



Colorado/Wyoming Affiliate News

October 2018

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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*

2019 Colorado & Wyoming AAFCS Affiliate Annual Conference

**Saturday, February 23, 2019
Rialto Event Center
Loveland, Colorado**

Awareness, Advocacy and Action: Family and Consumer Sciences

Conference Objectives:

- * Update attendee's toolkit for active civic engagement and develop plans for advocacy.
- * Showcase and share successful awareness, advocacy, and actions of AAFCS members, students, and other professionals.
- * Earn Professional Development Units (PDU) and network.

This one-day conference will include speakers with focus on public service and how elected officials gain input from constituents. The CAFCS Annual Meeting will be held and Awards will be presented at the luncheon.

A series of simultaneous 'roundtable' presentations on successful awareness and advocacy and action tools and practices will be presented by attendees on their experiences. You will be able to attend 6 'roundtable' presentations.

The call for Roundtable Presentations is included with this newsletter mailing and

is also posted on the CAFCS website.

Proposals will be due December 1, 2018.

Watch for an email with complete program and registration information. It will also be posted on the CAFCS website.

CAFCS President's Message

by Laurel Kubin

2018-2019 Colorado President

Growing Together

Members of our association know the value of being a member. Do non-members know what they're missing?

Take this little quiz:

Whose responsibility is it to invite coworkers, other students and colleagues to become AAFCS members so they can also benefit?

- A. The membership chairman
- B. The affiliate president
- C. The executive director
- D. The student section leader
- E. You
- F. All of the above

No surprise, the answer is F. An important question is: when was the last time you invited another person to become an AAFCS member?



And, what do you say to convince someone membership is worth the annual membership fee when they reply they have limited time and funds to join professional associations?

Try these responses:

1. Becoming a member of AAFCS is an investment in yourself and your future as a great employee.
2. Networking among the wider array of Family and Consumer Science professionals brings knowledge and relationships you wouldn't otherwise have. These are people you can call on to be guest speakers, collaborators, advice-givers, county fair judges, and more. They know of resources to help you in your work.
3. The professional development opportunities of our Colorado/Wyoming conference provide relevant information to put to use in their work and home settings.
4. The AAFCS Journal is filled with research findings to keep them current in the field.
5. Whether or not their employer provides funds to support their membership fee, the investment in themselves is still worth the modest cost. The introductory annual fee is only \$100, and then \$150 thereafter. Imagine it as only \$12.50 per month, equating to just 3 or 4 coffees!
6. You'll get to know FCS professionals new to the field and those with tons of experience and will learn from each other.
7. Membership includes free registration for archived and live webinars offered by the AAFCS Professional Development Center. This is professional development year-round, at your convenience!

I'm certain you have other responses to use. The most important resource you have is to tell them what you've gained from your AAFCS membership.

If all else fails, don't be reluctant to do as one of my first career mentors did when she said

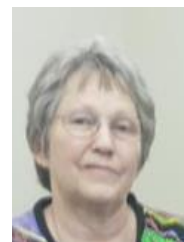
"You need to be a member." Because of the respect I had for her as an FCS professional, I joined AAFCS - - and I'm glad I did!

Laurel Kubin

WAFCS President's Message

by Patty Johnson

2018-2019 Wyoming President



CHANGE is a part of life. Ready or not it happens to all of us. How do you handle change? Do you move through the process gaining wisdom and confidence or does it leave you bruised? There are lessons to be learned in every change we experience. Do we advocate to change something in our lives or do we accept the challenge to work for changes to improve society? AFCS advocates for many changes.

The past four months of Mother Nature's forest fires, hurricanes, and floods forced change on many AAFCS members' lives. It will take a long time to recover and lives are forever changed. AAFCS Board of Directors in late September passed a New Disaster Relief Policy stating members may submit the Dues/Certification Maintenance Free Hardship Waiver Request Form. The request will be reviewed by AAFCS staff and report to the AAFCS Board of Directors. If approved, the member or certified professional will maintain their active status during that year.

Sophy Mott in a recent Wellness Wednesday from AAFCS highlighted Janet Olson's article "Don't Feed the Bully". The cybersecurity business is growing but not as fast as cyberbullying. Janet's approach encouraged the victim to recognize the situation, remain calm, and recognize feelings before responding. Targeted individuals need to keep evidence like screen name, messages, and website. In a specific situation consider whether the response should be public or

private. The victim needs to remain respectful, constructive, and clear when responding to the bully.

