



Colorado/Wyoming Affiliate News

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*Colorado and Wyoming are Affiliates of the American Association of Family & Consumer Sciences
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CAFCS President's Message

by Laurel Kubin

2018-2019 Colorado President

From my vantage point, the 2019 CAFCS/WAFCS Conference on Awareness, Advocacy and Action was a great success. Many thanks to Carole Makela, CAFCS President-Elect, for lining up two very good speakers and multiple roundtable presenters who all issued calls to action on issues of sustainability. The evaluations indicate participants were invigorated by their experience and enjoyed the networking.

I recently enjoyed a tour of the new Nancy Richardson Design Center on the Colorado State University campus. As described on its website: "This iconic new design hub accommodates design-thinking projects that span the fields of interior design, engineering, business, landscape architecture, art and more. It houses design studios, fabrication and prototyping labs, and spaces designed to foster creative interdisciplinary collaborations."

On the tour, I kept thinking, "Wow, the students who get to experience learning, collaboration and creativity in this amazing space will be well-rounded when considering living and working spaces." Families live



and work in spaces that need to be functional and pleasing, contributing to their well-being. The training students receive through this collaborative learning space will ultimately benefit families.

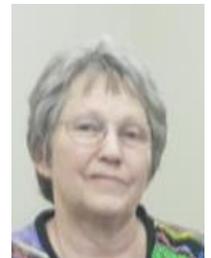
Laurel Kubin

WAFCS President's Message

by Patty Johnson

2018-2019 Wyoming President

I may have been grumbling a while back about the snow and the wind interfering with my plans to get to Annual Conference. My son called early Friday morning after hauling cows to Torrington to ask me to please stay off the road; he had a difficult trip back home. I really missed the opportunity to network with my professional colleagues. I appreciate the people who covered my obligations. Thank You!



Winter said goodbye with lots of nastiness in many states in our area. There was so much devastation caused by the snow, wind and raging waters and ice blocks. So many people lost so much: their homes, their livelihood, their towns, their schools, and their places of

worship. It will take decades for agriculture in these states to return to the current level of productivity.

The rebuilding of infrastructure, businesses, homes, schools will take years. Then you need to consider the ripple effect. The next few months we will become aware of what has been lost. The crops and livestock that will not make it to market will impact a dwindling food supply and prices at the grocery store will be rising.

For those of us lucky enough to have suffered only minor inconveniences from Mother Nature's last tantrum it is time for a different mindset. "Begin your day with an "I GET TO" mentally instead of an "I have to" thought process. I GET TO go to work. I GET TO have a busy day. I GET TO fix dinner. Whatever it may be! We often address our opportunities as stress, but they are in fact blessings.

Hopefully you are seeing the first signs of spring in your little part of the world. I get to stop and take time to see some green grass and tulip leaf tips poking through. Better get going because I need to drive while my son feeds his cows. Then I get to watch young calves frolicking on the hillside as their mothers calmly graze close by. And hopefully I will hear the meadowlarks sing the new songs of spring and know that all is good in my corner of the world.

Patty Johnson

Wyoming Student News

by Shelby Hodges, WY Student President

The 2019 Colorado/Wyoming Affiliate Conference was more than I ever expected. I showed up fully expecting to sit in a room and listen to speakers for the majority of the day. What I actually experienced was a day full of insightful and interesting conversations with

so many incredible people I never thought I would meet. I left this conference feeling revived and connected after spending a day with like-minded people who all have a passion for what they do.

I enjoyed the speakers and the variety of topics they touched on, but my favorite part was the roundtable discussions. Every discussion I went to fostered great conversations. This allowed me to connect with many professionals at the conference, and I was able to get a lot of great information from them. I hope as this event progresses in the future it will continue to help individuals involved with FCS to connect with and learn from each other.

I would also love to see more students at the conference because everyone there has such valuable and encouraging information to share. I will do my part in encouraging the AAFCS Student Members at UW to participate next year, and hope everyone will also encourage students to participate because it will make a difference in their lives.

