What’s In This Issue??

✓ 2020 AAFCS Conference Cancelled
✓ 2020 Conference Presentations
✓ CAFCS Award Recognition
✓ CAFCS Student Members

CAFCS President’s Message
by Carole Makela
2019-2020 Colorado President

My message in this issue reports the first session of our 2020 Conference held in Wellington, CO. The Living Room Conversation (LRC) session demonstrated a process to practice communication to Respect, Relate, and Connect on sticky issues (often very controversial ones).

This was an interactive session with all attendees participating and practicing the process in groups of four to six individuals. The issue discussed was climate change. Participants in LRCs are not expected to be experts to share and explore their views (and maybe even change them). The aim is that everyone shares and has a voice.

Prior to discussing the issue, time is spend exploring common ground with agreement on conversation engagement guidelines and questions to get to know each other in one’s group. Then climate change was the focus of the conversation guided by a series of questions; an example was ‘are you concerned about climate change - share your views.

Lively discussion occurred in each of

AAFCS Conference Cancelled

Hopefully you have read your April 15 email from AAFCS President Jackie Ogden which announced the 2020 AAFCS Conference & Expo in June at Baltimore has been cancelled. The email gave some information on how association activities normally occurring in conjunction with Annual Conference would happen, but more will be coming as details are worked out.

Latest updates are on www.aafcs.org at the extreme top above the header on the Home Page. Plan to attend the 2021 Conference June 25-27 in Minneapolis, MN.

Other Conference Cancellations:

2020 Rocky Mountain Food Safety Conference June 9-20, Arvada Center) has been cancelled until 2021

Lillian Fountain Smith Nutrition Conference (May 19-20 at CSU) has been cancelled until 2021.
In reflecting on conversations, attendees shared these perspectives on the process, relationships, and the issue discussed.

**Process:** Applicable to use with other groups, classroom, staff, book and other clubs.

**Relationships:** Established common ground with respect (prevents the soapbox); gave a safe space to disagree; improved listening; recognized influence from one’s childhood experiences on views and practices; built empathy

**Climate Change:** Brought up impact of lifestyles and natural resource use; awareness of need to make changes; shared practices/habits and information for classroom and need to learn more

Living Room Conversations (LRC) has a long list of topic/issue guides ready to use whether one plans a local or virtual (local, national or international) LRC. FCS related issue guides include affordable housing; food; friends and family; health care; mental health; social equity; refugee families and many more. The site also gives guidance on developing one’s own topic (a hot local issue, for example). They have now posted a new one ‘Live in the Time of Corona’. Website for information is www.LivingRoomConversations.org

These are called ‘conversations’ for a reason. It is to have communication with reason not a debate to win or a discussion to dominate. I am anxious to hear of the LRCs attendees hold or participate in since our 2020 Conference.

Will we hear many voices sharing common ground and informing others and ourselves on the many issues we face and experience? Will you try it to showcase FCS or tell its story in your community? Share your activities with Luann Boyer for upcoming issues of this newsletter.

**Carole**

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**WAFCS President’s Message**

by Patty Johnson  
2019-2020 Wyoming President

Hard to believe it was only six weeks ago we met for our annual meeting in Wellington to discuss Sustainability. The weather was starting to hint at spring. We enjoyed close quarters, great conversations, and good food.

We gave no thought to our freedom to come and go as we pleased. We did not realize how soon we would have the opportunity to practice Living Room Conversations which Dr. Carole Makela presented. Thank you to Barbara Gorman, Carole Makela , Luann Boyer, and other members who worked to make this event happen.

Now our lives have been reset. We need to stop stressing about what we cannot control. We need to change our mindset so we, our families, and our students can thrive in our new normal. All of our FACS training is being brought to the forefront as we continue to try to help in our homes and communities.

I admire the creativity in people who are finding new ways to help people stay connected. The howling from the front porch at eight each night can be heard several miles out of town; it is puzzling the coyotes that live near us. One student is getting credit for practicing his tuba by marching past his band and choir teachers’ houses in costume. Local high schools are setting aside rivalries working to keep connected with all students. Students are creating online activities to involve as many of their peers as possible. School lunches are still being prepared and transported to twenty sites in and around Casper for all students. Bus drivers are delivering school books and paperwork to students who do not have internet access.
Local businesses have been innovative with curbside service for take-out meals. Many are donating to restaurants to send meals to people on the front line. This allows them to stay open and keep some employees on the payroll. Our local fabric store made kits for people to make masks and gowns for a local hospital. Too bad a thousand masks disappeared from the hospital laundry. It is now a police matter.

