



Colorado/Wyoming AAFCS News

February 2018

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*

2018 Annual Conference Colorado & Wyoming Affiliates April 14 - The Ranch, Loveland

Make sure you have Saturday, April 14 on your calendar to attend our 2018 Annual Conference. It's a couple weeks earlier than in past years so don't get caught short and miss this professional education day.

The conference is approved for 4.0 PDUs from AAFCS for both Certified Family and Consumer Sciences (CFCS) and Certified Nutrition and Wellness Educator (CNWE). Wyoming educators can also submit the Conference Certificate of Completion to the Wyoming Department of Education for credits.

The Conference theme mirrors the 2018 AAFCS Annual Conference of ***Cultivating Social & Emotional Competence for Healthy Relationships***. The planning committee identified outstanding speakers to share new and emerging topics which attendees can apply both personally and professionally. The Student Unit Community Service *Coups for Troops* project is part of the breaks. Read about this project later in this newsletter.

Full details on the conference and registration form are included with this newsletter mailing and can also be found on the association website, www.AAFCS-colorado.org.

CAFCS President's Message

by Kimberly Baldwin
2017-2018 Colorado President

Welcome to 2018!

The new year offers us time to reflect on the past and set goals for the future. AAFCS is in its final year of the *FCSFit* Initiative which has focused on setting small, realistic goals and delivering resources and community support to our membership and supporters.

Year 1: Physical Well-being

Year 2: Financial & Resource Well-being

Year 3: Emotional Health & Relationship Well-being

As you begin your year, reflect and then plan goals to improve your life and the lives of the people around you in the areas of physical well-being, financial and resource well-being, and emotional health and relationship well-being. I can state that as the officer team has been planning this year's conference, these topics definitely influence one another.

As an educator I am entering the season of student enrollment for next fall and of seniors confirming their plans for college. It is vital we promote and spread the word of the value of Family & Consumer Sciences programs from middle school through high school and



to the selection of college majors. I use the “say Yes to FCS” logo to promote classes as students love locker swag. If they do not use their locker they are placed outside our classroom door. Following are some photos.

Our Annual Conference is rapidly approaching on April 14. I hope to see you at The Ranch in Loveland, Colorado.

Building Relationships,
Kimberly Baldwin, CFCS



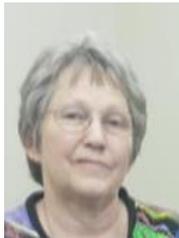
WAFCS President's Message

by **Patty Johnson**
2017-2018 Wyoming President

Make Health A Priority

A new year is a good time to make goals. Too often with work and family, and other obligations we forget to take time for ourselves until forced. Make ***Time For Better Health*** a priority.

The US has entered an intense flu season with the disease widespread in all states except Hawaii. All the Christmas-New Year travel and social gatherings helped with transmitting the virus. The steady cold weather and dry air are helping the flu spread.



It is not too late for the flu vaccine since the flu season may go another three months. It takes two weeks for the vaccine to become effective. The vaccine is not perfect, and is not guaranteed to prevent the flu, but if one catches the flu it may be milder and less contagious. The H3N2 strain of flu is associated with more hospitalizations and more deaths, especially for the very young and the elderly.

Be Proactive: Help yourself avoid the flu.

- * Get enough sleep.
- * Exercise regularly.
- * Use a humidifier to get the humidity to 30-50%. Dry air helps the virus live longer.
- * Avoid touching your nose and eyes so you don't transfer the virus from your hands.
- * Wash hands often with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol. In a school or other group settings make sure tables, and door handles are cleaned daily. A young elementary teacher found a routine of students wiping hands and their desks with hand sanitizing wipes every time they came into the classroom (morning, recess, lunch, etc) drastically cut absences for her students and herself.
- * Stand Back: flu virus particles exhaled by a sick person can travel more than six feet.
- * Wear a mask if you are a caretaker.

Get Help Early If You Didn't Get A Vaccine

The first forty-eight hours are important if you have a fever, cough, and body aches. A doctor can prescribe an antiviral medicine. The treatment is critical for those 65 or older, obese, have a compromised immune system, or chronic health conditions like asthma, diabetes, heart or lung disease. Pediatricians might recommend the antiviral for children with severe flu or chronic health conditions. If medicines are started in the first 48-hour

time frame the flu might be shortened by 1 to 3 days, symptoms eased, and complications decreased.