Welcome CSU Student Members

A Big THANK YOU to CSU Professors Carole Makela and Dawn Mallette for their recruiting efforts of AAFCS Student Members. Some were able to participate in this year's Annual Conference. The members are:

Casey Barretero

Lindsey Erler

Nicole Gentry

Jonathan Hernandez

Megan Majors

Savannah Smith

Kristi Thompson

.2019 CAFCS/WAFCS Conference Follow-up on AWARENESS

by Carole Makela, Conference Co-Chair

The CO/WY conference February 23, 2019 had the theme '*Awareness, Advocacy, and Action*'. At the end of the day, Conference Evaluations asked each participant to share:
1) what they had become more AWARE of;
2) what they will ADVOCATE for; and
3) what ACTION they will take.

This article shares the AWARE responses with some commentary. Advocacy and Action will follow in future newsletters. Consistent with preventing or limiting an overload for our thinking or efforts to try to do too much at once, we will do one 'A' in each newsletter.

Responses ranged from the personal (self-care) to professional (teach better) to a citizen response (community and contacts for action and advocacy). Since sharing was anonymous, we cannot provide specific information to individuals or check in with them to provide guidance or ask 'how is it going?'. Though that may not keep the 2020 conference from exploring what we have done during the past year.

Awareness of sustainability and thinking about it in new ways was also shared. What new ways are you now aware of and how will it influence your actions and advocacy and what you share with others?

With the compostable dinnerware at the conference, as an example, are you now thinking about

- not using single use items?
- selecting items made of biodegradable materials, not plastic sourced from petroleum?
- lessening what goes into the trash stream?
- what is the consequence for others, the community?
- reducing consumption more broadly?

--volunteering in efforts to promote sustainability?

--looking at practices and policies in a new way when considering sustainability?

The list could go on and it makes clear how complex and interrelated the issues are; attend to one consequence and we may create or overlook another? Two examples that have broadened views on sustainability illustrate 'AWARENESS' in terms of 'I had not thought of that before'. These are related to presentations at the conference: as countries transition from strife to peace, often natural resource exploitation and depletion increases (forests are clear cut to raise crops and increase development), which provide consumer products in yet another county. Another was learning of a whale that had ingested nearly 50 pounds of items made from plastic - how much more might be ingested before life cannot be sustained (and that does not include the micro particles of plastics causing concerns in waterways long before they flow into oceans)?

Yes, there are far more questions than answers, but it is the AWARENESS of the questions to inform education, research, policies, and practices which are important. Start asking more questions, as we should not assume 'what is or has been' is the answer. Often we hesitate to ask questions. Don't hesitate.

AWARENESS should have us

- Asking
- Wondering
- Acting
- Respecting
- Educating
- Negotiating
- Exploring
- Sharing while having
- Second thoughts

2019 Conference Summary

Thanks to members who have provided brief summaries of the Conference Speakers and some RoundTable Presentations for this issue.

Sustainability: A State of Awareness

by Nicole Endres

Hillary Mizia, with Prizm Sustainability, kicked off the 2019 Conference with positive energy and knowledge. She founded Prizm Sustainability in 2006 to help educate clients with sustainability projects. Hillary first spoke on the definition of “sustainability”. A personal definition sounds something like “living in balance with and having respect for everyone around me,” and a societal meaning is “meeting needs of today without compromising the needs of tomorrow.”

Hillary shared the component of any sustainability project is there has to be a STATE OF AWARENESS, which in essence is the WHY or the HEART of the work. Because that is the fundamental truth of sustainability, she concluded her presentation with the three pieces of awareness which need to be included in sustainability work.

1. Sense of connection is needed between people/place and action/behavior (the why). Healthy ecosystems work because of interconnection; work in isolation without connection does not work.

2. Understanding of humanity means come to the table and hear other people even when we don't agree or like it. When this is lost, there is tension and lack of participation. “Appreciative inquiry” is inviting people in as a whole person helps with engagement, behavior change, and participation.

3. Choices are dynamic. There is not a “one size fits” all because choices are endless and complex. Once people see value in the work, change will come more easily.

