presentation. Two people who had survived one of San Diego's most devastating fires shared preparedness techniques they learned from that experience and from being avid campers. The number one concern in a disaster is shelter that will get you out of the elements and give you feeling of security. Once that is taken care of water is your second concern. Assume all water sources are contaminated and must be purified before using. Sanitation comes in to play as well to prevent any pathogens being passed along through the group. Third is body warmth and a fire source for cooking. If you touch the end of a 9 volt battery to a loosened pile of fine steel wool, it will ignite! The fourth concern is food. Most people will be rescued within four days and everyone can survive that long without food. Much more was shared from their Ready or Not Disaster Survival Handbook. For more information check out their web site at www.readyornotsurvival.com. All in attendance had a fun and educational time.

Our December meeting will be a Continental Breakfast/Victorian Fashion Show. The proceeds from the event will benefit our Ways and Means Fund. In March we will view the current quilt display featured at the San Diego Quilt Museum followed by a no-host lunch at a local restaurant. The end of the year will be our Annual Scholarship and Awards Recognition Brunch in April. ■



Norma Darley & Sherry Kleinschmidt making a light source from a raw potato, cooking oil, and a wick from the neck edge of a t-shirt.

Nancy Kostman wrapped in a blanket with a lit votive candle in a safe container. Instant warmth!



Sherry Kleinschmidt starting steel wool to burn with the end of a battery. Instant fire source.

What Are You Doing to Curb Childhood Obesity?

By: Dr. Jody L. Roubanis, CFCS

Tell us what you are doing to curb childhood obesity in your community, school, or home. Whether you are a retired family and consumer sciences (FCS) professional modeling good exercise habits to your grandchildren or a high school student promoting healthful food choices in your school store, we want to know! From the inception of the profession, health



and nutrition have been an important part of its mission to improve the quality of life. By sharing your practices you can help other professionals and community members glean ideas and energize their practices. It is also a great way for our organization to get recognized for work we are already doing!

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Peru: Opportunities and Memories

By: Betty Knopf

Selected passages from the trip journal



Life does hold unexpected opportunities for learning and service. Perry and I were invited by Global Volunteers (GV) to be on the first team of volunteers to teach conversational English at La Molina University in Lima, Peru. The university has programs in agriculture, engineering, and sciences. It is a very historic school on a very large campus. We were assigned advanced students, which included students, professors and some English teachers. They were eager, knowledgeable, and fun to be with every day.

Lima has about 8 million people, traffic 24 hours a day, and there were many bus lines. The bus lines have different zones, different levels of quality with different sizes of buses and we were warned not to attempt to ride them as it was an "art." Be aware that stop signs, pedestrians, and lanes were totally ignored by buses and most cars. Taxis were everywhere but have no meters so fares were

negotiated in advance and were usually higher for tourists.

Our students had strong training in grammar! What they wanted to do was talk in English! We discussed many American idioms or "adverbial phrases" as the students called them. We also had fun lessons on the social skills of shaking hands and table manners. The students practiced not being "wet fish" or "muscle women" when shaking hands and the interest was very high. They told us about Peruvian food, cultural foods, family food traditions and more. It was so exciting for them to share with us and we learned so much. Now, let me make it clear, "cuy" was not on our menu plans-----it is guinea pig! The students have grammar rules, rules, and rules from their classes so we were very appreciated with our explanations, pronunciations, teaching supplies, humor and willingness to answer specific questions. We were truly blessed with their enthusiasm!

Perry and I have concluded we were treated with kindness and patience by every person we met



during our trip, including the merchants we bartered with while shopping. The university assigned



Claudia to help us. She worked as a clerk in the language department and had the most English skills. We quickly determined she was our special angel. Every day at 10 o'clock she would come to our work area with a daily menu. She would explain the Peruvian dishes and their ingredients. She was so kind, so caring and full of smiles. It seemed to us that office ladies have never worked or talked with Americans before our invasion. We hope we left a good impression. Most of them were in tears waving their good-byes after our two weeks together.