If You Get Hit.

- * Rest, stay home, avoid contact for 4 days.
Do not go back to work until 24 hours after the fever goes away.
- * Keep hydrated.
- * For fever, aches, and headache take acetaminophen, ibuprofen or naproxen.

See Your Doctor If You Have.....

- ... trouble breathing;
- ... a high fever, over 101.3 degrees, if it lasts more than five days, or goes away and then comes back;
- ... sudden dizziness or confusion;
- ... severe or persistent vomiting;
- ... a cough lasting longer than 3 weeks.

Be Wise....don't be the wounded warrior who trudges into work. You probably will not accomplish much more than spreading your germs. The rest of your team will appreciate it.

Have A Healthy Winter
Patty Johnson

Wyoming AAFCS Student News by Lyndee Johnston, President

On November 4, the UW Student Chapter of AAFCS hosted a luncheon for CAFCS and WAFCS professionals and Family and Consumer Science students. It was a great opportunity for the students and members to network and also for the professionals to reconnect with each other! The organization also sponsored *Shattering the Glass Ceiling* with four guest speakers.

The event was a career development opportunity for students and the public. Throughout our country there are groups of people who face barriers and restrictions in their personal lives and professional careers because of stereotypes and biases between

racess, ethnicities, genders, and more. The glass ceiling is the representation of those restrictions and realizing what one can do to shatter it to achieve those goals was the purpose of the event. This is an important topic in the United States today.

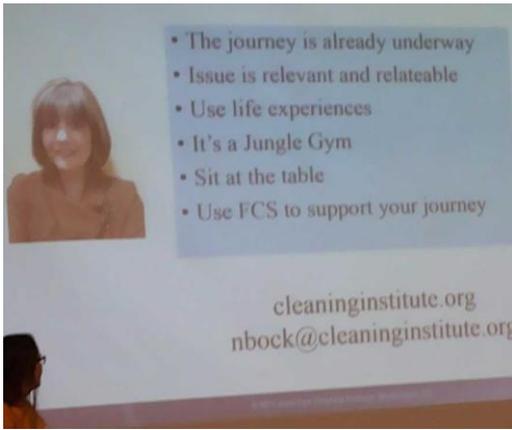


Laurie Nichols, University of Wyoming President, (left) and Dawn Mallette, CSU Center for Education Preparation, visit during the networking luncheon.

This year all the women invited had FCS backgrounds: USDA National Institute of Food & Agriculture (NIFA) FCS Division Director Caroline Crocoll; American Cleaning Institute (ACI) Senior VP Nancy Bock; University of Wyoming President Laurie Nichols; and Family, Career, & Community Leaders of America (FCCLA) National President Grace Belize Anderson from Devils Tower, Wyoming.

Nancy Bock and Caroline Crocoll connected with us virtually. Each spoke about her experiences within the Family and Consumer Sciences field, opportunities, mentors, and how they overcame the glass ceiling during their leadership development.

After their presentations and a Question and Answer Session, many of the attendees went to the Border War game between CSU and UW. It was overall a well-attended event including some non-FCS in the audience to hear this great line up of speakers!



Lyndee Johnston (lower left), Wyoming Student President acted as moderator during the presentations such as this one from Nancy Bock from the American Cleaning Institute.

I, along with the other UW members, would like to thank everyone who was able to attend and we hope you enjoyed the experience. Our AAFCS UW chapter plans to continue this program in the Fall of 2018 – hope you can make it!

Go to www.AAFCS-colorado.org to see more pictures from “*Shattering the Glass Ceiling*”

CSU AAFCS Student News

by Letha Plecker

CATFACS: A Student Perspective

The annual CATFACS conference is a time for Family and Consumer Sciences educators to get together, network, learn new materials and techniques, and to have fun. The draw is the same for Family and Consumer Sciences students at Colorado State University. It is a privilege to be invited to network and learn with and from FCS educators from all over Colorado.

This year, the overarching theme of the conference was “Let FACS Tell Your Story”. The keynote and sessions reinforced the theme through taking care of yourself, your family and your students. The conference began with a keynote on mindfulness and making sure to

take care of yourself and your thoughts. Keynote speaker Jen Wille addressed our beliefs about ourselves and how to change negative thoughts into positive ones. She also taught us mindful exercises to reveal the truth in frustrating situations by asking ourselves if what we are feeling and thinking are really true. These skills will better prepare me as a future teacher for the everyday frustrations I will encounter.

