Colorado/Wyoming Affiliate News
October 2019
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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

2020 Colorado/Wyoming Affiliate Annual Conference
Saturday, February 22
Leeper Community Center
Wellington, Colorado

Learn more about the 2020 Conference later in this newsletter.

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

The Fall Leadership Workshop was held in Arlington, VA September 13-15, 2019 with the theme Making Connections Count. Approximate 30 of the 51 AAFCS affiliates were represented (Hawaii does not have an affiliate; Puerto Rico and Washington, DC do). There were 50+ attendees including the AAFCS Board of Directors.

In addition, seven AAFCS staff attended, most of who presented their vital connections with affiliates and members. It is evident they are a team that works well together and often deals with details far beyond our comprehension, some related to their job responsibilities like holding down costs of annual conference (e.g., cost analysis per cup of coffee, hotel rooms, meals, etc.) while providing a great professional development experience for attendees.

This explains in part why the dates and locations (major air hub cities) are set through 2022 with efforts to use 2016 registration costs as the baseline. It also is why days of the week and number of overnights for the full conference change. They also answer endless questions from members (some of which are answered on the website that we may not find intuitively navigable). The website has a number of new features to become familiar with - I suggest you take a few minutes to do so.

Making Connections Count had an embedded purpose of ‘engagement’ whether of AAFCS members, non-retained members, and potential members including students (college and high school), related organizations in our states, industry partners, and policy makers. The charge to attendees was every member be an ‘effective ambassador for FCS’.
Ten (instead of the originally planned five) Membership Growth Grants awardees were announced. Recipients gave a brief synopsis of their proposals, most focusing on building connections within their states with colleges and universities and other FCS related organizations for the purposes of recruitment, retention, and recognition of members.

No dollar amounts of the awards were announced, the maximum had been set at $1,000 each. Affiliates receiving awards were AR, CA, IN, NC, PA, SD, TN, TX, WA and Leadership Community. Accomplishments of each will be reported at the 2020 Conference and Expo in Baltimore (June 26-28).

After viewing the new FCS video (see link on the AAFCS home page) and the FCS brand messages, attendees at the workshop brainstormed descriptive terms and messages to craft FCS stories to perspective and unknowing stakeholders. These were to address ‘What is FCS’? in elevator speech brevity. Six of these were videotaped during the session. The intent was to message commonalities consistent with the new branding while allowing flexibility to tailor messages to target groups and/or to dispel misperceptions of FCS. When permission is gained, these may be available to affiliates.

As another aspect of branding, attendees were asked to review the e-signature lines in their personal and professional e-mails, etc. with these questions:
1. Is FCS identified?
2. Is the logo (the navy, purple, and teal) of stylized people used?

Now I am asking the same questions of you as members. Do you use the brand logo?

These questions should also be asked in terms of the messaging of affiliates, schools, colleges, programs, etc. in newsletters, signage, print materials, websites, banners, classrooms, etc. The goal is to make the FCS logo universally recognized as being Family and Consumer Sciences. You will see more of this logo on materials as we use and adopt this as the brand of FCS (it does not replace that of AAFCS, which is the organization).

You should consider where and how to use the logo and branding for FCS as you connect with others within and external to FCS. The video can be used whenever there is an opportunity or one makes opportunities to communicate ‘what is FCS’.

As a member of AAFCS and CAFCS or WYAFCS, you will continue to be connected to AAFCS with their biweekly Fast FACS and other emails and tweets. It is time to think somewhat differently and make connections as each of us reach out to AAFCS by signing on to its forums, participating in upcoming blogs and chats; updating our information, including community membership(s).

Do you belong to an AAFCS community? It is time to look and add others of interest. New ones might have been added since you last signed in. There is no cost to belong to additional communities and some have active forums and exchanges.

Connections must be two way (or more). I am giving serious consideration to include a ‘how to’ at our February 2020 conference so we become well connected and realize more of the unused or underused professional benefits of AAFCS and our local affiliates.

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

FCS Day is creeping up on us. It is a day of celebration on December 3 because on this day our founder, Ellen Swallow Richards, was born. She was a determined woman in science and technology when women of society rarely worked outside of the home, let alone study at universities.

Her spunk and thinking outside the box made major changes in the world around the beginning of the twentieth century. She saw injustice in her world and worked to make changes for lower economic groups. In 1893 while representing her state at the Chicago World’s Fair she worked in a demonstration kitchen introducing healthy food and handing out information on nutrition and low cost cooking.