After almost 3 weeks of wonderful opportunities, adventures and experiences, we flew home. Yes, we have some great pictures but we also have very special memories of our service time in Peru.

Global Volunteers is a service organization in more than 20 countries. It offers programs in medical care, construction, nurturing, and conversational English. For more information on countries, programs and service dates see www.globalvolunteers.org, ... and no you do not have to speak a second language. ■

What Are You Doing to Curb Childhood Obesity?

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The focus of the 2010 Taking It to the Streets (TIS) campaign is to curb childhood obesity. A variety of TIS efforts will be highlighted in the *Contempo* and at various AAFCS and

CA-AFCS events throughout the year. For us to best understand the wonderful things you are doing, please provide the following:

- A description of Taking It to the Streets activities you have been involved in and the connections you've made. Be sure to include the title and description of any materials developed, research conducted, and grants received including funding details.
- Actual number reached, i.e., numbers of schools, classrooms, agencies, AS WELL AS number of students, parents, and community members. Specific numbers are important in order to measure impact.
- Please include photos in jpeg format (with appropriate photo release form), stories and experiences that can be included in a TIS PowerPoint.
- Copies/links of any press

coverage received.

- Areas where you need assistance from our leadership team.

Forward this information to Dr. Jody Roubanis at jroubanis@socal.rr.com or Sue Walters at tigersu@cox.net until April 25, 2011. We encourage any and all to respond!

The TIS campaign was launched by AAFCS President, Marilyn Swierk, in 2009 to slow the spread of H₁N₁. The campaign strategy utilizes the wide range of expertise of FCS professionals and their far-reaching networks. While our efforts turn to obesity, especially in children, Swierk urges FCS professionals to not let up on the flu prevention efforts initiated last year since the flu is always a threat.

At the 2010 Fall CA-AFCS Board of Directors meeting, CA-AFCS president Barbara Kilborn called for be a TIS representative for each district. If you are interested in serving as district TIS representative, please contact your district president, especially if you are in any of the following districts: Central, Citrus, Los Angeles, or North Central. In the meantime, contact the California TIS Representatives Dr. Jody L. Roubanis (562/296-5912) or Sue Walters (619/286-9013) with any questions you may have.

Resources

- Fuel Up to Play 60 – <http://www.fueluptoplay60.com>

- Affiliate Letter Template to Send to First Lady Michelle Obama and Letter Samples – <http://www.aafcs.org/policy/letters.html>
- Foundation Center to Prevent Childhood Obesity is hosting webinars March 11 - April 8 (2:00pm ET, bimonthly on Thursdays: "Making Schools the Model for Healthier Environments" – <http://www.reversechildhoodobesity.org>
- <http://www.letsmove.gov/>
- <http://www.cdc.gov/about/grand-rounds/archives/2010/download/GR-062010.pdf>
- http://www.cdc.gov/nccdphp/dnpa/physical/pdf/PA_Fact_Sheet_Children.pdf
- <http://www.cdc.gov/Healthyyouth/physicalactivity/guidelines.htm#1>
- <http://neatoday.org/tag/vicki-hughes/>





California Affiliate—AAFCS

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San Diego, CA 92107-3914
www.aafcs-ca.org

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Address Correction Requested

Calendar

October 8-10, 2010

AAFCS Leadership Conference

October 26, 2010

AAFCS Webinar: *Am I Losing My Mind?*

October 28, 2010

AAFCS Webinar: *Web Applications for FCS Professionals*

January 7, 2011

Contempo Deadline

June 23-25, 2011

AAFCS 102nd Annual Conference & Expo

View our complete calendar online at www.aafcs-ca.org/ca/calendar/

Ask district leaders for more information on activities specific to your district!

Visit us online at
www.aafcs-ca.org

Students

Scholarships

Scholarship information will be posted in late November/early December. Check the CA-AAFCS website for more information around that time.

Student AAFCS Website

The student section of the AAFCS website has received a makeover! Visit them at: <http://www.aafcs.org/Membership/Students.asp> to find resources, read the *In the Know* newsletter, and find ways to be involved. You can also find them on Facebook.