CAFCS President’s Message

by Laurel Kubin
2018-2019 Colorado President

Attending the AAFCS Conference in Atlanta was a great opportunity to meet with other Affiliate leaders, update professional knowledge, and network with new and current colleagues. It was a privilege to represent our Colorado affiliate.

The keynote speaker for the opening general session was Dr. Dena Simmons, Director of Education for the Yale Center for Emotional Intelligence. Following her discussion on “Leveraging Emotionally Intelligent and Culturally Relevant Practices for Thriving Families and Youth”, I attended a session on interpersonal neurobiology and developing mindsight called “Why am I afraid to tell you what I think?”. The presenters suggested applying self-awareness circles in teaching others the skills for expressing themselves without putting others down. This circle encourages a person to use the flow of “I see…, I think…., I feel……, I want….,” and “I will…….” in their communications.

I attended a session on psychogeometrics presented by two colleagues who made it fun to learn how identification with five shapes (square, triangle, rectangle, circle, squiggle) reflect personality types. The presenters humorously presented information on the characteristics of each type, their personal habits, and how to successfully work with each.

In the session “Family Disconnected: Survival Techniques for Core Family Values in the Digital Age” we learned about cyberchondria, Internet Use Disorder, and how our minds are becoming re-wired because of increased use of technology. Some of the psychological effects of depression, loneliness, warped sense of reality, anxiety, and desensitization are very concerning. The presenters suggested establishing a family media policy, explaining good on-line behavior, and modeling the importance of and establishing “technology-free” zones and times at home such as at the dining table and at bedtime.

Other sessions I attended were related to emotional intelligence and financial decision making. The most common emotions around money include fear, shame and anger. One presenter suggested emotion is a driver; money is a validator. It’s important to pay attention to our core values as we consider our use of money.
I hope this very brief synopsis of a few sessions in which I participated will (1) show the great value in attending the AAFCS conference, and (2) prompt you to plan to participate in next year’s AAFCS conference in St. Louis, MO June 23 – 26, 2019.

Laurel Kubin

**WAFCS President’s Message**

by Patty Johnson  
2018-2019 Wyoming President

Hope you have been enjoying the best of summer. With our moderate temperatures it becomes easy to reconnect with family and friends on the patio as the sun sets. Too bad those few minutes of socialization are lost when the weather drives us indoors for long months. It will be missed. Our sympathies to those who have endured the wrath of Mother Nature with the extreme heat, wind, hail, fire, etc.

**Family and Consumer Sciences Day** is December 3. It is a chance to remember our founder Ellen Swallow Richards, a woman ahead of her time who attended college when it was rare for women. Applying her scientific skills to bring attention to human health as affected by water purity and food sanitation, she was a trail blazer. I wonder what her practical application approach would do to enhance the STEAM (science, technology, engineering, art, and math) movement today.

December 3 is also a time to **Commit to Dining In.** Whether it is encouraging students in your classroom, with family, or friends, take time to connect with those around you. The rewards are worth it. There are many ideas presented for individuals, 4-H groups, FCCLA, and classrooms on the website. Check out [www.aafcs.org/FCSday](http://www.aafcs.org/FCSday)

1. **Commit to Dining In.** AAFCS asks you to complete a survey for the event.

2. Check out the many resources available. Teachers - check out Secondary Education under Promote FCS Day. There are many ideas including a lesson plan and lots of supporting materials from FCCLA, flyers, ideas for classroom cookbooks, etc. You can easily customize a proclamation for your school or district and a press release.

3. Access “Dining in” Resources. Check out the articles, web resources, blog, Pinterest boards. AAFCS has promotional ideas for emails, social media, and business cards.

4. Be sure to share your stories with social media. AAFCS has a twibbon (frame) created for your use.

A Big “Shout Out” to those who have worked extra hard to promote and sustain our FCS mission. Appreciation goes to our members Carole Makela and Virginia Vincenti for their part in writing the newly adopted resolution, “Support Humane Policies and Treatment of Families Crossing Borders into the United States”. AAFCS Board of Directors adopted the resolution July 2018. It can be found at [www.aafcs.org/resources/advocacy/resolutions](http://www.aafcs.org/resources/advocacy/resolutions)

Appreciation to our representatives and senators who worked on the reauthorization of the Perkins Funding for CTE education. It has been twelve years since the last bill. The new bill specifies “supporting the integration of employability skills into career and technical education programs of study, including through family and consumer science programs” (SEC 135(b) (5) (L) LOCAL USES OF FUNDS).

