



Colorado/Wyoming Affiliate News Summer/Fall 2025

Published by the Colorado Association of Family & Consumer Sciences

*Colorado and Wyoming are Affiliates of the American Association of Family & Consumer Sciences
Dedicated to improving quality of life for individuals and families since 1908*

What's In This Issue?

- ✓ **SAVE THE DATE – November 15
CO/WY Fall Mini Conference**
- ✓ **CO & WY President's Messages**
- ✓ **Highlights 2025 CO/WY Conference**
- ✓ **2025 AAFCS Conference Update**
- ✓ **Advocacy Update: Would You Consider**

NEW Professional Opportunity SAVE THE DATE

Saturday, November 15, 2025

Windsor High School, Windsor, CO
9 am – 3 pm

FCS as a Preventive Force is the theme for this Mini Conference on November 15. Participants will be updated on new and current educational initiatives and the tools available for implementing in Colorado FCS classes and programs.

The opening session for this conference will discuss how FCS can be a force in society and in the lives of individuals and families to prevent problems such as chronic disease, mental illness, financial resources, food

insecurity, cost-burdened housing, and waste. The sessions will provide ideas for professional practice including long-term planning and problem solving. It will also include resources, data, strategies, and actions to promote the preventive power of FCS education to various audiences and increase support for Family and Consumer Sciences in various educational settings.

Mini Conference topics:

- > Implementing Financial Literacy in FCS
- > Housing Challenges and Opportunities
- > Money Habitudes
- > Health and Wellness

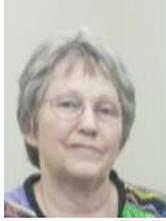
The Planning Committee is finalizing the schedule and speakers. The Full Agenda will be coming soon. Topics for the day are valuable for anyone, not just FCS Professionals. Invite your colleagues and others to attend. ***There is a Special Registration for High School and College Students.***

This Mini Conference will have certificates of attendance for use in fulfilling either CDE Licensure renewal or for Professional Development Credits through CSU or UWY.

WAFCS President Message

Patty Johnson

Wyoming AFCS Past President



Ponderings From Wyoming

Thank you to Virginia Vincenti and Jeanine Pope for their hard work to make the Colorado/Wyoming Annual Conference at the University of Wyoming a success. The weather even seemed to cooperate for a change.

Healthwise, I have been out of commission since early February. I have met more doctors and been to more medical facilities than I knew existed in Casper. They keep running new tests with few results. The highlight of this ordeal was a Life Flight helicopter trip into town. My husband had both shoulders replaced during this time. Thankfully my children have been available at different times to keep us both upright.

It was great to hear that President Trump was bringing back the Presidential Physical Fitness Test for American Youth. Although I never earned the patch I tried hard in junior high. Perhaps the challenge will motivate more youth to put down their electronics and focus on their physical health.

James Clear sends out short emails that make sense to me. This was from a recent email.

<https://jamesclear.com/3-2-1/july31>

3-2-1: On avoiding frustration, easier paths to a good life, and the power of not reading.

3 Ideas:

(1) “Chase your desired lifestyle, not your desired title. People are blinded by status and labels. Once you release the need for a specific title, there is almost always an easier path to living your preferred lifestyle.”

(2) “Take great care to avoid mistakes when the decision is hard to reverse. But, if you make a mistake which is hard to reverse, there

is no sense beating yourself up about it. Your responsibility is to make the best next choice given your current position. You must always make the most of the situation you are in. Next play mentality.”

(3) “Many frustrations are the result of unspoken expectations. Before you get too annoyed, make sure you are clearly expressing your thoughts.”

2 Quotes

(1) Animator and cartoonist Walt Kelly reminds us a lot of hard work is wasted: “Having lost sight of our objectives, we redoubled our efforts.” Source: Pogo

(2) Philosopher Arthur Schopenhauer encourages us to read what is important, not what is popular: “The not reading is a very important one. It consists in not taking an interest in whatever may be engaging the attention of the general public at any particular time. When some political or ecclesiastical pamphlet, or novel, or poem is making a great commotion, you should remember that he who writes for fools always find a large public. A precondition for reading good books is not reading bad ones; for life is short.” (Source: Essays and Aphorisms)

1 Question for You

(1) It is common to think about what you would like to accomplish. It is less common to think about what must be discarded to make space for your new endeavors. The time must come from somewhere. What do you need to give up to make space for what you would like to achieve?

Patty

(Thanks to Patty for her Wyoming President’s messages during her several years as Wyoming AFCS President, and also for continued commitment to WY and CO AFCS.)