Ellen Swallow Richards created the New England Kitchen. It was innovative in serving healthy food so the poor in Boston could learn about low cost and nutritious food. Her restaurants also prepared take-out meals that could be purchased by workers after twelve hour shifts.

She created the first healthy lunch program in Boston where 4000 students in 16 schools would eat school lunch. It became the prototype of today’s school lunch.

She was also a trailblazer in the professional world. She helped found the American Home Economics Association (AHEA), now the American Association of Family and Consumer Sciences (AAFCS), the Journal of Home Economics, and the American Association of University Women.

We can help continue her message about the importance of healthy meals and bonding with families. Commit to Dining In December 3. Go to the website, www.aafcs.org/FCSday.

There are many ideas for any grade level or program. FCCLA At the Table has a complete unit with lesson plans and rubrics. You just need to select a project and go. Complete the online sign up form. Promote the idea with friends, family, and colleagues. Make it an event during the week of December 3. Remember to share a photo using hashtags #FCSday on facebook, twitter, and instagram.

Act now and order promo materials like free stickers with the logo, create pinterest boards, and sign up to watch the free fall webinars offered from AAFCS.

Patty Johnson

2020 Colorado/Wyoming AAFCS Affiliate Annual Conference

Sustainability: Family and Consumer Sciences is the theme for the 2020 conference on February 22 in Wellington, CO. This theme continues some of the focus from the 2019 Conference as well as ties in with the theme for the IFHE 2020 World Congress hosted by IFHE-US in Atlanta next August.

The popular RoundTable presentations initiated in 2019 will again be part of the conference. The Call for Proposals information will be emailed to members soon. Share this with non-members and encourage them to submit for a presentation. Deadline to submit proposals is Monday, January 6.

The complete Conference Agenda and Registration will be emailed by January 10, 2020. The Leeper Community Center in Wellington is just a few blocks west of I-25 about 18 miles north of Ft. Collins or 22 miles south of Cheyenne. Lodging is available in Wellington for those traveling Friday.
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 will be eligible to submit in 2021 for National Teacher of the year.

Any member can made 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 their help with information to submit).

Nomination Forms with criteria for the awards 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.

AAFCS Awards Due Early January

AAFCS has a long history of recognizing excellence and supporting scholarship in family and consumer sciences. More than $36,000 in funds are available for grants, grants, scholarships, and fellowships. Most awards are for $5000 plus a stipend to attend AAFCS Conference.

On the AAFCS website, select Resources from the tab on the home page. Awards are listed under Recognition. Most applications are due January 13, 2020.

Kubin Honored by Colorado AARP

Past President Laurel Kubin was recognized for her community service by AARP in Denver on October 15. Laurel is the lead AARP volunteer in Fort Collins and organizes community engagement activities for northern Colorado members. Activities include Movies for Grownups, hikes, educational sessions on fraud prevention, art gallery viewings and much more.

An upcoming event Laurel is involved with will be a Living Involved Fair where attendees can learn about local groups, hobbies, activities and volunteer opportunities to become involved and stay active, connected, and healthier.

Laurel Kubin was recognized by AARP October 15 for her community service. Pictured with Laurel is Jeremiah Mora, AARP Associate State Director for Community Engagement.

Crayola ColorCycle

With a focus on sustainability, Crayola ColorCycle encourages all AAFCS members to partner with local schools to collect and repurpose used markers. Markers do NOT have to be Crayola brand. Any brand of marker is accepted as well as dry-erase markers.

This program is easy to start - all you need is a box or other receptacle for the markers. This is a great project for classroom educators.
The shipping of the used markers is arranged through FedEx with Crayola paying all charges. Details about ColorCycle are at https://www.crayola.com/colorcycle/
Select the Get Started Button to register with Crayola for this effort.

After you sign up with Crayola, the AAFCS Student Unit asks you to link to their sign-in so they can keep up with your recycling. https://forms.gle/FGDZYxc95zNTkQcB6

AAFCS Webinar Wednesday
Webinar Wednesday provides an opportunity for AAFCS members to attend professional development without traveling. This member benefit covers a variety of topics applicable to many subject or practice areas.

