



## President's Message

Fall has arrived and the holiday season is fast approaching. At this busy time of year, it may be hard to start planning to attend the **BIENNIAL CONFERENCE**. It will be held in San Diego, March 2 and 3, 2012, with the hotel located on beautiful Shelter Island. The tri-chairs and local committee have been working hard to give us a quality meeting and make it an affordable experience for all. The theme "**Volunteerism Through Family and Consumer Sciences**" is very appropriate for our membership.

The special guest speaker will be our **AAFCS National President, Dr. Susan Shockey, CFCS**. She is traveling from Washington DC to share with us important news about AAFCS. There is always much to learn and it is a pleasure to reconnect with friends and colleagues at these meetings. Don't get too distracted by the fabulous views from the venue at Point Loma Nazarene University, or you may miss something.

The CA-AFCS Board of Directors meeting is scheduled for Friday (3/2/12) from 2:00 to 5:00PM. Following the board meeting there will be an evening reception for all conference participants with heavy appetizers and lots of networking at the Half Moon Inn (our

official hotel). The educational sessions are on Saturday only, leaving you plenty of time to visit and enjoy the San Diego area on Sunday. When we only meet together once every two years, YOU just need to be there!

Be sure to vote! In January, you will receive a ballot from AAFCS to vote for the new slate of 2012 AAFCS officers.

There has been a great deal of hardship for our profession with so many teaching positions lost recently. The field has been fragmented with portions of the academic community taking parts of Family and Consumer Sciences into other arenas. It is important that we remember that Home Economics may have changed names, but we still encompass a whole range of knowledge and expertise that our communities still really need. We can share this expertise outside of our normal work environment with volunteer endeavors and being politically active in promoting the mission of our professional organization, and in turn the value of our profession. As a reminder of who we are, here is a list of the areas

By: Barbara Kilborn



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Recipient of an CA-AFCS Extended Education Fund (EEF) Grant is Dr. Margaret Lichty, Associate Professor and FCSE Program Coordinator for the Department of Family and Consumer Sciences at California State University Long Beach. Dr. Lichty describes her EEF award winning project in the article beginning below.

## FCS Teachers in California: Development of Database

The purpose of this project was to create a database of the FCS credentialed teachers in the State of California. State leaders in FCS Education need to know how many teachers there are and how many are needed. FCS teacher educators need to know where the FCS programs are located and where the HERO (career-focused) programs are located so that credential students can complete their field hours at both types of programs in order to be well prepared for their futures as FCS teachers. This project addressed a stated purpose of the CA-AFCS By-laws “to improve and strengthen education in FCS” and was supported by a grant from the CA-AFCS Extended Education Fund.

The objectives of the project were to identify who the California FCS teachers are, the schools and cities where they teach, the courses and type of FCS program they have, and their contact information at the schools. The researcher also attempted to reach every teacher.

Research was conducted from Fall 2008 through Summer 2011 using the California Directory of Public Schools and also the Internet. The school directory is organized by county, then a listing of all districts within each county and a listing of all schools within each district. The names and addresses of every school, as well as their telephone numbers are listed within each district. Using the Internet, the websites for all high schools and middle/junior high schools listed were located online and searched for teachers and academic programs in order to identify if there were FCS programs and teachers at that school, as well as their contact information. The sites were also searched to determine the courses offered in the FCS programs, and if there were HERO programs/career pathways in addition to the regular CFS programs. The information obtained was entered on a computer Excel spreadsheet and organized alphabetically according to California counties, districts within each county, and schools within each district.

A cross-check of the data was conducted with the member directory of the Home Economics Teachers Association of California (HETAC) and the member directory of the California Association of Family and Consumer Sciences (CA-AFCS), as well as the FHA/HERO Association’s online directory of FHA/HERO school chapters in all regions of the state. In addition, FCSE teacher educators at California universities with teacher preparation programs were asked to include their secondary FCS teachers who worked with their pre-teacher candidates on the list.