Patty Johnson

**Colorado AAFCS Student News**

Congratulations to the recent FCS Education graduates from Colorado State University. Fall will bring new adventures as they begin their first year of teaching. If you happen to be in one of the schools, stop and say hello
and encourage them to become a member of AAFCS in Colorado or Wyoming.

Hannah Gaffney, Poudre High School  
Ft. Collins, CO

Taylor Phillips, Mountain Vista High School  
Highlands Ranch, CO

Brittany Escamilla, McCormick Junior High  
Cheyenne, WY

Wyoming AAFCS Student News
by Virginia Vincenti, Student Co-Advisor, and  
Shelby Hodges, 2018-2019 Student President

Since our group is rebuilding this year with new officers, we have been brainstorming on a sequel to our popular annual programs on “Shattering the Glass Ceiling”. Details will gel when students return to campus in August with the focus on awareness of diverse career possibilities for graduates with a degree in FCS. We’ll use resources from the Careers section of the AAFCS website, and we’ll provide an opportunity for students and professionals to gain advice from successful FCS professionals.

Some career areas which have not been included in earlier “Shattering the Glass Ceiling” events are:

1. International opportunities in the United Nations and its sub-agencies, non-profit organizations that do international work for long or short-term assignments.

2. Journalism or communications working for media outlets: newspapers, magazines such as Threads and Parents, and book publishers including but not limited to textbook publishers.

3. Teaching in public or private schools, Extension Education, youth and adult organizations.

4. A speaker who is a leader in the National Coalition for Black Development in FCS.

5. International FCS positions in developing areas of the world, learning about the challenges of these programs such as the 2017 hurricanes in the Caribbean. Part of this program could be to send aid and advocate for those programs which is desperately needed at this time.

6. Learn to be advocates for FCS related issues affecting the quality of life for individuals, families, and/or communities.

We have lots of exciting ideas we want to develop and use to recruit new members and expand our students’ imaginations about careers they probably didn’t know existed or hadn’t identified as possibilities.

Support Humane Policies & Treatment of Families Crossing US Borders
by Carole Makela

AAFCS, as many professional organizations, develops resolutions, which provide for policy focus and a voice for the Association (and its affiliates and members) to define a position on an issue, support a concern, and/or impact public opinion. The general perspective for an organization is the issue or concern addressed is consistent with the vision, mission, and values of the organization.

A position paper was drafted which the Community of Global Perspectives of AAFCS developed into a Resolution to ‘Support Humane Policies and Treatment of Families Crossing the Borders in the United States’. It was shared with other AAFCS communities and sent to the AAFCS Board and approved July 12, 2018.
Consistent with the Association’s mission, the resolution provides background on current situations of children and parents and the need for actions to alleviate the trauma that separation causes in the short and long term. Note the ‘Action’ section of the resolution for what you and I can do to make a difference for these children and families.

This resolution can be found on the CAFCS website (www.AAFCS-colorado.org) and also on the Resources tab on the AAFCS website, www.aafcs.org/resources/advocacy/resolutions on the Resolutions link; as a synopsis in a news release on the AAFCS homepage; and in totality in the discussion Forum. The forum includes members’ responses/discussions of the resolution and its development and support. Virginia Vincenti (WY) and Carole Makela (CO) are members of the authoring committee.

A brief history of AAFCS’s development of resolutions indicates this is the first resolution since the Global Perspectives Community prepared the “Unaccompanied Children Entering the United States Resolution”, approved in 2015. In the five year period of 2014-2018, a third resolution in 2014 was for ‘Family & Consumer Sciences Day’. In the last 25 years (since 1994), AAFCS has approved 30 resolutions, 17 of them prior to 2004. In the 1970s, each year saw 4 or more resolutions approved by the AHEA (now AAFCS) Senate. Why so few resolutions recently?

The resolutions and, for some, action plans are posted on the website. Each resolution provides background information for advocating for action/policy in your community, state, or nationally. Action/policy should be viewed in terms of ‘what can I do’ where I connect to and with others. It may not be policy makers or legislators, it may be your state AAFCS affiliate, a community action group, a youth activity, or a faith-based group.

Though some of the facts for resolutions of 10 or more years ago may be dated, often the intent and actions included are relevant today.

