President’s Message

About fifteen members attended our board of directors’ meeting on March 16th at San Francisco State University, the site of our next biennial conference next spring. Hosted by Vice President of Programs, Gus Vouchilas and Nancy Rabolt. They arranged a conference room, catered luncheon, some transportation and a tour of part of the FCS department. Our thanks for all your hard work. We are looking forward with great anticipation to the conference next spring. We hope that all of you will make every effort to attend and expand your professional skills and network with your colleagues.

At the BOD meeting, secretary Nancy Beland related that our membership has gone up by about 25 new members. These new members are mostly students from CSUN. Hopefully, these students retain their membership as they graduate and begin their professional careers. Please consider mentoring these young professionals as you meet them.

Treasurer Shirley Vernon reported on expenses to date and helped us achieve a balanced proposed budget for 2013-2014 year. Our current assets are close to $60,000. A profit of about $5,000 from our last conference helped us reach this amount. Shirley has served as our state treasurer for the past 10 years and help resolve issues with the IRS and kept us on a fiscally sound track to improve our association’s assets. Thank you, thank you, Shirley! Your dedication to CAFCS has made a major difference in strengthening our association. We will miss you on the board.

From reports shared by your district presidents or representatives, most districts are active. You are enjoying fun and informative meetings, recognizing members and promoting our association with generous scholarships! This year districts are giving out more than $18,000 in scholarships while the state will give out about $14,000! Wow! This is great for the future of family & consumer sciences.

As Vice President of Communications, Jody Roubanis, has been very dedicated. She represented us at the fall leadership conference, keeps up our state website sending out e-campaign notices to get important information to us in a timely manner and has done a great job as Contempo editor. Most of you get Contempo online and see how professional our color issues look. Thanks for all you do for us Jody!

If you still get Contempo by “snail mail” but now have email, please let Jody know at jroubanis@aafcs-ca.org The color edition is outstanding!

Jody is also interested in preserving our historical records before they disappear. Do www.aafcs-ca.org

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California State University Long Beach is the second largest university in California, and has a richly diverse student population. The College of Health and Human Services offers fully accredited master’s degrees in public health, social work, physical therapy, health care administration, nutritional science, gerontology, family and consumer sciences, health sciences, nursing, communicative disorders, criminal justice, public administration, recreation administration, and joint degree programs.

As health care costs continue to rise and the need to address preventable chronic disease becomes increasingly important, the U.S. has a dire shortage of well-trained, culturally competent health and human service professionals who can meet the needs of our underserved Latino populations. Already at alarming proportions, obesity rates continue to skyrocket as does the incidence of chronic conditions such as type 2 diabetes, hypertension, cancer, and cardiovascular disease. Health professionals and community organizations need strategies to promote the creation of healthy environments and combat the structural determinants that place communities at risk for obesity-related chronic diseases. This includes access to fresh and healthy foods, safe spaces for physical activity, advocacy and policy training, and involvement in research that honors and appreciates community resilience and values.

Demand for well-trained practitioners in health care disciplines—including health education, child and family development, nursing, physical therapy, nutrition, consumer affairs—is projected to increase over the next 25 years. With Latinos soon to be the majority in the state of California, there is a need for specialized training to work with this population. The Graduate Certificate in Latino Health and Nutrition Studies provides the essential foundation practitioners need to address the health of Latino families and communities.

The National Council of La Raza (NCLR) and California State University, Long Beach (CSULB) Center for Latino Community Health, Evaluation and Leadership Training has responded to First Lady Michelle Obama’s call to action by creating an opportunity for graduate students to receive specialized training in Latino-specific nutrition and health promotion. The newly approved, ‘Graduate Certificate in Latino Health and Nutrition Studies’ will prepare students with skills in community-based participatory research, intervention development, and advocacy to create effective strategies for sustained and positive health outcomes.*

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Gail Frank, DrPH, RD, CHES, Professor of Nutrition, CSULB, Department of Family and Consumer Sciences and Faculty Fellow, NCLR/CSULB Center for Latino Community Health, Evaluation and Leadership Training.

*Funded by the United States Department of Agriculture/ National Institute of Food and Agriculture. (Grant # 2011-67002-30152)
Obesity Prevention Call to Action: April 1—June 1, 2013

by Cynthia Figueiredo, CFCS, CFLE
California TIS Representative

The AAFCS Obesity Prevention Community has called the state affiliates to action by initiating a “Healthy Lifestyles: AAFCS Leading by Example” wellness campaign. Will you accept the challenge?