Families quarantined are having to make huge adjustments. If parents are working from home and students are needing to be online for school there may be problems about enough “office space” and internet connection for everyone. Other parents may have been furloughed and are worried about providing for families. To make the best of a rough time some families are resetting their lives by changing their mindset.

Now there is time to teach children and grandchildren skills in the kitchen. There is time to teach other skills around the house. Younger children can help with sorting laundry and folding clothes. As I write this, Wyoming is not yet “shelter in place”. In a small community in northern Wyoming, a Dad creates an adventure a day for his kids. They have been on treasure hunts around town and hikes just outside of town. Some families are busy preparing gardens. This is providing opportunities for long talks and deep conversations.

The world has been changed. We have had the opportunity to be still and reflect. We will return to a different normal. Hopefully we will choose carefully what we put back into our lives. Perhaps we will make sure to add family time instead of the hustle and bustle that controlled us before. We will take time to check on the elderly friend a bit more. Maybe we will remember to smile more, be kinder, and stop to enjoy our blessings.

Patty

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**2020 Conference Speakers**

**Sustainability in School Lunches**  
Presenter: Ann Cooper, Food Service Director, Boulder Valley School District  
*Summary by CAFCS member Angela Smith*

At the Annual Conference in February we all were inspired to be “Renegade Chefs” by Chef Ann Cooper. Chef Ann is a graduate of The Culinary Institute and in her 30 year career, she has been a professional chef in various restaurants, hotels and cruise lines to the White House and being the Renegade Lunch Lady in Boulder where she serves as Nutrition Services Director for the local school district. She is also a consultant to numerous school districts to advocate for fresh food being served to students, an author and advocate of a healthier food system.

Ann focuses on using her skills and background to create a nationwide, sustainable model for K-12 schools to transition any processed food-based meal program to a whole foods environment where food is procured regionally and prepared from scratch. Her passion for this topic was clear and she had us all admiring and agreeing that such a system would be wonderful. Chef Ann cited the improved behavior and learning many students experienced when a school went from processed foods to locally sourced and prepared fresh daily.

To learn more about Chef Ann, visit her website [www.chefannfoundation.org](http://www.chefannfoundation.org) for information about her advocacy on providing students with healthier meals at school. If you want to hear her, the link to a 2013 TEDTalk is [https://youtu.be/IVJv91n39Q8](https://youtu.be/IVJv91n39Q8) titled, “Lunch Lessons: Changing the Way we Feed our Children”.

Go to [www.bvsd.org/food](http://www.bvsd.org/food) to see the nutrition programs, Farm to School connections, food waste prevention, and the volunteer network for the Boulder Valley School District Food Project.
Sustainability and Renewable Energy Initiatives
Presenter: Emily Kobylarczyk
Relationship Manager, Tri-State Generation & Transmission

Summary by CAFCS Member Barb Gorman
Emily presented an overview of Tri-State’s mission (provide member systems with reliable, affordable and responsible supply of electricity in accordance with cooperative principles) and resources available for consumers. She discussed Tri-State’s progress in diversifying power sources, lowering their carbon footprint and responding to member requests for greater access to renewable energy sources.

She fielded questions about the effects of regulation changes. For example, Tri-State will continue to use natural gas to fuel power plants because it is both less expensive and cleaner than coal. She neatly segued into consumer resource management, identifying ways consumers can take control of their energy use and the resulting costs and benefits. She recommended the Touchstone Energy home energy audit tools available at [https://www.touchstoneenergy.com/efficiency](https://www.touchstoneenergy.com/efficiency) to find several pages of quick tips to make quick, easy and inexpensive repairs and changes for your home to lower energy bills.

The top three areas to check are:
1. Unplug your device chargers when not in use. They use electricity whether your phone is plugged in or not. Consider using a multi-plug charger which you can easily turn off when not in use.
2. Switch out all lightbulbs, even the CFCs, to LED. You can choose warm spectrum light bulbs or change fixtures. Some new fixtures have adjustable spectrum controls built in.
3. Check that your refrigerator door closes completely. Even a loose seal can cause the refrigerator to run more than necessary, running up your electricity bill.

2020 Conference RoundTables
Seven RoundTable Topics were facilitated at the conference. Here are summaries of some presentations.