2018 AAFCS Leadership Council
by Laurel Kubin

Carole Makela, Luann Boyer, Ginny Vincenti and Laurel Kubin participated in the AAFCS Leadership Council meeting which preceded the opening of the AAFCS conference. The over-riding theme for the Council meeting was “Social and Emotional Intelligence in the Context of Leadership”.

All segments of the meeting, such as discussion of the signature initiatives, upcoming annual conferences, membership, awards and credentialing fell within components of social and emotional intelligence. Thus, the following aspects were woven into the Council meeting:

- **Teamwork** – ability to work with others toward a shared goal, participating actively, sharing responsibility and rewards, and contributing to the capability of the team.

- **Positive Outlook** – ability to see the positive in people, situations, and events.

- **Emotional Self Awareness** – ability to understand your own emotions and their effects on your performance. You know what you are feeling and why – and how it helps or hurts what you are trying to do.

- **Adaptability** – having flexibility in handling change, being able to juggle multiple demands and adapting to new situations with fresh ideas or innovative approaches. It means you stay focused on your goals, but easily adjust how you achieve them.

- **Influence** – ability to have a positive impact on others, to persuade or convince them to gain their support. You’re persuasive and engaging, and you can build buy-in from key people.
• Coach and Mentor – ability to foster the long-term learning or development of others by giving feedback and support. You have a genuine interest in helping others develop further strengths. You give timely constructive feedback. You understand the person’s goals, and you try to find challenges for them that will provide growth opportunities.

• Achievement Orientation – when strong in the achievement orientation competency, we strive to meet or exceed a standard of excellence and appreciate metrics for and feedback on our performances.

• Inspirational Leadership - ability to inspire and build people to get the job done, and to bring out their best.

• Empathy – ability to sense others’ feelings and how they see things. You take an active interest in their concerns. You pick up cues to what’s being felt and thought.

• Organizational Awareness – ability to read a group’s emotional currents and power relationships, and identify influencers, networks, and dynamics within the organization.

As we work, volunteer, and play, these are important to being successful in our relationships and ability to achieve goals.

Laughing Our Way to Emotional Resilience & Health
reported by Debbie Nelson, CFCS, IPHE

It was great to be back at the AAFCS Annual Conference after missing last year to play at Carnegie Hall. As a “retired from teaching every day” FCS professional, I still enjoy the camaraderie of my FCS colleagues, keeping up on the latest ideas and volunteering to help with conference activities like taking tickets and introducing breakout session speakers.

Moderating the workshop by Dr. Paul McGhee was a hoot, literally! The workshop was “Learning to Use Humor to Cope with Stress: The 7 Humor Habits Program”.

Dr. McGhee first got us laughing and then discussed a bit of the science of what happens to our bodies when we laugh: a stronger immune system, reduced blood levels of stress hormones, pain reduction, and more! Did you know that you can improve your sense of humor?

The 7 Humor Habits
1. Surround yourself with humor – go to funny movies, read the comics daily, watch TV sit-coms; start thinking about the kinds of humor you do and don’t like.

2. Cultivate a playful attitude – humor is really a form of play – spend some time laughing daily, especially with children – let your “inner child” out to play.
3. Laugh more often and more heartily – laughter can boost your spirits!

4. Create your own verbal humor – work on developing puns or jokes – ask the children in your life to help with this one.

5. Look for humor in everyday life – make it your goal to find 5 things in your life daily that you find genuinely funny – put up reminders to find the light side of situations that arise.

6. Take yourself lightly, laugh at yourself – it’s a hard one for most people, but it can make life so much easier when we can laugh at ourselves.

7. Find humor in the midst of stress – hardest to do, which is why it is last; make a list of your most common stressors, then think of a light hearted comment to make the next time it comes up.

Practicing these HUMOR HABITS works for almost everyone, including clinically depressed and anxious individuals, so it will likely work for you. Try these suggestions for a week and see what it does for both your sense of humor and your daily mood!

Dr. McGhee was also the conference Capstone Luncheon speaker. His Capstone presentation was “Humor: The Lighter Path to Emotional Resilience and Health”, a great message to close the annual conference.