CAFCS President's Message

Jeanine Pope

CAFCS President

Hello everyone! It has been a busy year within our CAFCS affiliate.



Wyoming and Colorado co-hosted the CO/WY

Annual Conference in Laramie April 25th and 26th on the University of Wyoming campus.

The two-day conference focused on ***Preventing Critical Issues Impacting Us All: Food, Finances and Housing.***

Sessions were presented by a variety of speakers within city management, education, business and non-profit organizations. A concluding workshop analyzed the connected problems of food, finances, and housing. Using the fishbone diagram helped to identify initial actions and how to incorporate this process into our work and volunteer activities.

The CAFCS Board met as an Affiliate Annual Meeting May 31 and discussed plans for the coming year. From that discussion, CAFCS will focus on three main goals.

1) With help from AAFCS, we will work to build the CAFCS website so it is a resource for people interested in FCS programs and for all FCS Professionals in Colorado. We will ask for help from other FCS professionals to acquire content for the website and to develop industry partnerships.

2) Increase Colorado membership in CAFCS. One way would include asking current CAFCS members to sponsor a student member. Another suggestion was to contact lapsed members to encourage them to reinstate their membership. Finally, a Fall Mini Conference is being held with promotion of it to all Colorado FCS professionals.

3) Directly involve individual CAFCS members in our Advocacy grant by writing to

Colorado Legislative representatives using the following examples.

- Advocate for FCS in Food, Health, and Nutrition programs
- Advocate for FCS in Personal and Family Finance (Financial Literacy)
- Advocate for FCS in Mental Health Literacy
- Advocate for Personal Financial Literacy courses as a result of the passing of House Bill 25-1192.
- Advocate for Colorado's House Bill (passed May 1, 2025) concerning communication devices in schools.
- Advocate for The Colorado Children's Campaign- working with our policymakers and our community to track and respond to the changing federal landscape on issues affecting Colorado's children. info@coloradokids.org

Included with this Newsletter is a one-page "*Would you Consider....*" which asks our members to consider what each can help to Advocate for Family & Consumer Sciences. If each member would do just one or two of these suggestions, FCS can document the impact of our programs which we know are valuable. Now we need to let others also know. Let Jeanine know how you can help. Email jeaninepope4@gmail.com

Jeanine

WAFCS - Update & Activities

Virginia Vincenti

2025/2026 WAFCS President

During our business meeting on June 4th, we elected the WAFCS officers: President Ginny Vincenti, Vice President Sarah Lee, and Treasurer Lois Roberts.

During the 24-25 school year, Ginny met each month via Zoom with FACS teachers on the

WDE-CTE Team. She shared resources and encouraged attendance at the CO/WY Affiliate Conference in Laramie in April 2025.

Wyoming AFCS took the lead to host the CO/WY AFCS Annual Conference at University of Wyoming in April. The goal was to help FCS professionals strengthen the integrative aspect of our professional practice and to build collaborative relationships with professionals and organizations outside of Family and Consumer Sciences. See more about the conference under the Conference Highlights section of this newsletter.

June was a busy month. Ginny attended the WATFACS conference (part of WACTE) in Casper where she presented, “Promoting FACS: A Force for Preventing Societal Problems”. Link to Ginny’s presentation at https://drive.google.com/drive/folders/1zmJRlxaHCjKt8CaED9oK-d5l3Mw_v9Un?usp=sharing

The WATFACS Conference was an opportunity to build relationships with the Wyoming FCS teachers, connect with policymakers, and encourage promotion of their programs with key audiences to build support and to recruit students into teacher education. at UW. The UW College of Education Dean indicated at the WACTE meeting that an FCS teacher educator hire is dependent on student demand of freshman and teachers with alternative authorizations to earn full licensure.

2025 CO/WY Conference Highlights

The 2025 Annual Conference at University of Wyoming was a jam-packed two days on April 25 & 26. Those who arrived on Friday morning were able to participate in several tours of campus facilities. Here are brief reviews of two of the activities before the opening session on Friday afternoon. .

University of Wyoming Family & Consumer Sciences Dept. by Jeanine Pope

As part of the Educational Tours at Spring Conference I was glad to have chosen the tour given by Christopher Weber, a Senior Office Associate in the Family and Consumer Sciences (FCS) department. Our group of seven enjoyed gaining insight into all the five undergraduate degree programs:

- Design, Merchandising and Textiles
- Human Development & Family Sciences
- Human Nutrition and Food
- Professional Child Development
- FCS Teacher Licensure Career Track

We saw classrooms and labs within all the FCS subject areas. It was interesting to see the textiles lab. One of the graduate students took time to explain the courses and research being done. We saw completed projects done by students including interior and fashion design boards and display cases showing completed garments.