Promoting Family and Consumer Sciences for a Sustainable Profession
Presented by Laurel Kubin
Laurel Kubin worked with roundtable participants to identify personal attributes that have been developed or enhanced through their Family and Consumer Science training and experience. Participants then practiced responses that each person could use when they are acknowledged for their skills so that Family and Consumer Sciences is given appropriate credit. These messages take advantage of that momentary opportunity to promote the profession and are more impactful than many brochures and other expensive marketing materials.

Using Twitter for Advocacy
Presented by Debbie Nelson
If you want to create a global audience for your organization, Twitter is a great social media tool. There are an estimated one billion unique visitors each month, creating a large audience for your tweets. If you are new to Twitter, I highly suggest going to the help center at twitter.com - a ton of helpful "step-by-step" directions at your fingertips.
It's important to think about how you plan to use Twitter - personal, professional or both. This answer can influence your decisions about handle, profile and header photos. Before your first tweet, spend time reading tweets of others you know/trust to see how it can work. FCS ideas are: @aafcs, @national FCCLA, @moneytalk1 (Dr Barbara O'Neill), @MissJonesFACS (Heather Jones, AAFCS Teacher of the Year), and @CarolWerhan, ACTE VP for FCS.

Use hashtags consistently to attract attention and help categorize your tweets, being sure the hashtag isn’t already being used for something that doesn’t fit your mindset. Timing of tweets matters - most people check their Twitter accounts when they first get to work, at lunch time and/or near the end of their work day. Twitter can be a good way to let others around the world know what you and/or your organization are doing to improve the lives of individuals, families and communities!

Download the handout, *Using Twitter for Advocacy*, from the CAFCS website home page [www.aafcs.org/coafcs](http://www.aafcs.org/coafcs)

**In Search of a Sustainable Life**

Presented by Carole Makela

The March 2020 issue of the *National Geographic* arrived the day of the conference. Its extensive cover story ‘The End of Trash’ (pp. 42-71) provided an in-depth article on lessening trash with many innovative practices currently being done, mostly in Europe. A fitting one for FCS was new clothes out of those discarded. These were great examples for the presented circular economy we need to work toward, replacing the current linear economy (from resources/raw materials to production to consumption to waste) if life is to be sustainable.

The circular economy is proposed to Reduce use of resources by producing goods from materials that would otherwise be waste/trash. There are nine Rs in the circular economy. Which R(s) is relevant for waste reduction depends on the product and the innovation and technology available. The Rs may apply in product design, production, or use. They include Reduce by design; Refuse to purchase/use; Reduce use; Reuse; Repair; Refurbish; Remanufacture; Repurpose, and Recycle.

The circular economy will ‘use resources sparingly and recycle endlessly’. It is highly dependent on consumers’ behaviors lessening waste and the innovations of manufacturing to repurpose/reuse, etc.

Not all Rs apply to the same products; selected products have the potential of only some of the Rs. Think aluminum cans, office paper, plastic bottles - these illustrate three products, which the Rs are currently exploiting, one much more than others. How will consumer practices change if our first considerations were ‘my use of this product cannot result in any waste’?

**The Partnership for Age-Friendly Communities (PAFC): A Grassroots Model for Fostering Collaborative Engagement**

Sue Schneider, Family and Consumer Science/Community Development Extension Agent for Larimer County, described how PAFC has developed collaborations of professionals and volunteers to address needs of an aging population. The PAFC has stimulated activities and coalitions within.
four priority areas: housing, transportation, health and wellness, and the culture of aging. She discussed the role CSU Extension plays in making information available about existing services, conducting continuous needs assessments, and providing education. The participants shared information about what coordinated services existed in their communities and how they developed.

Summary by CAFCS Member Laurel Kubin

Sustainable Development:
What Can and Should FCS DO?
Presented by Virginia Vincenti

Sustainable development is defined as meeting the needs of the present without compromising the ability of the future generations to meet their own needs. Sustainable Development Goals (SDGs) were adopted by the United Nations Member States in 2015. There are 17 SDGs which are integrated and recognize that action in one area will affect outcomes in others and that development must balance social, economic, and environmental sustainability. This RoundTable focused on resources for sustainable development and how it relates to the mission of Family and Consumer Sciences.

