Welcome CASSA members! The board is very excited about the Fall 2013 semester! We have a full semester planned of inspiring guest speakers to come to our meetings, fun community service events, amazing socials, and more! The board would like to get to know our CASSA members, so come and say hi! Go CASSA!

**Discoverfest**  
By Rebecca Graubner, Lien Nguyen, Chelsea Krueger, Megan Houn

On September 4 and 5, the CASSA Executive Board was out at Discoverfest, promoting the club and recruiting new members as well as reuniting with old members for the 2013-2014 school year. On both mornings, before the booth was fully assembled, students were stopping by to learn more about being a member of CASSA. Discoverfest was a wonderful experience! It was fun getting to meet potential members. There were so many students stopping by the booth that the board members had to step out from behind the crowded CASSA table to talk to members who were overflowing into the aisle. Everyone that stopped by our booth was very enthused about the association and what we have planned for the school year. Board members did an amazing job at recruiting students with their spirited personalities and their dedicated CASSA sayings. The board passed out over 300 brochures and collected more than 200 names of interested CSUF students. What a success! Although it was smoldering hot, the sweat was so worth it! CASSA, woot woot!

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On September 12, 2013, CASSA held its first meeting to welcome new and returning members. The board members were very happy to see the room full. At the beginning of the meeting, the board introduced themselves and described their positions. We were delighted to inform students about our club and were thrilled that students from many different majors were interested in CASSA! After welcoming students, we had numerous people sign up to join our CASSA team. The meeting ended with delicious, cheesy slices of pizza and enthusiastic CASSA members ready to give back to the community!

On September 14, I had the opportunity to attend the CASSA Beach Social as an official member. I was apprehensive at first because I was not sure what it would be like to hang out on the beach with a bunch of strangers, but to my surprise, I really enjoyed myself. Right away when we arrived at Huntington, we were greeted by the board members and offered hotdogs to roast over the bonfire. After everyone finished their meals, we all sat around in a circle and had an icebreaker. One by one, we introduced ourselves and explained why we joined CASSA and what we expected to get out of the experience. Afterwards we played this really fun game where you are divided into two teams and your team had to guess what topic you were describing before the time ran out. This was definitely my favorite part of the social because we were all having so much and I was able to get comfortable and be myself. Right before everyone left we took a few group pictures by the ocean and roasted s’mores. I am so glad that I went to this social because it gave me a preview of how much fun I will be having in CASSA this year as well as how welcoming and friendly the club can be.
**Movie Social**  By Paloma Gonzalez

I was invited to attend a movie social night part of CASSA at the Titan Theater on October 10, 2013. The movie shown was “Despicable Me 2”. I had heard of the first “Despicable Me” prior to the sequel. I was hesitant to go because it was my first event going apart of CASSA, and I didn’t know anyone. When I walked in, everyone was so nice and welcoming to take a seat and get a raffle ticket for a special prize at the end. I was waiting for the movie to start and noticed orange shirts left and right and thought that it was so nice in being a part of a club that can come together and have a good time at a movie event. The movie had started, and from beginning to end you could hear so much laughter. It turned out to be a very funny movie, and I could see why everyone loves minions! When the movie was over, CASSA members all got together to take a picture, and I was glad I attended this event.

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**Denny’s Social**

By Lina Pham

On September 28th, the event had started early and so many of us were hungry. In unison, we decided to make it a CASSA Social in place of the GLEANING mishap. Catherine expressed how “warm and fluffy” pancakes at Denny’s would be. Shortly, a table for a large party of people in orange (CASSA shirts) was set at Denny’s down the road. The manager who arranged our seating complimented our shirts and asked about our club! Joe shared to her what CASSA’s all about. We had fun and interesting questions for our icebreakers. In that time, I met so many fellow cat lovers. Our food came out and some of us were still busy talking and getting to know one another. Others had mouths full and yet still the conversation flowed. Even though my biscuits and gravy were getting cold, I was still showing pictures of my kitty to other ladies. It was truly enjoyable to share the same “obsession” with others. This was my first social, although it was originally a community service event. Nonetheless, I got to meet quite a bit of our wonderful CASSA members over pancakes and eggs – a delicious combination!
This is my first time attending an event on Inner Coastal Cleanup Event! First of all, it was amazing how we found very “interesting and unexpected” things that we would never expected to see at the site. We were disgusted by how we found dirty diapers, a lot of cigarettes, glass, heavy metals, decayed animals, and a baby doll, but we were very glad that we volunteered as a group to not only to celebrate the inner coastal clean-up day, but also to realize the importance of how we need to protect the coast and the ocean. One way is to not litter. The more we litter, the more the harm in the environment! As we picked up the trash, it felt like we were in the adventure crossing the creek and I almost slipped into the water! The best part about this event that I LOVED was we got to eat FREE donuts, eat FREE granola bars, got FREE reusable bags, got FREE T-shirts, received a certificate saying that we volunteered, and finally, a FREE COUPON to go eat at CHIPOTLE!!!
Guest Speaker – Margo Allen & Dylan Garcia