A total of 613 FCS teachers were identified in California middle and high schools during the research period of Fall 2008 through Spring 2011. It is assumed that the information obtained in the California Public Schools Directory and Internet is accurate and up to date; however, it would be reasonable to believe there may have been some movement of teachers from one school to another, or out of teaching, or out of the state within this time period. When there was partial information on websites or if there were



Dr. Margaret Lichty

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## Taking It to the Streets! Obesity

By: Cynthia Figueiredo, MA, CFCS, CFLE  
California TIS Representative

It is with great pleasure that I take over from Dr. Jody Roubanis as the Taking it to the Streets (TIS) representative for obesity. I would like to also give special thanks to Clare Dendinger and Marcia Goodrich for their previous work on the CA-AFCS TIS campaign as well.

Obesity contributes to ill health as the top global nutrition-related problem and is on the rise in every country in the world. Children and adolescents are the age group that is getting the biggest the fastest (CDC, 2010). Health risks associated with poor nutrition include: high cholesterol, increased risk for stroke, heart attacks, high blood pressure, joint diseases, sleep apnea, slower wound healing, depression and problems with anesthesia during surgery.

I have started a blog ([www.facsidealweight.blogspot.com](http://www.facsidealweight.blogspot.com)) to get everyone talking and sharing information. Please join me in making this site a winner with all your expertise and the expertise of you students. FACS professionals have been improving individual and family lives since the 1950s. We have been downsized in public education just when we are desperately needed in all areas. The TIS Campaign on Obesity can get our expertise out to the public in a way that they can utilize it.

What can you do to start spreading the work and jumpstart the campaign?

- Blog with us! [www.facsidealweight.blogspot.com](http://www.facsidealweight.blogspot.com)
- Check out or join the free on-line advice at The Elder Wisdom Circle [www.elderwisdomcircle.org](http://www.elderwisdomcircle.org)
- Try Meatless Monday for a family dinner—try a great vegetarian menu
- Focus on Family Dinner Time—enjoy the food, and savor the company!
- Check out the new guidelines and website from the USDA at [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Participate and/or view an on-line webinar from AAFCS [www.aafcs.org/developmentcenter/webinars](http://www.aafcs.org/developmentcenter/webinars)
- Participate in Food Day which is a National grassroots campaign created by the Center for Science in the Public Interest.

It is time for us to shine!



Students in Nutrition and Food Science Department lab at Sierra College in Rocklin, CA

### Submit Articles!

Send them to our  
*Contempo Editor*  
at  
[articles@aafcs-ca.org](mailto:articles@aafcs-ca.org)

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## President's Message

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taught in FCS programs across the country:

- Apparel, Design & Textiles
- Business & Entrepreneurship
- Changing Societal Demographics
- Educational Technology/Social Media
- Elementary, Secondary & Adult Education
- Energy Resources
- Environmental Issues/Quality of Living
- Family Economics & Resource Management
- Family Relations & Human Development
- Food Safety
- Health & Wellness
- Healthy Aging
- International/Global Perspective
- Teacher Education

- Multicultural Programming
  - Nutrition
  - Food Management
  - Partnerships & Collaboration
  - Poverty, Unemployment & Food Insecurity
  - Public Policy/Community Advocacy
- There have been several articles written recently in major publications (Los Angeles Times, Wall Street Journal, Journal of American Medical Association) about the worth of Home Economics education. Even Rush Limbaugh mentioned this on his radio program on October 27, 2011. Obesity has run rampant partially due to lack of cooking skills and nutrition information which is taught in many Home Economic classes. You may

not be a fan of his, but he knows society is in a mess and we can help.

I have been asked to be on the conference planning committee for the 2013 AAFCS meeting in Houston. Our theme is "Facing and Embracing Change" which is very exciting. Our work is two years in advance of the meeting, to make sure to meet everyone's needs at the national meeting. So I really appreciate everything that is being done in San Diego to meet our state needs this coming March. Make attending the biennial conference a priority for 2012.

Have a wonderful Holiday Season,  
*Barbara Kilborn*

## CA-AFCS Treasurer's Report for Fall 2011

by: Shirley Vernon, CA-AFCS Treasurer

The two tax filings have been completed and submitted in accordance with the state and federal guidelines. CA-AFCS is required to file two tax returns including: 1.) Extended Education Fund (EEF) and the state association, and 2.) the districts.

The following is a brief summary for 2010-2011

|                         | Total Income | Total Expenses | Net Worth    |
|-------------------------|--------------|----------------|--------------|
| State Association & EEF | \$37,273.00  | \$19,794.00    | \$348,206.00 |
| Group/Districts         | \$14,597.00  | \$36.35        | \$195,704.00 |

The full returns are available for review at [www.aafcs-ca.org](http://www.aafcs-ca.org) ■

## FCS Teachers in California: Development of Database

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questions about information provided online, those schools were called to obtain clarification. An assumption is made that the information provided by individuals through telephone calls is accurate.