Civic Engagement is Action

by Laurel Kubin

The second speaker, Arvada City Council Member Nancy Ford, spoke about how she became engaged as a concerned citizen. She served on a city committee on sustainability. She heard citizens were feeling the City Council was not hearing their concerns. That was the impetus for her to apply to serve on the City Council.

At first, she was not selected for the Council, but with persistence and study, she became a Councilwoman who now really listens to hear her constituents. Using her market research and creative problem solving attributes, she doesn't think of herself as a politician but as an advocate for the people who put her in office. She learned early on that “walking her district” was an effective way of making meaningful contact with her constituents. She emphasized the importance of good communication skills.



Nancy Ford, Arvada City Council, discussing Civic Engagement in Action.

Self-Care is More Than A Bubble Bath

by Nicole Endres

One of the many amazing roundtables was facilitated by Becky Lauridsen, LPC, founder and lead supporter of IOME. The mission of IOME is to offer guilt-free self-care at discounted costs to help people redefine self-care, make it a necessity not a luxury, and become aware of their needs and take action to get those needs met. In order to do this, we need to do uncomfortable things and debunk limiting beliefs.

Becky shared a 5 Day Self-Care Challenge to give everyone a place to start and something to complete. The challenge includes things like intentionally scheduling and creating time for self-care, taking control of and rewiring self-talk to be respectful and positive, practice grounding techniques to center the body through breath work and meditation, get to know yourself better by taking a personality test (an example of one can be found at <http://www.youenneagramcoach.com>) and finally to build in more gratitude by journaling everyday about three things you are grateful for.

Becky is passionate about helping people be the best version of themselves because “you deserve the best and your family deserves the best of you.” Learn more about this at <http://iowemenow.com> or follow Becky on social media @iowemenow.

Communicating with Elected Officials

by Laurel Kubin

Most elected officials seldom tire from hearing from constituents. Tips for communicating in writing or in person include:

- Communicate on only one subject at a time.
- First put your thoughts in draft form.
- Organize your thoughts into a brief, clear presentation.

- Keep letters to one typewritten page.
- Always be courteous.
- Individualize your letters; use your own words.
- Be specific as to the action you would like to see taken.
- Close with a statement of thanks.

And, a follow-up letter of thanks is appropriate and welcomed by governmental officials when they have taken an action that you appreciate.

Price Discrimination in Clothing Markets

by Laurel Kubin

Jonathan Hernandez’s research involved pricing similar garments at Walmart, Target and Kohl’s to determine whether or not price discrimination existed by age, size, and gender. Prices were basically the same on most garments, but slightly higher for women’s garments - about one percent higher. Garments marketed to adolescents cost more compared to clothing marketed to adults. Unisex items are higher than those which are gender specific, and tend to be marketed on-line more than in the stores. Walmart charged more for extra small sized garments.



Jonathan Hernandez’s roundtable shared results of a research project comparing clothing prices based on sex, age, and size.

Empowering Students for Engagement

by Virginia Vincenti

This roundtable was to help teach students critical thinking, use of reliable research, diverse perspectives, and ethical principles to develop well-founded positions and approaches advocating for change on FCS-content-related issues. This is consistent with the mission of FCS to enable families, both as individual units and generally as a social institution, to build and maintain systems of action which lead:

1) to maturing in individual self-formation and;
(2) to enlightened, cooperative participation in the critique and formulation of social goals and means for accomplishing them (Brown and Paolucci, 1979).

This involves using a problem-posing approach to teaching, using more than technical knowledge, but also includes interpretive/communicative understanding which helps people come to common understandings, and critical/emancipatory understanding and action that frees people from internal distortions based on injustice/unfair uses of power and to take action to effect change. All three types of knowledge and applications are important to make positive change in individuals, families, communities, and society.

This could be a collaborative effort among teachers of several disciplines to challenge students to think critically and work on a project to identify an issue, research it, and learn how to express a reasoned position to the appropriate policy/decision makers. Advocacy could include letters/articles/presentations to local or state policy/decision makers.