by Ali Medrano

On Thursday, September 26th, CASSA was pleased to welcome representatives from America On Track: a non-profit organization focused on improving the lives of children affected by having one or both parents incarcerated. The representatives present were Margo Allen Finlayson, Director of Programs, and current CSUF student and On Track President at CSUF, Dylan Garcia. America On Track recruits mentors to be excellent role models for their Mentoring Children of Prisoner (MCP) program. Mentors are given a thorough training after joining, and are later paired with their ideal “mentee”. A commitment of one-to-two hours of mentoring per week for a minimum one-year is required; however, there is plenty of flexibility, not only in the schedule, but also in the hours invested at one time and also the location. CASSA members at the meeting were given the opportunity to view a video starring mentors and mentees themselves, sharing their positive experiences from being involved with America On Track. America On Track is an amazing opportunity to get experience with children, not to mention the deep impact you will have on the child as a mentor. I, personally, can’t imagine how gratified I would feel from helping a child be the first to graduate high school or go to college.

Guest Speaker - Betsy Tran

By Crystle Nancovski

On October 3, 2013, Betsy Tran, a Child Life Specialist, came to our CASSA meeting and told us a little about her job going into hospitals. She helps children cope with all sorts of issues such as deaths, treatments, and even explaining diseases. Through her company, the hospitals work hand-in-hand with social services and with families. Betsy brought in props and also showed us an adorable Charlie Brown video to give us a better visual on how a Child Life Specialist would explain pain to kids. She told us she brings things like blankets and toys to help children feel as comforted as possible because hospitals aren’t fun or a cozy for any age. Another great example Betsy shared with us was a doll that she gives to the kids so they can pretend to give the doll shots or a physical. With this, the child could see what will happen to them and feel a little more at ease when it takes place. Her job is extremely rewarding, but it isn’t a job meant for everyone. I say this because you have to be able to deliver good and bad news since the topics that come up can be serious and difficult and can really take a toll on you. I truly enjoyed her visit and now know so much about her job. There are so many child-related careers out there to explore.
Guest Speakers - Leah Brew, Regina Collins & Jamie Littleton

By Joana Rivera

On October 17, 2013, CASSA had three Guest Speakers Alumni come and speak to us about the Counseling Program here in CSUF. Each of the speakers shared what they do in the program and offered insight into program. Jamie Littleton shared her personal experience which led her to apply for the program and how she is working with domestic violence victims. Regina Collins spoke about her involvement in Marriage and Family Therapy program. And, Leah Brew, the Department of Counseling Chair, explained in detail the different sub-categories of counseling. Personally, this was beyond helpful because I want to pursue a career in counseling once I graduate. Leah Brew mentioned that people apply for the counseling program because they had a traumatic experience happen to them or know someone who went through something similar. That really stood out to me because I am one of those people, which makes me even more interested in this program. I admire these three women for what they are doing. Hopefully in the future I can be one of them too so that I can offer that help that so many people in the world need.

Orangewood Children’s Home

By Kandace Mispagel

On September 20th, CASSA volunteered at Orangewood Children’s Home. We did various activities with the children and had a lot of fun! The activities included a game of Headbands, an exciting game of basketball, completing a maze blindfolded, and bingo with prizes. While most of the kids played basketball, a couple of them went into the arcade with some members and played video games. The children were very welcoming towards us from the beginning and they even helped the members set up. I felt very blessed that I was able to attend this event and be able to interact and play with the children.
CASSA members went above and beyond in creating activities for these boys and girls ages 6 to 10. Our first activity of the night was making 3-D pumpkins out of construction paper. The children loved this project. They all took their time creating their own special pumpkin. Our next activity was playing Halloween bingo. All the children enjoyed it and were so happy to get their treats when getting bingo. Finally we all enjoyed playing basketball in the gym. We all agreed that we had never exercised so much like we did that night. After exercising, the children enjoyed some peanut butter and jelly sandwiches for dinner. One could see it in their face that this one night meant so much to them and it brought so much joy to their hearts. The children were so happy that CASSA came to spend some time with them, and they thanked us with hugs and smiles. I definitely had an awesome experience my first time at Orangewood. I loved it there and it got me thinking about volunteering some more. I have actually started collecting clothes to donate to Orangewood in order to help out in another way. It was a life changing experience for me, and I hope that everyone that is able to attend Orangewood feels the same because you walk out as a completely different person.