Based on the research conducted, 82 middle or junior high schools have FCS programs, and 373 high schools have FCS programs. There are 61 high school programs that include HERO programs/career pathways, with the vast majority of them being foodservice or culinary programs.

Northern California, which includes all counties north of the line formed by the northern straight line borders of San Luis Obispo, Kern, and San Bernardino counties, has 306 FCS teachers. Twenty seven counties have 10 or fewer FCS teachers, 7 counties have between 10 and 20 teachers, and four counties have more than 20 teachers. There are 11 programs in Northern California that include HERO/career pathways.

Southern California, which includes San Luis Obispo, Kern and San Bernardino counties and the seven counties south of them, has 307 FCS teachers. There are 19 programs in Southern California that have HERO programs/career pathways. Two counties have fewer than 10 teachers; 2 counties have between 10 and 20 teachers, and 6 counties have more than 20 teachers.

Of the 613 FCS teachers in the state, 100 indicate they teach a class in a HERO program or career pathway at their school in either a foodservice, pre-school, or fashion career pathway. Regarding the CFS (Consumer and Family Studies) courses, 179 teach a foods class, 111 teach a fashion class, 124 teach a child development class, 75 teach a life management class, 28 teach a consumer studies class, and 182 teachers were categorized as teaching general home economics or a comprehensive class.

An attempt was made to communicate with all 613 teachers. An email message was sent to all teachers with email addresses. In this message, I introduced myself, thanked them for their teaching service, and encouraged them, if they were not already a member, to consider membership in both CA-AFCS and HETAC, and provided the websites for them. I also encouraged them to reply with any comments or questions they may have. Teachers with no email addresses were telephoned, and the same discussion was had in person or left as a voicemail message when available.

Be sure to look for the table at the 2012 San Diego conference where you can provide updated information for the California FCS teacher database. ■



## Call for Nominations for National AAFCS Awards

National AAFCS will soon announce the opportunities for the 2012 national AAFCS awards that will be offered, with an update to the awards page on AAFCS.org website. Last year they presented the following awards: Leaders, New Achievers, National Teacher of the Year, Wiley-Berger for Volunteer Service, 21<sup>st</sup> Century community Champion, Friend of the Family, and Chalkley-Fenn Public Visiting Scholar. To see the awards given last year and the update for the ones offered for 2012 (when available) go to [www.aafcs.org](http://www.aafcs.org), click on the Recognition bar, and then click on Awards.

Review the 2012 awards list and consider individuals you want to nominate in your district or other professional settings. Contact them to encourage them and obtain their approval to be nominated, and then contact Dr. Margaret Lichty (CA-AFCS Awards Committee Chair) at [mlichty@csulb.edu](mailto:mlichty@csulb.edu) or 562.985.7492. She will communicate with them/you about completing the necessary forms and submitting the forms with any other required materials by the January deadline.

The goal of the CA-AFCS Awards Committee is to forward a nominee for every AAFCS award offered. The recipients will be announced at the National AAFCS Annual Meeting June 24-26, 2012 in Indianapolis, Indiana. Each nominee from California will also be recognized at the CA-AFCS biennial meeting March 2-4, 2012 in San Diego.

## Want to become a teacher? Online Methods Classes Available

If you want to earn a teaching credential in Family and Consumer Sciences and your university's credential program no longer offers the FCS methods courses, online courses are being offered during the **2012 Winter Session (January 2 – 19)** through California State University Long Beach. Because of the short session duration, arrangements will be made for students to complete their course requirements during the 2012 Spring Session.

- EDSS 300H—Introduction to Teaching FCS (requires 45 hrs fieldwork)
- EDSS 450H—Curriculum and Methods in FCS (requires 25 hrs fieldwork)

Both of these classes have been approved for CSULB by the California Commission on Teacher Credentialing. Students in credential programs at other institutions will want to obtain approval for this course with their own credential advisor and teacher preparation program prior to taking the course(s). Several San Francisco State University students have already successfully taken advantage of this online opportunity in the past several years.