Three Ways to Get Involved

1. How many miles can CA-AFCS log walking, jogging, or moving aerobically from April 1 through June 1, 2013? Can we walk, job, or aerobically demonstrating by example our commitment to a Healthy Lifestyle? Will you help us? Mileage is 1 mile walking or jogging = 1 mile; 2000 steps = 1 mile; and 30 minutes of aerobic activity = 1 mile. Submit weekly miles logged to CA-AFCS Take it to the Streets Affiliate Representative Cindy Figueiredo at cindyfig@gmail.com or log on to: TIS/Ideal Weight: facsidealweight.blogspot.com

2. Drink more water! Cut down on the amount of coffee, tea, soda, energy drinks, etc. Just drink a great glass of water and cut down on the sugar, caffeine, and expense.

3. Support your local California Affiliate of FCCLA (FHA/HERO) Chapter. One of the State Project Thrusts is Health in a Heartbeat. Goal: To encourage chapters to encourage people of all ages to participate in activities that promote good personal health. Examples of chapter activities include: explore good nutrition, eating disorders, healthy snacks, supplements, vegetarianism, chapter fundraising marathon, preparing presentations for elementary school children on healthy diet and habits, exercise and eating logs, and take action related to lifelong exercise habits, obesity, sports training, and other topics. Mentoring our future Family and Consumer Science leaders by assisting students, their projects, and our common goals would be a plus for us all! http://ca-fahaero-fccla.org Tanya Wright at California Department of Education can connect you with your local chapter and tell you how you can help. TWright@cde.ca.gov or phone 916-319-0465.

Join the AAFCS Effort with FCCLA

Hopefully you will join us and our affiliates across the nation in “Healthy Lifestyles: AAFCS Leading by Example” wellness campaign. A couple of other sites you may want to check out are ENC Teacher Exchange www.encteacher.org and a film http://theweightofthenation.hbo.com/films Join us in Houston TX for the upcoming National Meeting, too!
President’s Message

you have any pictures, articles or documents that should be preserved? Contact Jody today at the email address above.

Cynthia Figueredo, our Taking It To The Streets campaign leader reported hoping to bring about a coordinated effort involving the Department of Health, food services, extension service, dairy council, etc., to make this AAFCS issue successful in California. Thanks for all your work!

Even with hard work by the nominating committee headed by Dolores Robles, it is hard to find members willing to serve on the board. We still need a Vice President of Communications and chair of the Student Section. If you would be interested in becoming more involved in serving in either position, please contact me and I’ll be happy to give you the details of each job.

Melissa Webb from the California State Department of Education gave us an update on HECT (FCS) programs. Melissa said enrollment increased in HECT programs in 2011-12 and that there is a need for HECT teachers. Currently, there are five programs that have a major in FCS education and many retirements are expected in the next five years. The Governor’s Budget has no categorical funding for ROP, CTE Academies, or Agricultural Education among others. There is a fear of losing programs at the local level.

I apologize to those who made reports not included here as this message is getting too long. Our next BOD meeting will be a teleconference on September 14th. As a teleconference saves us money, we meet face-to-face only one a year now.

Our thanks are extended, on behalf of all of us, to our outgoing board members for the outstanding jobs they did. Our thanks to Jody Roubanis, VP of Communication; Shirley Vernon, Treasurer; and Bonnie Raider, EEF Committee. Your dedication to CAFCS is greatly appreciated and we wish to thank you and recognize you at our conference next year.

Welcome to our new board members: Dr. Jody Roubanis (President-elect), Jeri Whelan (Treasurer), Nancilyne Schindler (Communications VP), Nancy K. Murray (EEF) and Dr. Peter Kreysa (Nominating Committee). We look forward to having you join us!

Finally, it is not too late to sign up to attend the AAFCS Conference in Houston in June. We’d love to see you there! Sign up today!

Future is in Good Hands:
Recipient of FHA/HERO Scholarship

Ericka Montano was announced as the recipient of the 2013-2014 EEF (Extended Education Fund) FHA/HERO scholarship at the recent California FHA/HERO State Meeting in Ontario California.