The CDC: Combating Disease and Helping You
June 2018 AAFCS Educational Excursion reported by Carole J. Makela

Centers for Disease Control and Prevention (CDC) is one of 13 components of the U.S. Department of Health and Human Services and the only federal agency with headquarters not in Washington, DC. Its main campus is in Atlanta, GA on acreage gifted by Emory University in 1947. With 15,000 employees worldwide, CDC has 10 other locations in the United States and Puerto Rico and offices at ports of entry, both in the United States and in 120+ countries. Fort Collins, CO is one of the ten locations CDC actually began in 1946 with a focus to lessen malaria among soldiers in the southeastern US, which in a short time was accomplished.

The educational excursion was a visit to the David J. Sencer CDC Museum to learn of the history and current programs of the CDC. Most of the campus is off-limits to the public and photos were only allowed of the CDC sign at its entrance. Dr. Sencer, MD, MPH, served as director of the CDC from 1966-77. The history takes on importance with the rapid change in technologies used to take measurements and gather data and the shortening of time from identification to action (which may include education, notifications, vaccine development and testing, etc.) for each illness/disease. The breadth of diseases and environments also indicate the breadth of jobs within CDC from those in highly secure laboratories in Atlanta to those on the ground in any one of our states or countries of the world - collecting samples, tracking vectors, training health care workers, etc.

Keeping its primary purpose in mind, public health around the world, exhibits at the Museum tell the stories, for example, of:
* Food borne illness and tracking the source back to point of origin,
* Legionnaires’ disease and determining often water in air conditioning is the carrier,
* Polio and its eradication (an actual iron lung and photos of hospital wards with many iron lungs, sized for children to adults),
* Ebola and the intersection of humans, animals and the environment,
* Tuskegee research and misconduct in science victimizing African Americans and their families,
* Chemicals in tobacco products and how they are measured,
* Guinea worm (a major project of President Carter) and its near eradication,
* Zika and the intersection of humans, insects, animals, and the environment,
* Influenza and its annual cycles.

Unlike many museums, the tour was led by a seasoned CDC employee, rather than a trained volunteer, who was able to add many behind the scenes perspectives and elaborate on tough questions.

Note CDC also does work on social issues such as violence, smoke-free policies, syringe services, vital statistics (birth, deaths, causes). One recent report, to give some thought to, is the trends from 2007 to 2016 of deaths from falls of those aged 65 and older. Falls are the 7th leading cause of death of the older population and have increased during this time period for all characteristics (sex, age, race/ethnicity, rural/urban). The U.S. rate was 61.6 deaths per 100,000 in 2016 (up from 47.0 in 2007). Colorado has the 4th highest rate among states at 110 per 100,000 in 2016 (about 75 in 2007). Wisconsin has the highest (142.7) and Alabama has the lowest (24.4). What are implications for CAFCs??

2018 AAFCS Exhibit: Flower Power

A popular exhibit each year at the AAFCS Conference is the Community of Apparel, Textiles and Design Juried Showcase. This exhibit features designs from students and instructors across the country. Wyoming member Dr. Erin Irick shared pictures and information about her 2018 exhibit entitled Flower Power.

Irick’s featured design was created as one of an 8-piece grant-funded collection with the on-campus biodiversity center. She was inspired by the concept of biomimicry explored how technology and nature, two seemingly opposite elements, could interact.

For the collection, physical samples of flora and fauna native to the state of Wyoming were collected, identified and microscopic images taken of the samples. From there, the microscopic images were edited minimally in Photoshop and used to create digital textile prints which she printed in-house. The fabric was used to cut and construct the garments and incorporated multiple textile prints into garments in an aesthetically pleasing way. The inspiration of the flora and fauna is not only evident in the prints, but also in the silhouettes of the garments.

The prints in her exhibit design were from microscopic images of wildflowers including longbeak streptanthella, water smartweed, fireweed, and musk thistle. The silhouette was inspired by the shapes of the petals and the leaves of the flowers, especially the overskirt and the sleeves.

If you would like to learn more, contact Erin at emirick21@gmail.com.

Honoring AAFCS 50 Year Members
by Debbie Nelson, CFCS, IPHE

One of the cool things at #AAFCSac (I think) is that you can volunteer to help with various events at annual conference. I volunteered to take tickets at the Gratitude Reception because I knew our own Luann Boyer and Virginia Vincenti were being honored as 50 year members! It was a privilege to be in the room with so many years of FCS experience represented. The 50 year members present were invited to the microphone to share a memory or two about what FCS and AAFCS had meant to them over the year. Some stories brought tears to our eyes and some stories
made us laugh and some made us do both! What a treasure of history and fun and scholarship and practical application these ladies are! Luann and Ginny, thanks for allowing me to share this special experience with you. You are cherished by CAFCS/WAFCS!