Some of the Fashion Design Boards developed by UWY Family and & Consumer Students

We also enjoyed seeing the Foods Labs and the labs for b for different taste testing experiments. It was an informative and thorough tour! It ended with us receiving University of Wyoming stickers, pens, a bag and mug!

***University of Wyoming
Plan Growth & Phenotyping Facility
by Luann Boyer***

This facility was another pre-conference on-site tour of the 6400 sq. ft. research facility with greenhouses and a 5th floor research center. The facility has rigid controls for research in controlled environment agriculture and phenotyping applications. It is also available for other institutions and private companies to conduct research.

The pictures below show some of the research with growing vegetables in hydroponic conditions.



Poverty Simulation

Friday afternoon, conference attendees participated in 3 hour simulation to experience the challenges which individuals and families encounter when living with minimal resources.

Attendees were assigned “family roles” for their groups of 4 with each having different strengths and challenges. The family learned how to interact with community resources to meet their basic needs of transportation, food, shelter, and other needs.

The afternoon ended with a group session to summarize the challenges they faced and the frustration they felt, ending up with a better view of what many families face regularly when dealing with limited resources.

Morgan County Housing Stability

Morgan County Family Center from Ft. Morgan, Colorado presented on their work responding to the needs of the ***Unhoused Populations***. This program is provided using Federal funding filtered through the Colorado Dept of Local Affairs (DOLA).

Strategies include:

- (1) Housing Stability resources to address the homeless population and clients who have been evicted.
- (2) Working with community to create additional housing resources through incentive programs for private developers.
- (3) Establishing a Housing Resource Center (HRC) to assist renters and homeowners with increased financial literacy, stability and access to housing. HRC is housed at the Family Center.

Making Connections

by Virginia Vincenti

The focus of the 2025 CO/WY AFCS Conference was connections between food, finances, and housing which are interrelated in people’s lives, and working toward prevention by emphasizing Family and Consumer Sciences is a preventative profession. Exhibitors and speakers represented a wide range of relevant organizations and programs, some which FCS professionals may not normally collaborate with. It provided resources,

opportunities for problem analysis using a fishbone diagram, and discussion of actions we could take after the conference.

Interest was expressed by some to continue the dialogue and build collaborations. Two UW FCS students, Hailey McGee and Elena Janusewski, had posters in the conference. To that end, a Facebook group will be developed where we can have discussions and post files. All attendees will be invited to join this group. If you did not attend the conference, but would like to get involved, contact Ginny Vincenti (vincenti@uwyo.edu) or Jeanine Pope (jeaninepope4@gmail.com).

2025 CAFCS Teacher of the Year Jessica Teal, Windsor High School

The Teacher of the Year award recognizes exemplary teachers utilizing cutting-edge methods, techniques and activities to provide stimulus and visibility to Family and Consumer Sciences education. Jessica Teal teaches Family and Consumer Sciences at Windsor High School. She has taught a variety of courses such as Career Pathways, Catering, Child and Adolescent Development, Design Seminar, Fashion Design and Merchandising, Education Exploration, FCS Leadership, Interior Design, Interpersonal Relationships, Life Management, Teacher Cadet I, and Teacher Cadet II.



Jessica Teal (center) with Barbara Stewart, AAFCS President (right) and Michelle Dennis, Colorado FCS Program Director (left)

2025 AAFCS Highlights

*Submitted by Carole Makela, PhD
Colorado State University*

From the Opening Ceremony on June 25 to the Closing on Friday, June 27, attendees had opportunities to network, share, learn and expand their horizons whether it was their first or their 50th+ conference (like a few of us). In addition to on-site events, there were educational experiences in the Kansas City area, related FCS organizations' meetings, and other events during the week.

Some new events/activities gave time to visit the EXPO areas where state affiliates, AAFCS communities, related FCS organizations, new AAFCS partners, commercial exhibitors, sponsors, and universities told their stories, shared materials, and encouraged interactive participation. The materials and resources from the partners and others are available at (aafcs.org/resources/publications-products). There was a corner area commemorating members who had passed in recent months and a photo op area with balloons and a gold "30" - the 30 recognized it is 30 years since AHEA became AAFCS.