Professionals need to be current on their company's current policy regarding any type of bullying. Victims need to know how to report the incident so corrective action can be started.

Help stay informed with Upcoming Webinars on the AAFCS website. AAFCS members can view the live webinars or if that is not convenient, archived versions can be viewed at your convenience. Register now at no cost. This is a member benefit to AAFCS Student, Professional, and Emeritus Members. The webinar details are on the AAFCS website under Events.

Remember December 3, and celebrate the birthday of our founder, Helen Swallow Richards. Get ready to "Dine In" December 3. Access "Dining In" resources and press releases at <http://www.aafcs.org/FCSday>; also twitter at #FCSday and #Healthyfamselfie

Make plans with family, friends, and students to celebrate.

Patty Johnson

Colorado AAFCS Student News

(The following Philosophy Statement about teaching, FCS and CTE was written by Savannah Smith, CSU Senior majoring in Family and Consumer Sciences, Education Concentration. She has given permission to share it in this newsletter.)



In some ways, my beliefs are a certainty; education does provide opportunities, family and consumer sciences is multifaceted, and career and technical education does allow for career exploration. However, underlying these "truths" are my beliefs that education, family and consumer sciences, and career and technical education

are unconditionally crucial to the school system *because* of such qualities.

Amidst my teaching and travels to impoverished areas in Mexico and Thailand, I had an epiphany; I realized that education is paradoxically both a gift and a human necessity. My newfound understanding sparked the development of my present teaching philosophy. I gained perspective and appreciation for the public-school system that I underwent. I realized that education provides the foundation that molds cultural and societal norms. The lack of educational structure and opportunity in many parts of the world drives my passion to teach and make a difference. I believe education is a "cure-all" for individuals, communities, and the world -- that knowledge unlocks most closed doors. I am passionate about leaving a positive impact on the world; whether that "world" turns out to be just one student, or many classes. I want to serve students by teaching them the ability to think logically, humanely, and critically. I feel that in this world education will be the power that bridges all peoples' strengths and ideals in generations to come.

I believe family and consumer sciences are essential to secondary education. Family and consumer sciences are the essence of holistic well-being -- a cultivator of creative thinking and enduring understandings. I understand that many of my future students will not carry my passion for family and consumer sciences; they may forget Maslow's Hierarchy of needs, or particular knife cuts when preparing vegetables, but I will instill real-life skills that help individuals to navigate their lives and lead to critically thinking throughout their future. Family and consumer sciences are unique by providing a space to learn awareness of the need for modern world adaptation and sustainability. I believe family and consumer sciences enhance students' performance in the core subjects and cultivates a deeper comprehension through the synergy

of emotional intelligence, empathy, and critical thinking skill development. Furthermore, students taking control of their health and well-being also enables success in core classes. Family and consumer sciences impact students no matter what path they choose in life -- this is what drives my excitement into the field of Family and Consumers education.

Career and Technical Education (CTE), to me, is the element that converts student's disconnect that they can, and will be in the workforce someday soon. Personally, I remember believing an official job, other than retail or serving, was out of reach. CTE instills confidence through hands-on experience, adequately preparing and educating the next generation. Unlocking the notion that careers are only for those whom have been known such and been preparing since a young age, CTE qualifies all, providing equity in a foundational skill in which students will capitalize from. CTE is essential for, in this case, high-school students due to the reality that post-secondary education isn't the right path for all students. In a society with increasing enrollments, some students were neglected to learn a career pathway that may have suited their personalities and lifestyles more. While CTE does provide excellent courses to prepare students for post-secondary education, I believe CTE is vital for its occupational courses allowing students to experiment with real-life skills in different potential work settings and for all different types of learners. My final belief for the critical need of Career and Technical Education is the allowance of failure. Allowing students to explore their likes and dislikes at a typically supported time in their lives allow students to explore, fail in certain skills, and create their passion without the feeling the fear of a "cost."

With my educational beliefs, I am eager to embrace the uncertainty of this next semester.

Understanding that my beliefs will change and grow, I am grateful for the opportunity to learn and collaborate with others. As the great Isaac Newton once said, "If I have seen further than others, it is by standing upon the shoulders of giants." Serving students by teaching self-sufficiency that they may reference and grow with throughout their lives, is what education is to me.