**More 2018 Colorado/Wyoming Conference Presentations**

**The Impact of Healthy Relationship Education Across the Country reported by Kimberly Baldwin**

Joneen Mckenzie from the Center for Relationship Education based in Greenwood Village provided background data concerning the need for relationship education in the secondary school setting and the results of increased relationship education during her presentation at the annual conference in April.

The growth of out-of-wedlock marriages in the US increased dramatically with introduction of President Lyndon Johnson’s War on Poverty. In 1964 only 6.8% of children in the US were born out of wedlock. By 2013, 40.6% of births occur outside of wedlock. Marriage drops the probability of child poverty by 81%. Single parents with children are five time more likely to live in poverty.

The implementation of curriculum to assist teenagers in creating healthy relationships has been beneficial in Colorado. The Center for Relationships Education has also developed courses for divorced, widowed and military families to assist in creating and maintaining healthy relationships. Some of the key foundations of the curriculum are identifying values and goals and then developing positive ways to communicate with the people in your life. During her presentation, Joneen guided members through activities to identify their personalities in relationships and related the findings to how we relate to others.

The implementation of the curriculum in Colorado School and FCS programs has been part of a study with the University of Denver. The early findings of this study show that students with relationships education have a higher graduation rate from high school, a
lower incident rate with law enforcement and a lower need for medical care. The curriculum is available to educators in all content areas. Several AAFCS-Colorado members are part of the University of Denver Study and have seen positive impacts of the curriculum being implemented in FCS Classrooms.

2019 Colorado/Wyoming Annual Conference

Tentative Date
Saturday, February 23, 2019
OR
Saturday, March 9, 2019
WATCH for DATE CONFIRMATION

‘Coups for Troops’ Address

Colorado and Wyoming members brought over 3,000 coupons to the 2018 Annual Conference to contribute to the AAFCS Student Unit(SU) activity. At AAFCS, the students reported a total of 15,000 coupons had been collected for military family use. The Student Unit is continuing the project for 2019, but you can send coupons directly to the contact monthly. Coupons need to have “future” expiration dates to allow time for mailing and distribution to families. The military families overseas can use coupons up to six months past their expiration date (3 months past in Alaska and Hawaii) at military base commissaries.

The contact for mailing is:
Clara Balbuena
PSC 567 Box 6907
FPO AP 96384

For more information about this organization and details on shipping, go to their website www.coupsfortroops.org

New Website Coming Soon!!

The Colorado AAFCS affiliate website will soon be transitioning to be hosted by AAFCS. The plan is to have this change completed no later than August 31, 2018. We will email members as soon as we have the URL confirmed and also the date of the change. The contact info for CAFCS Facebook and Twitter will not change.

In the meantime, remember to check the current website for updates and other FCS News. The 2018-2019 CAFCS Board with contact information is on the About CAFCS page of the current website.

Journal of FCS - Submit and Article


Visit the CAFCS Website
www.AAFCS-colorado.org

Updated news between issues of this quarterly newsletter.

Opportunity for members to share upcoming professional development opportunities between newsletters.

Contact Luann Boyer to submit Website Information
luann.boyer@colostate.edu
MARK YOUR CALENDAR!!

2018
September 20: News Due for October Newsletter
September 14-16: AAFCS Fall Leadership Council Workshop, Alexandria, Virginia
October 1: Quarterly Newsletter
* Colorado & Wyoming Annual Conference Dates
* Student News for Fall Events
* December 3 “Dining In” Events
Fall: DATE TO BE ANNOUNCED
   University of Wyoming Student Event
December 3: FCS Day and “Dining In”
December 20: News Due for January Newsletter

2019
January 10: Quarterly Newsletter
* Annual Conference Details
* CAFCS Awards Applications
* FCS Day Activities
February 13: Family & Consumer Sciences Educator Day
June 23-26: AAFCS Annual Conference and Expo, St. Louis, Missouri

Newsletter Submissions
This newsletter is your newsletter. You are encouraged to submit information on programs or conferences (including website links) as well as information on current FCS topics.

Written submissions should be in a WORD document attached to the email. Photos should be saved as jpeg and attached to the email (please 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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