Ericka is a senior at Colton High School, and plans to earn her Associate Degree in Child Development at San Bernardino Valley College to eventually become an infant and toddler teacher. She has been a FHA/HERO officer at the chapter, region, and state levels. She says that FHA/HERO is a BIG part of her life! She participates in the Nutrition for Seniors Assistance program and has danced with the Ballet Folklorico for 14 years. She is extremely close to her family, and often helps her grandmother by working in her flower shop. Erika expressed her appreciate of the $1,000 scholarship, saying that without scholarships such as this one and FAFSA—college would NOT be a possibility for her or her brother.

Not having met Erika, prior to awarding her the scholarship, I did some asking around. Melissa Webb and Angie Ford, of the California Department of Education—HECT, both said “I just can’t say enough about Erika.” She is enthusiastic, positive, team player, and a joy to work with. After the scholarship was awarded, I also had the opportunity to meet her very capable advisor, Kathleen Dickerson of Colton FHA/HERO Chapter. Mrs. Dickerson said that this scholarship, along with the others awarded Erika, will truly make a difference in helping Ericka achieve her potential. She extended a hearty “Thank You” to the EEF Board and CA-AFCS community.

Ericka is exactly the type of student this scholarship is meant to reach. After attending this FHA/HERO awards banquet and meeting Ericka, her advisor and seeing the amazing things that students are accomplishing through Home Economics Careers and Technology Education, I feel like our future is in good hands with this next generation of leaders. We owe a big thanks to the teachers/advisors who are fostering their potential!

All recipients of CA-AFCS EEF and CA-AFCS District scholarships will be announced in the next issue of the Contempo, Summer 2013.
The close of the 2012-2013 academic-year brings a close to the time spent in California by a woman who has illuminated the Betty Lamp for many new professionals and colleagues. Dr. Margaret Lichty, Associate Professor and FCSE Program Coordinator at California State University Long Beach, is retiring.

From 2000-2011, Dr. Lichty has served on the CA-AFCS Board of Directors. During her term as California Affiliate President from 2008-2010, she worked to streamline the association’s operating budget by favoring less costly means of communication such as the aafcs-ca.org website and tele-conferencing, and to initiate new professionals into the association by “showing them the ropes”. Peer CA-AFCS Board of Directors members valued her ability to articulate her thoughts, problem solve, and her generous expression of appreciation in others. One current board member said, “Marge is a fantastic colleague. She has high standards and is always quick to recognize the accomplishments of others.” Dr. Lichty says that her experience on the CA-AFCS Board enriched her life. Of her peer board members she said, “They were wise, more calm but also more fun, and just so nice to work with....probably because life has already taught them we will never grow old and wish we took life more seriously or had less fun while we worked.”

Perhaps her most profound effect has been to help 70 young women realize the career goal of becoming a FCS teacher, and 22 graduate students develop skills as researchers and leaders in the FCS profession. Students say that she ignites a passion for FCS in them by providing meaningful learning opportunities and imparting the necessary skills/knowledge for professional success. True to this commitment of excellence, Dr. Lichty’s research has centered on several aspects of what it takes to be an effective teacher in the FCS classroom including: curriculum change, student teaching experiences of regular vs. emergency permit and intern student teachers; and profiles of FCS teachers in the CSULB service area and in California, in general.

In an e-mail correspondence with the Contempo Newsletter Editor, Dr. Margaret Lichty said the following about her professional experience the last 14 years in California.

It’s the people---it’s always the people that make life worth living. I’m humbled by the leaders in our profession who have come before me to build and strengthen it so that it could be mine, too, and I’m grateful for those who have been my mentors and role models. I have tried to chart my own career path with confidence, credibility, ethical behavior, and honest communication in my teaching, research, and professional service involvement. When I observe my student teachers in their classrooms, their competence, growth and energy bring tears of pride to my eyes and I feel such joy for them, and as I follow the careers of my graduate students, I feel so gratified by their success and professional accomplishments. Some of my dearest friends in California are those I’ve met through CA-AFCS leadership and activities and I feel humbled and honored by their friendships. They have inspired and motivated me and have personally brought such joy to my life in California. I will miss them all and I will remember them forever.