In a number of general and breakout sessions, the retooled Body of Knowledge (BOK) for FCS was shared as was the process which resulted in its retooling. Many past AAFCS presidents engaged in this month's long effort. The retooled BOK can be found on the AAFCS website with guides for its use and messaging. This resource is a framework to tell the story of what FCS is and connect your work to FCS when explaining and advocating for the profession and its impacts.

Another topic in a number of sessions was reporting the findings of the AAFCS 2025 Industry Survey conducted in the last year to explore trends, challenges and opportunities in the field and profession. Data from this

survey can provide support for your advocacy and action to strengthen the need for Family and Consumer Sciences programs in schools and other professional settings..

Two new Pre-PAC certificates were announced in partnership with the Home Baking Association as the King Arthur Baking Company demonstrated use of their products. The certificates are Baking Science Foundations and Baking Science Professional. Pilot tested during summer 2025, these provide documentation of skills and competences to employers of baking science and can be earned in CTE courses in high school, 4-H, and FCCLA beginning fall 2025.

To have your own mini-virtual conference, I challenge you to take a virtual field trip of the AAFCS website. It has changed and expanded recently so a **“field trip”** will show the many opportunities and resources the Association and its partners offer. This is not a 10-15 minute browsing session; it is a 2 to 3 hour field trip (or maybe two) to explore, learn, and appreciate what AAFCS offers members including up-coming webinars and other professional development opportunities. On www.aafcs.org, select MyAAFCS to access association resources. Your patience maybe be tested going from one link to another as it is not instantaneous, but it will be very worthwhile.

Submitted by Jeanine Pope, CAFCS President

At the 2025 AAFCS Conference June 25-27 in Kansas City, Missouri. I attended both the Affiliate President’s Meeting and the Leadership Council meetings.

A few of the sessions I attended focused on student engagement in AAFCS, hearing ideas about implementing the AAFCS Advocacy grant, and the development of a website for FCS teachers in Montana. I also enjoyed a session on PDIA - Problem Driven Iterative

Adaption, and the one on the newly revised FCS Body of Knowledge.

I also took part in a community service field trip and activity where we packaging food containers for the nonprofit organization Pete’s Garden. Its mission is to avoid food waste and provide families with needed meals

Submitted by Ginny Vincenti, WAFCS President

Ginny attended AAFCS in Kansas City, MO the end of June. She participated in the LEADFCS Conference prior to AAFCS to gain further understanding of the organization and FACS nationally.

Ginny had a poster and was selected to do an oral presentation on the poster, **“Family Perspectives on Professionals’ Role in Elder Family Financial Exploitation (EFFE)”**. The poster was based on the research she had been working on with a national research team on financial exploitation.

She also lead a workshop with Cindy Miller and Barbara Stewart about “Bridging the Specialization Gap to Address Life’s Complex Problems - FCS as a Preventive Force”. This extends the critical science approach (not by that name) to address complex problems with FCS professionals as leaders, and as collaborators with others in particular communities or states. Use the link below to access the slides and handouts.

https://drive.google.com/drive/folders/1zmJRIxahCjKt8CaED9oK-d513Mw_v9Un?usp=sharing

Erin Irick, UW Faculty in Department of Design, Merchandising and Textiles also the conference. Erin had an apparel design in the showcase which supported sustainability and collaboration.

Her design was titled **“Weaving Rainbow”** and is part of a six-piece collection combining upcycling with traditional textile craft techniques. Each design pays homage to a different traditional textile craft, in this case,

weaving. Collaborators with expertise in each technique were identified, interviewed, and co-designed a garment with Erin.

Part of the garment was created using the traditional textile technique and the rest of the garment was upcycled and constructed by Erin. The weaving for this garment is seen in top and bottom chevrons of the vest and the jumper underneath was upcycled from a bedsheet. Additionally, the middle section of the chevron was upcycled from a women's skirt.