Issues should relate to course content and empower students to work for positive change. An issue example is food waste in the school or local grocery stores (change menu/what cafeteria is doing). Why is less healthy food less expensive and fruits and vegetables more

expensive? Who benefits and who is hurt or disadvantaged by the situation? Students would learn not just what a nutritious diet is, but why it may be difficult for some people to eat a healthy diet. What forces work against that within the individual, family, community, society (norms, government and corporate policies, the production system, advertising, etc.)? What are the facts, meanings and dialogue around the issue, how is power used to maintain status quo? What is unjust or unethical about the status quo that should change? Who has the power to make change? How can we advocate for reasoned/ethical change?

Students could read current news about an issue and research facts, identify different positions on an issue, and related power struggles/politics. They could debate and develop a well-founded position to advocate.

Teacher materials distributed were 1) questions which could facilitate discussion and critical thinking and ethical reasoning about issues close to their community so they think beyond themselves and feel responsibility to the larger society (required in a democracy), 2) examples of questions applied to a family problem, and 3) details to help teachers use the three types of knowledge.

College of Health & Human Sciences Dean Named at CSU

Lise Youngblade will become the Dean for the CSU College of Health and Human Sciences on August 5. Youngblade has served as Department Head for Human Development and Family Studies and has seen the department's undergraduate program nearly doubled. She has also provided leadership as associate dean for research and also as associate dean for strategic initiatives for the College of Health and Human Sciences.

2019 CAFCS Election Results

President-Elect: Barbara Gorman
Treasurer: Brenda Guzman

43% of CAFCS Members
Participated in the Election.

Members in the News

Dawn Mallette

Best of the Best Outstanding Teachers

CSU honored 6 Best of the Best Teachers on March 27. Nominations were from students, faculty and alumni and a committee of staff, students, faculty and alumni selected the Best.



Dawn is an assistant professor in the School of Education and Center for Educator Preparation. She coordinates the family and consumer sciences program, advises all

FCS students, teaches two courses, and supervises student teachers. She also teaches a general teacher education methods course and coordinates a professional development school at Poudre High School as part of the CEP program.

Dawn also serves as associate director for online degrees and distance programs in the School of Education. Her research and service interests focus on teacher preparation, teacher professional development and curriculum development.

She has received numerous awards and recognition for her strong commitment to teaching and her profession, including the

Superior Faculty Service Award and the 2017 FCCLA National Distinguished Service Award.

Laurel Kubin

College of Health and Human Sciences 2019 Legacies Project Honoree

Current CAFCS President Laurel Kubin was honored by the CSU College of Health and Human Sciences in March for her role in developing the college as an alumni and also a former staff and faculty member of Colorado State University.

Laurel was a FCS Extension Agent for Colorado State University in Rio Blanco County and Larimer County as well as working for University of California Extension for several years before returning to Colorado. For 25 years she served as Extension Director for Larimer County prior to her retirement in 2017.



Laurel with Dean McCubbin at the Legacy Recognition

She provided state and national expertise in financial resource management and was a member of the CSU Extension Gerontology Team. She was instrumental in the development of the Rocky Mountain Conference on Aging sponsored by CSU Extension FCS Agents.

She has provided leadership for community capacity building activities to provide a variety of educational resources for clientele. Even in retirement, Laurel remains a leader in the FCS profession and uses her Extension background for both civic and professional leadership.

MARK YOUR CALENDAR!!

2019

May 15: Deadline for AAFCS Educational
Excursions Registration

May 31: AAFCS Conference Registration Deadline
Details at www.aafcs.org

June 20: News Deadline for July Newsletter

June 23-26: AAFCS Annual Conference
and Expo, St. Louis, Missouri

July Newsletter: AAFCS Conference
Leadership Council News
Affiliate Officer Update
Fall Activities

September 20: Deadline for October Newsletter
2020 CO/WY Conference Date
FCS Day/Dining In Promotions
CSU & WY Student Activities

December 3: FCS Day - Dining In

2020

June 26-28: AAFCS Annual Conference
& Expo, Baltimore, Maryland

August: IFHE 2020 World Congress
August 2 - 8, Atlanta, Georgia

Theme: *Soaring Toward Sustainable Development*

Newsletter Submissions

This newsletter is your newsletter. You are encouraged to submit information about programs, conferences, member awards (including 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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