On October 18, 2013, I did not know what to expect as I showed up to the Orangewood Facility parking lot. I knew we would be working with teenage girls between the ages 15 and 18, but I had no clue how these girls would react to our visit, yet alone behave. The only thing I could think of was whimsical, dramatic, conceited girls. While the CASSA members and I were waiting for the arrival of the girls in the room, we organized our ideas. The girls finally showed up and they seemed excited to see us. We all introduced ourselves and then they did the same. To start off, we played a guessing game. This game consisted of one person saying a line from a movie, and everyone had to guess what movie it was. As the day progressed and as the different activities were introduced, every single girl seemed to enjoy our company more and more. In fact, they suggested we go to their “cottage”, which is their apartment. We went to their cottage and played board and card games. We were having too much fun and did not keep track of time. We said goodbye to our new friends and left with some heartwarming hugs. My first experience at Orangewood was awesome and nothing like I expected, as far as attitudes. The girls were outgoing, funny, humble, and smart. I loved the fact that giving three hours of our time became a lifetime memory for them and us. The smiles and laughs they produced that night made me feel accomplished. I will definitely try to go back and give another night of entertainment.
On October 7th, CASSA was given the opportunity of volunteering for Fristers, an organization that offers support, resources, and information for young teen mothers. The event was located at the Worship Center of Friend’s Church in Yorba Linda. CASSA members were responsible for helping with childcare in either the toddlers (2+) or small infants designated rooms, while the mother’s were involved in various informational sessions provided by the church that would offer input and support for methods in raising their children and job searching. I was selected to be in the small infant’s room. Throughout the night, I would participate in simply playing, reading, teaching, and talking to the infants. It was truly a rewarding experience for me to be with smaller children because I am usually exposed more often with the toddler ages. It was interesting for me to have potentially contributed to a learning experience for those children, and it allowed me to have a relaxing evening playing with children while their mothers were given a small break to try to worry about what they could do for themselves to make not only their lives more successful, but also their children’s.

For my first 5k walk experience, I was glad I did the CHOC walk on October 13th. I loved all the support everyone gave with all the children that have touched their lives. I found it really fascinating how every group who did the 5k walk had unique different ways of naming their group and their cute matching outfits that went with their group names. For a person like me who loves kids, fashion, creativity and energy, the 5k CHOC walk for the Children's Hospital of Orange County was one of the best experiences I have ever accomplished, and I can’t wait to do more of them. Even if it was 5 am in the morning, it was definitely worth waking up, to be with everyone so energized, and the scenery of Disneyland in the morning is very refreshing and relaxing. I will keep participating with this 5k CHOC walk not just for the aura of the environment, but especially to support the children in the hospital.
General Meetings
CASSA is the Child and Adolescent Studies Student Association. Our mission is to provide students with opportunities to develop leadership and professional skills. CASSA also provides opportunities to interact with fellow students and faculty in an atmosphere that fosters social networking by hosting weekly meetings, socials, and community events.

September Members of the Month

Congratulations to Diana Maldonado and Ashley Allen for being September’s Members of the Month! Both members completed 11 hours of community service by attending general meetings, community service events, socials, and the Choc Walk. Diana and Ashley will be receiving an extra leadership hour for all their hard work. CASSA thanks you for your dedication and we appreciate your involvement in the club!

CHECK IT OUT!

Website:
http://hhd.fullerton.edu/cas/cassa
Email us at:
csf.cassa@gmail.com
Like us on Facebook:
CASSA CSUF
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Bulletin Board:
Next to EC-109
CASSA Meetings:
Thursdays 12-12:45p.m in TSU Alvarado AB

Cord Policy:
Minimum of 30 hours as a paid member for 2 semesters
- At least 2 hours of leadership
- At least 6 hours of community events
- At least 5 hours of event attendance (meeting or socials)

Stop by our office in EC 542