Erin Irick with her Textile Exhibit

Bringing Culture Into Our Lives
Presenter: Amber Clifford Napoleone

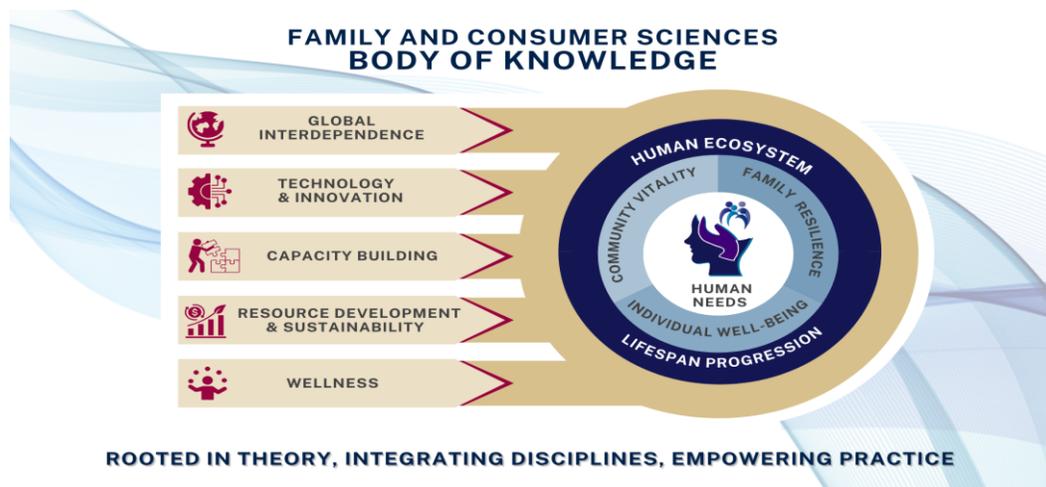
Submitted by Luann Boyer

This presentation focused on Culture. Defining Culture, how we get Culture, what Culture means to each of us, and how we make Culture count.

We are born into a culture. Our culture is not biological – it is learned, shared, and socially transmitted. We broadcast our culture and our beliefs.

Culture involves behavior patterns. We learn certain orders of behavior and even though we each do some of the same things, they are not the same as each of us learn them in different way. An example of this is our morning routine- we each have one, but they are not the very same, even within a family.

Cultural Knowledge is all the things you learn: norms of rewards or punishment; values of what we should or should not do; symbols of things which hold special recognition; and world views. Each is significant to each person- beliefs, religion, politics, etc. Culture is always under construction based on what you learn as you age.



Would you consider...



Social Media/Website

1. Taking pictures of FCS classes and other FCS related presentations which can later be posted to the CAFCS website or FCS Facebook page. Include the title and purpose of the lesson or presentation. Be sure a photo release permission slip has been signed for each student or participant.
2. Asking for student or client/ participant comments to be used anonymously for content to post on our website and Facebook page.
3. Using one of the resources on the AAFCS.org website. Report how you used the resource so it can be posted on our website and Facebook page.

Next Year's Conference/Membership

1. Providing names of speakers for the conference in a FCS area which would be of interest to the members. It might be you, a colleague or a teacher.
2. Bringing one new person to the conference. Ask individuals to attend the Annual Conference such as those in business or occupations related to FCS.
3. Identifying or bringing door prizes for participants.
4. Paying for a membership for a student in a FCS program.

Advocacy

1. Locating the state representative for your district and calling him/her to set up an appointment to discuss Legislation which may be relevant to FCS. An email could also be sent.
2. Connecting with an industry partner to find out if resources are available such as curriculum resources or opportunities to have a guest speaker or field trips. You could send us information on a person or business you currently partner with. Ask permission to link the company's logo/information to the CAFCS website. Then send the information to us so it can be posted on our website and Facebook page.
3. Providing FCS flyers of FCS related presentations or FCS programs to us so they can be posted or emailed for additional exposure of FCS events.

Email Jeanine (Jeaninepope4@gmail.com) to indicate which of these you can help with.

2025 Colorado Association of Family and Consumer Sciences (CAFCS)

MARK YOUR CALENDAR!!

2025

**Sept. 26-28: 2025 AAFCS Leadership Summit
Louisville, Kentucky**

**November 15: FCS Mini Conference
CO/WY FCS Assoc.
Windsor High School**

Early Bird Registration Due October 15

December 1 – 5: FCS Week

2026

**March 21: World Home Economics Day
Theme: You Are What You Eat: Feeding the Future
IFHE-US Webinar
Info in Next Newsletter**

TBD Spring FCS Conference

**June 25-28: 2026 AAFCS Conference
Louisville, Kentucky**

Newsletter Submissions

This newsletter is your newsletter. Members are encouraged to submit information about programs, conferences, member awards (include website links) as well as information on current FCS topics.

Written submissions should be in a WORD document attached to the email. Photos need to be saved as **jpeg** and attached to the email (don't put into the body of the email).

Email all submissions to CAFCS Executive Director at luann.boyer@colostate.edu



COLORADO/WYOMING NEWS

is a newsletter for members of the Colorado and Wyoming Affiliates of American Association of Family & Consumer Sciences.

Photos and articles from and about members are welcome.

Members are asked to keep email addresses updated with CAFCS so newsletters can be emailed. Send any contact updates, including address and email to the Editor listed below.

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