Savannah Smith

Wyoming AAFCS Student News

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

Our group has been working on recruitment activities to rebuild this fall. We have added new members and new officers. Our group has decided to move our "Shattering the Glass Ceiling" event to the spring semester to give us time to brainstorm new ideas and improve on the previous event.

The group has expressed a lot of interest in volunteering and community involvement. We are still focusing on FCS career development, but we are looking at adding more volunteer activities to our events this semester. Some of the events we are participating in this semester are:

1. At The Big Event on October 13, we joined other RSOs and students from UW to perform various community service activities for the Laramie community.
2. Family Promise, a local organization which helps families in Laramie has reached out to us to partner with a family in need. We are brainstorming ways to help this family.
3. Age Friendly Laramie: To increase awareness of this program in the local community we will help them put on a 5k for the community in the spring.
4. BIG Job Fair: We will be exploring different FCS employers and related fields to encourage more of them to come to the BIG Job Fair next semester.

FCS Day at the Pepsi Center

Monday October 29 FCCLA members from across Colorado will meet at the Pepsi Center in Denver for a schedule packed day. The FCS Career Day will guide members to link their options and skills for success in families, careers, and communities. Attendees will hear from business and industry leaders on FCS career related topics and explore the FCS career of their choice. During this power packed event, FCCLA members will be prepared to:

- ✓ Experience in-depth FCS career explorations;
- ✓ Continue their journey in the Leader's Institute;
- ✓ Participate in Skill Demonstration Events;
- ✓ Attend a Denver Nuggets game.

Contact Robert.VanDyke@cccs.edu for information.



“Dine In” on December 3, 2018

by Kim Baldwin, CAFCS Past President

Since 2014, more than 400,000 people have committed to "Dining In" on Family & Consumer Sciences (FCS) Day!

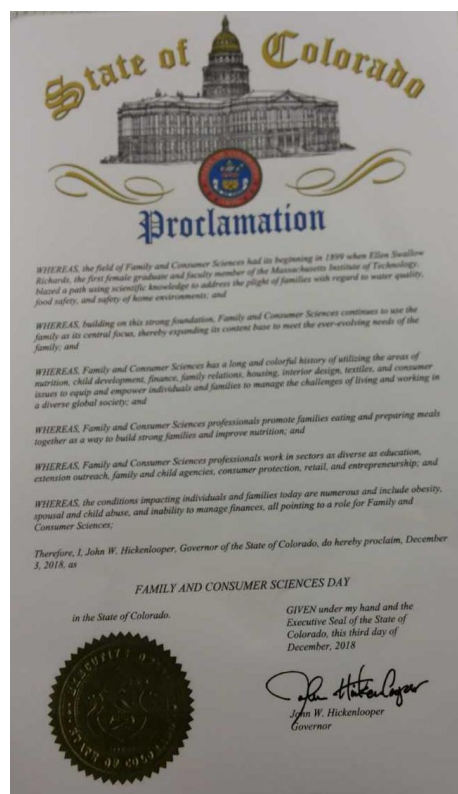
AAFCS honors Founder Ellen Swallow Richards by celebrating FCS Day on her birthday. Through the FCS Day initiative, AAFCS provides information, tools, and research on the benefits of families preparing and eating healthy meals together.

In 2018, the initiative will have a special focus on the emotional and social aspects of family mealtime.

Colorado FCS teachers are invited to incorporate “Dine In” within their curriculum activities and FCCLA activities focusing on family relationships and nutrition. The website (www.aafcs.org/fcsday/home) provides materials for publicizing the day and research facts illustrating the importance of family meal time.

In my classroom at Ponderosa, I have created an assignment for students to prepare and post a family meal together. I allow them to post anytime during the first week of December. This assignment has been met with a positive response from students and parents.

CAFCS received a State of Colorado Proclamation for December 3, 2018 to be declared FCS “Dine In” Day in Colorado.



2018 State of Colorado “Dine-In” Day Proclamation signed by Governor John Hickenlooper

Wellness Wednesdays

by Nicole Endres, CAFCS Social Media Chair

FCSfit is an AAFCS 3-year initiative focused on setting small, realistic goals and delivering resources and community support to members. This year's focus is on emotional health and relationship well-being.

