Colorado/Wyoming Affiliate News
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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

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2020 Annual Conference
Registration is now available for the 2020 Colorado and Wyoming AAFCS Affiliate Annual Conference. You received a copy of the Conference Agenda and also the Registration Form when you received this newsletter. Both are also posted on the website page - CAFCS Conference.
www.aafcs.org/coafcs/home

CAFCS Award Nominations
It is time to nominate members for CAFCS recognition with awards to be given at the 2020 Colorado/Wyoming Annual Conference February 22.
CAFCS Awards are Professional of the Year, Teacher of the Year, and Marcile Wood Community Service Award. The recipient

of the Teacher of the Year is eligible to submit in 2021 for National Teacher of the year.

Any member can make a nomination. Think of FCS 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 help with information to submit).

Nomination Forms with award criteria are posted on the CAFCS Website under Awards & Recognition, or email Executive Director Luann Boyer. Award nominations are due to CAFCS President-Elect/Awards Chair Barbara Gorman by February 1, 2020.

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

‘Making Connections Count’ was the theme for AAFCS’s 2019 Fall Leadership workshop included in my October 2019 President’s Message. “Connect” was a major action of another recent experience as I participated in a Living Room Conversation (LRC).

A non-profit national and international organization, LRC was founded in 2010 to ‘revitalize civil discourse through conversation’ based on “Respect. Relate. Connect.” with others.
The intent of LRC is to learn to have conversations (two-way communications) in a common space (one’s living room), online, or a combination (with some in the common space and others joining electronically). Larger groups can also have conversations being divided into sub-groups (table groups) so all individuals participate. Thus, conversations may be the family around the dining room table, students in a classroom, professionals at conferences, citizens at town hall meetings.

Sending tweets or responding to tweets does not fit the description of a conversation. Note that 2010 was prior to divisions that are more recent in the national and local rhetoric often of having to be heard or shouting without respect, relatedness, or direct connections with others.

The objective of this process is that diversity of views be respected as people relate and connect through guided conversation. Contrary to avoiding conversations, debating issues, or defending one’s opinion, the participants share and listen to gain understanding of varied views seeking some commonality and thinking the ‘whys’ of their own views. It is an exploration of how we each may contribute to a solution and/or a better future.

LRC’s website has an A to Z list of topics with more than 80 conversational guides to give direction to selected conversation topics. Some examples and possible groups are money and values (family members); student debt in higher education (classroom); climate change (community forum); or immigration (adult group in a place of worship).

www.livingroomconversations.org/

The guides and therefore the conversations explore ‘why we’re here’; ‘how we will engage’; what we will talk about’; ‘exploring the topics’; and ‘reflecting on the conversation’. Most of these explorations have a number of questions from which the conversation participants select either as a group or as individuals. With these options, the conversation focuses more broadly on the topic rather than being focused on being for/against or agreeing/disagreeing.

From my experience, the format encourages people to think, recognize their own views, contribute to the bigger picture, and to question/understand their views beyond the oft-repeated defensive sound bites or judgmental rebuttals.

At our 2020 Colorado/Wyoming Affiliate Conference, attendees will experience and participate in a LRC related to the conference theme of sustainability. It is the goal that participants will gain a comfort level with the process to have a LRC in their home or community bringing people together to be respectful, relate, and connect preferably with others whose views differ from your own. See the Conference program and REGISTER!!

Carole Makela

WAFCS President’s Message
by Patty Johnson
2019-2020 Wyoming President

Winter arrived early with a great punch. I count my blessings that I am retired. It was nice to know we did not have to fight the wind and snow the two times the road was drifted closed. It was a great blessing when we got the call I could drop everything to go celebrate the arrival of my new grandson on November 11. It was a blessing I could drop everything when active FACS teachers were in town on two occasions and have an enjoyable time meeting and eating with them. Those friendships remind me of all the times we shared trying to make FACS better. Hopefully
you had the opportunity to “Dine In” with family, friends and neighbors. Remember to take time to count your blessings.

Now that I have more time to ponder I wonder if busy adults take time to wonder if in addition to fueling our body do they consider the other opportunities a meal provides? These are things you might want to ponder. Anne Fishel, author of Home for Dinner, has 20 years of research in North America, Europe and Australia proving sitting down for daily dinner is “great for the brain, the body, and the spirit”.

**Brain Food:** Dinner conversation helps boost vocabulary more than being read aloud to. Children learn 1,000 rare words at dinner versus 143 rare words from parents reading storybooks. Children with a large vocabulary read earlier and more easily. Regular mealtime is a powerful predictor of high achievement scores; more than the time spent in school, doing homework, playing sports, or doing art. Adolescents who ate 5 to 7 family meals a week were twice as likely to get A’s in school than students who participated in fewer family meals.

**Does the Body Good:** Children eating family meals together eat healthier. These nutritional habits continue in life to help teens be less obese and as young adults they make healthier choices. Family dinner correlates to reducing some medical disorders, like asthma. Regular family dinners can help lower many high risk behaviors like smoking, binge drinking, violence, school problems, eating disorders, etc.

Studies are starting to show lower rates of depression and suicidal thoughts connected to family dinners. Victims of cyberbullying bounce back more readily with family dinners. Family dinner is more powerful against high risk behavior than good grades or church attendance. Good behaviors, like positive moods and a more positive view of the future, also blossom from family dinners.