November 20, 2019: 4:00 pm, EST
Food Science: Read It and Eat

December 11, 2019: 4:00 pm, EST
Flipping a Switch for Happiness and Financial Security in Later Life

January 15, 2020: 4:00 pm, EST
Leading in the Lab: Before, During & After

March 18, 2020: 4:00 pm, EST
Driving Community Health Through Collaborative Opportunities: A Multi-Sector Nutrition Engagement Model

April 15, 2020: 4:00 pm, EST
High Level Thinking: Critical Science in Family and Consumer Sciences

Complete information is on the website, www.aafcs.org/aafcs-events/all-vents/webinars

US Hosts IFHE World Congress
In less than 10 months, the 2020 World Congress for International Federation for Home Economics (IFHE) will convene in Atlanta, Georgia August 2-8. Nearly 1000 members of IFHE from around the world are expected to attend.

Over 500 Abstract Proposals were submitted by September 15 and are now being reviewed for selection to be part of 4 different Poster Sessions or one of the 7 Concurrent Sessions.

There will be an EXPO with exhibits and Learning Labs to share the latest information or products from exhibitors. Thursday is a Learning Day on the Move with 17 unique educational opportunities in Georgia communities. That day also includes the always popular Home Visits/Family Meals.

Three Plenary Speakers are confirmed:
★ Dr. Lynette Schultz from University of Alberta sharing about global citizenship.
★ Dr. Hale Ann Tufan from Cornell University speaking about socio-cultural and gender insights for working with farmers.
★ Dr. Seemia Puri, University of Delhi discussing health status across the life course.

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.

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 a membership brochure on www.ifheus.org

Learn more about World Congress in the next article by Debbie Nelson.
Top Ten Reasons to Attend 2020 IFHE World Congress
by Debbie Nelson

10. Go on morning walks with Debbie and guides from the Atlanta Walking Club.

9. Who knows when the World Congress will be held in the US again? It’s been 32 years since the last one was held here.

8. Meet other FCS professionals from the US – expand your professional network.

7. Experience southern hospitality.

6. Hear about research projects – it is critical that our FCS curriculum is research-based!

5. Realize that challenges faced by FCS professionals are experienced by others around the globe – brainstorm answers together.

4. Learn more about the UN Sustainable Development Goals, which fit nicely with FCS.

3. Learn more about Home Economics and Family & Consumer Sciences from a global perspective!

2. Meet and make friends with colleagues from around the world!

1. It is a once in a lifetime experience without the ginormous travel costs!

Registration isn’t cheap, but it’s worth it! Atlanta is easy to get to from Denver and hotel rates are reasonable - find yourself a roommate. (sorry, Luann & Debbie’s room is already full)

Attending an IFHE World Congress has been a life changing event for me, broadening my perspectives and deepening my understanding of the importance of our content area across the globe. Atlanta will be my fourth Congress and I’m excited to see friends from literally around the world -- Facebook and Twitter are good, but in person is the best!

Once you’ve decided to attend, just go for it and register for package A – you’ll be glad you did. IFHE membership is by calendar year ($125), so sign up for membership in January 2020 and register. Early Bird Registration continues through April 10, 2020. Plan to arrive by Monday 8/3 in time for the First Timers event and Welcome Dinner and fly out Saturday after the Friday Closing Banquet.

See you in Atlanta for the 2020 IFHE World Congress! #IFHE2020

You never know who or what you’ll meet at Congress.

Debbie Nelson with family members at her home visit.

Share Your Dining In Pictures
We would like to share activities of how Colorado and Wyoming members celebrated December 3 Dining In. Take some pictures of what you did - in a classroom, with students and others you work with, or with your family and friends Dining In. Deadline for the January newsletter is December 15. Thanks.
**MARK YOUR CALENDAR!!**

**2019**

November 5: Colorado Coordinated Election Day  
website for complete 2019 dates:  
https://www.sos.state.co.us/pubs/elections/calendars/2019ElectionCalendar.pdf

November 7: Avenir Museum Lecture Series,  
*Walking in Beauty: Designs by Orlando Dugi*, 7 pm, 216 East Lake Street, Classroom 157, Ft. Collins  
*Exhibit at Avenir July 2 - Dec. 14*

December 3: FCS Day - “Dine In” Day

December 15: Newsletter Deadline for January

**2020**

January 6: Conference RoundTable Proposals Due

January 13: Submission Deadline for AAFCS Awards, Grants, Scholarships, Fellowships

February 1: CAFCS Award Nominations due

February 12: FCS Educator Day

**February 22:** CO/WY Annual Conference  
Wellington, Colorado

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

August: IFHE 2020 World Congress  
August 2 - 8, Atlanta, Georgia  
*Soaring Toward Sustainable Development*

**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.

**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.org/coafcs

**CAFCS Facebook**

www.facebook.com/aafcs.CO

**Twitter**

AAFCS Colorado@aafcsCO

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