Throughout her tenure in California, Dr. Lichty has truly shared the light of the Betty Lamp and exemplified the FCS Body of Knowledge Cross-cutting Theme of Capacity Building. Although Dr. Lichty is moving on to be with her home roots in Nebraska, her light will continue to shine through her work and the students she has illuminated.
Graduate Certificate in Latino Health Nutrition Studies

Table one: Courses in the Graduate Latino Health Certificate

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSC 507</td>
<td>Health Equity and Health Disparities Research in the U.S.</td>
<td>3</td>
</tr>
<tr>
<td>Factors Explored:</td>
<td>Structural-environmental factors associated with health issues and disease, evidence-based research and programs affecting access to and positive health outcomes among underserved populations.</td>
<td></td>
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<tr>
<td>HSC 534</td>
<td>Advanced Latino Nutrition, Health and Chronic Disease Prevention (3 units)</td>
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<tr>
<td>Factors Explored:</td>
<td>Nutrition-related and contextual factors associated with chronic disease and development of prevention strategies among Latino subgroups.</td>
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</tr>
<tr>
<td>HSC 537</td>
<td>Culturally Responsive Nutrition Promotion for Latinos (3 units)</td>
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<tr>
<td>Factors Explored:</td>
<td>Urgency for and methods to develop culturally and linguistically relevant nutrition education for Latinos.</td>
<td></td>
</tr>
<tr>
<td>HHS 592A</td>
<td>Internship in Latino Nutrition and Health Promotion (3 units)</td>
<td></td>
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<tr>
<td>Factors Explored:</td>
<td>A competency-based, service-learning experience in which knowledge, understanding and theory are applied to real-life situations for skill development.</td>
<td></td>
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<tr>
<td>HHS 634</td>
<td>Advanced Latino Community Health (3 units)</td>
<td></td>
</tr>
<tr>
<td>Factors Explored:</td>
<td>Current policies, epidemiology, cultural, and linguistic factors that influence the etiologies of disease, health status and access.</td>
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<tr>
<td>HHS 635</td>
<td>Latino Health Promotion and Disease Prevention: Focus on the Child (3 units)</td>
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<tr>
<td>Factors Explored:</td>
<td>Cultural, structural-environmental, and genetic factors that impact the well-being of the Latino child at different developmental stages.</td>
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</table>

For more information go to [www.csulb.edu/centers/latinohealth](www.csulb.edu/centers/latinohealth)
Elected to the CA-AFCS Executive Committee

Pictured above are three of the five officers who are the most recent additions to the CA-AFCS Executive Committee.

- President-elect: Dr. Jody L. Roubanis, Educational Consultant, LA District
- Treasurer: Jeri Whelan, Garment Technician, North Central District
- VP of Communications: Dr. Nanci Schindler, Secondary/Post-Secondary Education, San Diego District
- EEF Board: Dr. Nancy K. Murray, Point Loma University, San Diego District
- Nominating Committee: Dr. Peter Kreysa, California State University Long Beach, LA District

Higher Ed FCS Meeting in Northern California

Calling all Northern California members of the College, University and Research Section and those who want to be members! Past-president Barbara Kilborn is organizing a meeting on Friday May 17 from 10:00AM to 2:30PM at Sacramento State University with several speakers to target how Higher Education can ignite their programs through AAFCS. RSVP by May 10th to Barbara Kilborn at bkilborn@foothill.net or Judi Ann Brenner at jbrenner@csus.edu.

Poppy Post Cards are Available

Need some cards to send notes? CA-AFCS member Sue Blass provided the artwork for these beautiful cards. Your donations will go 100% to CA-AFCS. To purchase a set, send $6.00 payable to CA-AFCS in care of Amber Bradley at 1926 Autocross Court, El Cajon, CA 92019-4223. Be sure to include your address.

Attending the AAFCS Meeting in Houston Texas?

Several CA-AFCS members will be recognized at the Pace Setter Dinner on Saturday June 29 during the 2013 AAFCS Annual Meeting in Houston Texas June 26-29. After the dinner, please plan to meet with other California Affiliate members towards the back of the room to commemorate the special event. Contact Jody Roubanis for more information at 562/673-6401.

Congratulations to Dr. Roberta Null: New Textbook

A BIG congratulations to our very own Dr. Robert Null. Her new textbook titled “Universal Design: Principles and Models” is due out October 25 2013. For more information or a preview contact CRC Publishers.

www.aafcs-ca.org
Calendar

June 26-29, 2013
AAFCS Annual Meeting in Houston Texas

July 15, 2013
Deadline for Contempo newsletter articles

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Professionals & Students on LinkedIn

Just search for CA-AFCS to join. If you are not yet networked on LinkedIn, go to www.linkedin.com.