Other tools I acquired were through the round tables led by teachers who do amazing things in their classrooms! I learned how to make almond milk from Diana Coulter and how to apply concepts such as sustainability to a simple demonstration. I created a dynamic croqui with Natalie Kulacz from a magazine figure in order to teach students about the principals of design. I also learned about Perkins Funding from Victoria Crownover. I know the information I gained from her will be extremely helpful when I become a teacher and must submit proposals to my district CTE coordinator. I learned about Laura Alsdorf’s Early Childhood Education program and how to incorporate mindfulness activities into my future classroom.

The multiple workshops helped me to expand my thinking and learn new skills and resources I can take with me into my future classroom. I attended Jen Wille’s session to continue learning how to communicate and have difficult conversations. I was challenged by her to be more mindful of my emotions in my everyday experiences.

I attended a session on trauma and how it affects the brain of a teenager. This workshop helped to explain what trauma was, how it affects the brain, and how to help a student impacted by trauma to maintain a safe learning environment.

Throughout the conference, I made new connections with teachers from all over the state, reflected on myself and where I am as an

individual, and also developed myself professionally with tools and resources to take into the classroom. It is through the help of conferences and teachers like these that young teachers can be ready to step into the world of education. By the end of this conference, it was clear that this is where I belong – among other FCS teachers who love students and love what they do. FCS is a family, and I am thankful to be a part of it.

‘Coups for Troops’

For 2018, the AAFCS Student Unit (SU) has adopted ‘Coups for Troops’ as their year-long project. Contributors clip manufacturer’s coupons for use by families at military base commissaries. The SU goal is 5,000 coupons. The CAFCS Board is supporting this project at the April 14 conference.



To participate and contribute to the project, attendees are asked to bring coupons to clip (or already clipped), and the coupons will be sorted in preparation for shipment. Batch shipping saves paperwork and costs. Coupons need to have ‘future’ expiration dates or expiration dates after February 15, 2018 (these dates allow for shipping and comply with the guidelines for the program).

Military families can use manufacturer coupons up to six months past their expiration date at military base commissaries.

The coupons will be contributed in the name of the AAFCS affiliates. If you are unable to attend the conference you can send the coupons along with someone who is attending the conference, OR you can mail to:

Carole Makela
1588 Campus Delivery, Education
Colorado State University
Fort Collins, CO 80523-1588

In prior years, we made greeting cards for children’s hospitals in the Cardz for Kidz program that the AAFCS’s Student Unit began three years ago. As of the fourth quarter of 2017, AAFCS is one of five Diamond contributors (1,000 or more cards).

In Colorado, Boulder Community Health is a ‘special destination’ for the cards. See Cardz for Kidz website: <http://cardzforkidz.org/>

If you have a class or local group, consider continued contributions of coupons or cards to either of these projects.

Submit CAFCS Awards By March 1

Award nominations are due to CAFCS President-Elect and Awards Chair Laurel Kubin by **March 1, 2018,** and will be presented at the Annual Conference April 14.

Any member can made a nomination. Think of professionals you know or work with who fit the criteria for each award. (HINT - It’s okay to tell them you’re nominating them and need their help with information to submit for the award).

Professional of the Year is given to a person who has made significant contributions to the Family and Consumer Sciences profession including providing leadership, mentoring and support to members, and who has shown innovation in providing FCS education in a school or community setting.

CAFCS Teacher of the Year is a full-time teacher licensed in FCS with a degree in an FCS field who has been a member of AAFCS/CAFCS at least 3 consecutive years prior to nomination and is employed in grades kindergarten through 12 (K-12) with a minimum of one-half day as a Family and Consumer Sciences teacher, or is teaching Family and Consumer Sciences content throughout the curriculum under the umbrella of another department or different title.

This award recognizes exemplary teachers who utilize cutting-edge methods, techniques and activities to provide stimulus and visibility to family and consumer sciences in elementary and secondary education. The recipient of this award will be submitted to AAFCS in January 2019 for the 2019 AAFCS National Teacher of the Year.

Marcile Wood Community Service Award is given to a member who has significant involvement in community service activities including providing leadership. Examples of positive benefits of the person's community service are part of the nomination.