What has Changed? Our current lifestyle has reduced the number of opportunities for family members to interact during the day. Dinner seems to be the best time.

The big reminders for positive experiences:
- Include the family in planning the menu and helping prepare dinner. Some families do some prep work on the weekend.
- Turn off the television.
- Leave the stress of the day behind.
- Have positive interpersonal interaction - no yelling, scolding or stony silence.
- Disconnect from devices. Turn them off and leave in another room.
- Be present and encourage everyone to participate.
- Share a story, tell a joke.
- Be willing to try again.

(Reference: Anne Fishel, Associate Clinical Professor of Psychology, Harvard Medical School)

**Patty Johnson**

**AAFCS - Lifetime Membership**

AAFCS has added a Lifetime Member category. The category allows members to choose one of two tiers based on eligibility. The tiers are ‘retired’; or reached ’50 years’ of membership. The membership is based on a one-time payment (rather than continuing to pay annually).

For the retiree tier, the fee is $2,500 and for the 50 years, it is $2,000. As with other member categories, the state affiliate receives 25% of the fee. For the lifetime member, $500 is considered a tax-deductible contribution to AAFCS.
The current membership categories are:
- **Professional** - $150 per year; $100 for first year professionals
- **Emerita** - $100 per year, retired and at least 60 years old
- **Student** - $50 per year, post-secondary students

Members, whether new, renewing, or returning, should note it is their decision to select the appropriate member category. Ethically the choice should be based on one’s professional situation, not on the annual fee amount. One’s membership year is based on when the dues are paid, not on the calendar year.

**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.

**FCS Day - Dining In Activities**

*by Debbie Nelson, CFCS, IPHE*

Celebrating FCS Day lasted a little longer than usual for me this year, mostly because I was in Anaheim, CA for the ACTE VISION conference on December 3rd. After spending most of the day at Disneyland, I met up with fellow CAFCS members Kimberly Baldwin and Jessica Teal. We “Dined Out” together and tried to make healthy food choices from the menu. We posted the picture the server took #HealthyFamSelfie - it’s our Colorado FCS family, after all.

The next FCS Day celebration happened on December 5th. The National FCCLA Executive Director Sandy Spavone planned a great event for some of us attending ACTE VISION. We had dinner at Orange Hill Restaurant, up on a hill with a great view of Anaheim and the Disney fireworks. It was delightful to gather with FCS professionals from all over the nation to celebrate “Dining Out” with our United States FCS Family, including CACTE President and AAFCS Board member Robert Van Dyke who now lives and works in North Carolina as their FCS Program Director.

Finally, I made the trek to CSU on December 9th to talk with the FCS Methods class about the importance of professional association involvement. As is our custom, we took a break mid-session for a snack and a #HealthyFamSelfie, which was posted on social media. These are new members of the Colorado FCS family!
While I didn’t actually “Dine In” for FCS Day this year, I tried to do my part in helping to get the word out about Family & Consumer Sciences during the week. It was awesome to celebrate so many times with so many friends!

Kim Baldwin shared some of her class during an activity on FCS Day and Dining In.

US Hosts IFHE World Congress

Learn more about 2020 World Congress at www.ifheus.org and select 2020 World Congress at the top to link to the official Congress website where you’ll find the schedule, registration, etc.

Registration opened January 1. A reduced Registration Rate is available for IFHE members. Professional Individual Member rate is $125/year and the Student member rate is $50/year. You can print the IFHE-US membership brochure on www.ifheus.org

Donate to 2020 World Congress
by Virginia Vincenti, Chair Congress Exhibits

The theme is “Home Economics: Soaring Toward Sustainable Development”. Because we are an interdisciplinary field there are many possibilities for exhibitors that support this goal and our mission as a profession.

Some of you have attended World Congress in the past, but for those who have not the Congresses, with 1000 attendees from 30+ countries, are an interesting and rewarding experience providing opportunities to make friends and work with colleagues from around the world. This year you can have this experience for less money than traveling to another country if that is a concern.

Such a big undertaking takes the support of many FCS/HE professionals in the U.S. Individuals can make donations in the following categories:

Friends of IFHE-US $100-$249
Friends of IFHE 2020 $250-$499
Patrons of IFHE-US $500-$749
Patrons of IFHE 2020 $750-$999

Donors in these categories will be recognized at Congress. However, any amount is helpful. Please consider making a contribution and plan to attend. You won’t regret it.

To make a donation, information on opportunities are on the IFHE-US website www.ifheus.org, select 2020 World Congress and scroll down to the link to IFHE World Congress 2020. On the World Congress website, you can see all the Exhibitor and Sponsor Opportunities; or contact IFHE-US Director of Finance Luann Boyer luann.boyer@colostate.edu

Kim Baldwin shared some of her class during an activity on FCS Day and Dining In.
MARK YOUR CALENDAR!!

2020

February 1:  CAFCS Award Nominations due

February 5:  Early Bird Registration Postmark Deadline for Annual Conference

February 12:  FCS Educator Day

February 22:  CO/WY Annual Conference Wellington, Colorado

March 10:  CSU CHHS Research Day

March 20:  Newsletter Deadline for April Issue

April 17:  CSU Design & Merchandising Annual Fashion Show, Ft. Collins Lincoln Ctr.

May 19-20:  Lillian Fountain Smith Nutrition Conference, CSU Lory Student Center

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

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

Soaring Toward Sustainable Development

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

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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