Credential students or their advisors should first contact Dr. Margaret Lichty ([mlichty@csulb.edu](mailto:mlichty@csulb.edu)) to make sure which course you/they need. In December, distance students would register for either course by accessing the CSULB College of Continuing and Professional Education (CCPE) website and following their simple process, paying for the class with a credit card. Within a day of the payment, students will be registered and will have a campus identification number, and will be able to access the course through Blackboard, the campus online teaching tool and website.

Dr. Margaret Lichty Associate Professor and FCSE teacher educator at CSULB is the instructor for both classes, and works closely with each student to facilitate their progress and success. For more information, please contact her at [mlichty@csulb.edu](mailto:mlichty@csulb.edu) or 562-756-8290.

## CA-AFCS MEETING, MARCH 2-4, 2012

### Community Involvement through FCS by: Sharon McKenzie

The 2012 CA-AAFCS 2012 Biennial State Conference is only four months away. Be sure your calendar is marked for the weekend of March 2-4 to be in San Diego, California. We are pleased to announce that AAFCS National President, Susan Shockey, will be the lunchtime keynote speaker and will also present a breakout session.



Dr. Susan Shockey, CFCF  
AAFCS 2011-2012 President

The weekend will begin on Friday, March 2 at 7:00 p.m. with a Networking Reception serving an assortment of appetizers, salads, and desserts. Plan to meet friends and make new ones as you settle in for the weekend. Saturday morning starts at 8:30 a.m. with breakfast at our convention site, Point Loma Nazarene University, overlooking the Pacific Ocean.

Two keynote speakers and 20 breakout sessions will enrich your day ending with a reception from 5-6 p.m. For those coming early on Friday or staying over Saturday night, San Diego's many attractions will be waiting for you. The hotel site, Half Moon Inn and Suites (619-224-3411) is now accepting reservations for the conference rate of \$129 per night. Your Tri-Chairs are working hard to make sure this will be a valuable experience. Registration materials will be arriving within the month-so be on the watch!

2012 Keynote Speaker We look forward to seeing you the weekend of March 2-4, 2012.



Sharon McKenzie  
CA-AFCS VP Programs &  
2012 Conference Tri-Chair

### Plan Ahead for a Super Fun Silent Auction by: Bonnita Farmer

A silent auction will be conducted as a fundraiser at the 2012 CA-AFCS biennial meeting March 2 through 4 in San Diego. To contribute to making the fundraiser a success, please find unique and much desired items to entice buyers to bid high! Examples include:



1. Collectibles--china, jewelry, glassware, coins, etc;
2. Original Art--quilt squares, drawings, paintings, jewelry, especially items created by our members;
3. CA-AFCS memorabilia--photos, scrapbooks, awards;
4. Gift baskets representing our districts and their unique geography and products; and
5. Getaways--trips, hotel nights, restaurant gift cards.

Currently, these fundraisers are some of the most successful that groups can have with the support of their membership and can be great fun as attendees try to out-do each other. Let's ask each district to provide 10 items for the auction with special recognition to the district with the most items.

Please contact [bonnita.farmer@att.net](mailto:bonnita.farmer@att.net) or call 951-682-2530 with questions and ideas.



## California Affiliate—AFCS

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[www.aafcs-ca.org](http://www.aafcs-ca.org)

*Address Correction Requested*

Place Stamp  
Here

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## Calendar

### **January 15, 2012**

Deadline *New* FHA/HERO Scholarship  
*Contempo* Submission Deadline for Next Issue

### **January 20, 2012**

Deadline San Diego Scholarships

### **March 2-4, 2012**

CA-AFCS Biennial Meeting in San Diego

### **March 24, 2012**

Deadline Bay District Scholarships  
Deadline LA District Scholarships

### **April 1, 2012**

Deadline *New* FCS/HEC Student Teacher Scholarship  
Deadline EEF Undergraduate & Graduate Scholarships

### **April 10, 2012**

Deadline North & North Central District Scholarship

Visit us online at  
[www.aafcs-ca.org](http://www.aafcs-ca.org)

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

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

## Students

### **Scholarships**

Scholarship information is now online!  
Download your application forms and make note of the due dates. If you have any questions, contact the district scholarship representative.

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### **Professionals & Students on Facebook**

AAFCS is active on Facebook! Just search for AAFCS to join. There is also a student unit Facebook page!