Any questions about the nominations, contact President-Elect/Awards Chair Laurel Kubin (laurelkubin@gmail.com) or CAFCS Executive Director Luann Boyer (luann.boyer@colostate.edu)

Award details and the nomination forms are on the Awards page of the CAFCS Website (www.AAFCS-colorado.org).

Congratulations Erin Bender

Erin Bender, a December 2017 FCS Education graduate, was one of the recent graduates featured in the CSU College of Health and Human Sciences Dean's January 2018 Newsletter. At the 2017 CAFCS/WAFCS Annual Conference Erin was named Best Presentation and also Overall Best Student Poster.

The article cited Erin's passion about FCS and the success she had as a student. She is now teaching FCS in Colorado Springs, in fact she was offered the job before she had even completed her student teaching.

Although the food and culinary aspects of the curriculum drew her to the FCS program, Bender said the interdisciplinary program of study gave her the knowledge to help her students and others around her with general life skills.

"Anything that FCS covers, students need in their lives," she said. "Being able to pull what's going on in the world and bring it into the classroom is so beneficial to students. 'Adulting' is hard; kids need to know how to be an adult and do things like manage their finances."

Bender said she's excited to bring this experience and community connections to her new school's chapter of the student organization, Family, Career and Community Leaders of America. It's important, she said, to show students the power of giving and volunteering.

"Even if you don't have the financial capacity to give, but you have two hands and are able to do something for others – that's a beautiful thing," she said. "It's a small way to start changing the world."

Read the complete article about Erin at <https://chhs.source.colostate.edu/fcs-grad-excited-impact-next-gen-learners/>



Erin Bender celebrates at CSU December 2017 graduation.



Professional Development Opportunities

Two outstanding opportunities are available this summer in Ft. Collins. Take advantage of these great conferences without having to pay for travel to another part of the country.

Lillian Fountain Smith Nutrition Conference

May 15-16, CSU Lory Student Center

2018 Theme is “The Food System: Novel Approaches to its Application for Public Health”.

Presentations will be on fermentation, bioactive compounds and functional foods, food systems collaboration, changing food environments, risks of food fraud on public health, science of taste, eating insects, and much more.

Complete conference details about the program and registration can be found at www.fshn.chhs.colostate.edu/outreach/lfs/

International Association for Relationship Research Conference

July 12-16, 2018

Colorado State University Campus
Hilton University Hotel

Guest speakers include researchers focusing on communication patterns which foster risk and resiliency in families; interpersonal relationships across the lifespan; stress and coping in couples; and attachment processes.

The website also includes a variety of optional activities in the Ft. Collins area.

The website for program details and registration is www.iarrconference.org



For more details on the first FCS Educator Day, February 13, 2018, link to this website:

<http://connect.aafcs.org/events/event-description?CalendarEventKey=9381ff1d-c3bc-4d6a-bea0-f5f50f39c010>

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

February 13: FCS Educator Day

March 1: CAFCS Award Nominations Due

March 14: Early Bird Registration Postmarked
for 2018 CAFCS & WAFCS
Annual Conference (save \$20)

March 31: Regular Conference Registration
Postmarked

April 14: Colorado Wyoming AAFCS Affiliate
Annual Conference, The Ranch,
Loveland

April 20: Deadline for Spring Newsletter
May 2018 Issue will feature reports
on Annual Conference speakers and
other activities.

May 15-16: Lillian Fountain Smith Nutrition
Conference, CSU Lory Student
Center

June 24-27: AAFCS 109th Annual Conference,
Atlanta, Georgia

July 12-16: IARR Annual Conference
Ft. Collins

July 20: Deadline for Summer Newsletter
August 2018 Issue will have reports
about AAFCS Annual Conference.

Newsletter Submissions

This newsletter is your newsletter. Members 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 to 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.

Editor

Luann Boyer, CFCS
CAFCS Executive Director
22500 Road 21
Fort Morgan, CO 80701
970-867-9060 or 970-768-0322
Luann.boyer@colostate.edu

Website

www.AAFCS-colorado.org

CAFCS Facebook

www.facebook.com/aafcs.CO

Twitter

[@AAFCSColorado](https://twitter.com/AAFCSColorado)

The American Association of Family & Consumer Sciences (AAFCS) is a not-for-profit 501 (c) (3) organization with 6,000 members, dedicated to improving quality of life for individuals and families. The AAFCS and its affiliates may accept charitable contributions, which are tax-deductible to the fullest extent of the law.