The RoundTable handout, Sustainable Development - FCS Resources, is a multi-page resource found on the CAFCS website home page www.aafcs.org/coafcs

2020 Marcile Wood Community Service Award
At the 2020 Annual Conference, Laurel Kubin was given the Marcile Wood Community Service Award for her long-time volunteer work for her church, community and especially Northern Colorado AARP activities. Read more about Laurel’s award on the CAFCS website on the Awards and Recognition page www.aafcs.org/coafcs

CSU Student Research Posters

CSU student research posters were displayed during the Annual Conference and a synopsis of the projects was available for attendees.

by Victoria Connor and Megan Sherad

This project was to use the cover photographs of the Journal to identify ways in which Family and Consumer Sciences (formerly Home Economics) had changed in the previous 20 years by looking at trends in FCS. They found 38% of cover photos included images of people with 61 females and 55 were males. The theme of the issues were directly reflected in 55 of the covers.

CSU Apparel in the Marketplace
by CaraShea Hughes and Kristi Thompson

This study explored the strategic pricing behaviors found across retail stores when looking at CSU logo apparel. They focused on identifying the difference in price among sizing, color and origin of purchase which included both online and in person observations. The hypothesis was larger sizes would be more expensive, different colors would have different prices, and store prices would vary. The conclusion was the price of CSU logo apparel was related to color and size, but there was a difference between store prices, gender prices, and average prices.

Wyoming AFCS Member Virginia Vincenti discussed Sustainable Development Resources for FCS Professionals during her RoundTable
FDA Requirements and Regulations Regarding Labeling Allergens on Food Labels
by Casey Barretero, Grace Butler, Abril Villicana-Garcia

This study looked at food labels to determine if the FDA requirements and standards for allergen labeling was easy to find and understand by the consumer. They reviewed 50 labels from a wide variety of food products and determined the majority met the standard for information. But, they also found the placement of information and specific wording varied considerably on labels. They came up with ways the FDA could improve their requirements to make it easier for consumers to find information.

CSU Main Campus Lactation Spaces: A Comprehensive Evaluation
by Megan Sadar, Molly Ranger, Tatianna Medina

This study looked at the lactation rooms available for staff and students and evaluated them for availability and comfort. CSU has 16 lactation rooms on the main campus and most scored highest in functionality, 4.3/5.0; but most also scored lowest in accommodations, 2.3/5.0. Other averages were 3.0/5.0 for comfort; 3.5/5.0 for privacy; and 3.8/5.0 for accessibility.

CSU Student Legislative Tracking 2020

CSU students enrolled in FACS 479 have a semester project where they select legislative bills introduced in the Colorado Assembly which are related to Family and Consumer issues. There was little action on the bills by the time of the Annual Conference. The Colorado Assembly was interrupted due to COVID-19, so when legislators return to finish the 2020 Session, the process will resume on hearings, etc. for passage/defeat.

House Bills
1002 College Credit for Work Experience
1006 Early Childhood Mental Health Consultants
1014 Misuse of Human Reproductive Material
1048 Race Trait Hair Style Anti-Discrimination (also known as CROWN)
1114 Protect Minors from Mutilation and Sterilization
1125 Eligible Educator Supplies Tax Credit
1131 Menstrual Hygiene Products in Schools

Senate Bills
004 Get On Your Feet (student loans)
072 Human Sexuality Education Requirements
074 Bonuses for Highly Effective Teachers
123 Compensation and Representation of Student Athletes

CAFCS Student Member Incentive

CAFCS has a AAFCS Student Member incentive where the Colorado affiliate will pay $40 of the $50 student membership. This option for Student Members was enacted in the early 2000s, and replaced awarding a scholarship to one student each year. Students should contact Carole Makela for information on joining AAFCS rather than sending membership directly to AAFCS to take advantage of this incentive.

Student Research Posters can be seen posted at the 2020 Annual Colorado and Wyoming Conference as Co-Chairs Barb Gorman (CO) and Patty Johnson (WY) open the events.
MARK YOUR CALENDAR!!

2020

June 20: Deadline for Submissions for July/August 2020 CO/WY Newsletter

*Members submit LRC Activities*

PENDING - Decision to Hold or Cancel
August: IFHE 2020 World Congress  
August 2 - 8, Atlanta, Georgia  
*Soaring Toward Sustainable Development*

August 31: 2021 Colorado/Wyoming Annual Conference Dates Announced

October 2-4: AAFCS Fall Leadership Workshop  
Arlington, VA

October 2020: Mental Health - Mind Matters  
international traveling exhibit  
opens at Fort Collins Museum of Discovery (through April 2021)

December 3: FCS Day - Dining In

2021

2021 Colorado/Wyoming Annual Conference  
Date TBA

June 25-27: AAFCS Annual Conference,  
Minneapolis, Minnesota

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 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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