Since we all have a goal to be healthier and achieve overall wellness, it seemed like having a "Wellness Wednesday" post on social media would help CAFCS members have a little "food for thought" on a regular basis. The vision was to divide the Wednesdays of the school year among the members of a committee, and then each of us would post a wellness tip that would resonate with members. In addition to CAFCS helping all of the members find more wellness in their lives, we hope the regular posts on social media would help CAFCS gain visibility and recruit new members.

Check out the weekly Wellness Wednesday Twitter posts (AAFCS Colorado@aafcsCO); and Facebook (www.facebook.com/aafcs.CO) You can also see them on the CAFCS website Home Page. Please consider sharing the Wellness Wednesday posts on your own social media venues so your friends and colleagues see how to be FCSfit and encourage communication for our awesome organization.

Update on Separation of Families at US Border Crossings Resolution

by Virginia Vincente, Carole Makela, and Jody Roubonis

Since we last wrote about this issue in July of 2018, about 400 children are *still* separated from their families. Almost two-thirds of their parents have reportedly already been deported without being reunited with these children.

It is time for members of AAFCS to take action. Three current opportunities for your

voice to be heard are to respond to the Federal Register call for comment (by November 6th and by December 10th) and to join The Protecting Immigrant Families, Advancing our Future Campaign ([PIF](#)).

In the Federal Register, vol., 83, p. 45486, there is a call for comments on the Apprehension, Processing, Care, and Custody of Alien Minors and Unaccompanied Alien Children, A Proposed Rule by the Homeland Security Department and the Health and Human Services Department. Public comments are due before November 6, 2018 on proposed changes to the existing Agreements and Acts. The intent of the changes are to further the zero tolerance directive and to discourage immigrants coming to the border. This proposal, if put into action, would change the Flores limitations (and court actions, which have upheld the limitations) per length of detentions for children, oversight of detention centers, and their provisions and programming, etc.

Click the URL below to review the Federal Register call and prepare comments.

<https://www.federalregister.gov/documents/2018/09/07/2018-19052/apprehension-processing-care-and-custody-of-alien-minors-and-unaccompanied-alien-children>

With this, and any other complex issues, it is extremely important that we be critical thinkers who provide comments either as individuals or by joining with groups to inform Homeland Security and Health and Human Services on the impact and consequences for individuals, families, and communities of what is proposed. We can do that by using different sources and weighing purported facts based on solid evidence reflecting our Body of Knowledge as our ethical filter to interpret the short- and long-term consequences for individuals, families and communities.

Questions that will be helpful in taking action and the second call for comments are posted on CAFCS website (www.aafcs.org/coafcs) and are also available on the AAFCS Forum (dated 10/9/18) in a more complete article at this link (<http://sco.lt/7WQ8zh>).

CSU Authors Receive JFCS Award

Submitted by Carole Makela

Jennifer Paff Ogle, Ph.D, and her three co-authors received the award for the Outstanding Scholarship Article in the *Journal of Family & Consumer Sciences (JFCS)* at the 2018 AAFCS Annual Conference in Atlanta, GA.

This award recognizes one scholarly article from the 2017 four issues that meets the highest criteria for scholarship and writing as determined by the seven-member editorial board of JFCS. *JFCS* is the quarterly, peer-reviewed scholarly journal published by the AAFCS.

The winning article, “Building Middle School Girls’ Self-Efficacy, Knowledge, and Interest in Math and Science Through the Integration of Fashion and STEM” by lead author Ogle and co-authors Karen H. Hyllegard, Ph.D., Karen Rambo-Hernandez, Ph.D., and Juyeon Park, Ph.D., explored a study on whether participation in a fashion-related STEM enrichment program enhanced girls’ performance and interest in math and science. Dr. Ogle, Dr. Hyllegard, and Dr. Park are at Colorado State University; Dr. Rambo-Hernandez is at West Virginia University. You can find the article in *JFCS Volume 109, Issue 4* on page 33.

More recently in the Strategies section of the *JFCS Volume 110, Issue 2*, Dawn Mallette and co-author L. Lyons have an article on “Photo Mosaic: Arts Integration in the Family and Consumer Sciences Classroom” beginning on p. 63.

Submit CAFCS Awards January 28

2019 CAFCS Award nominations are due to CAFCS President-Elect/Awards Chair Carole Makela by **January 28, 2019**. Awards will be presented during the Annual Conference February 23, 2019 in Loveland.

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 2020 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 their help with information to submit for the award).

The Nomination Forms with all criteria for the awards are posted on the CAFCS Website, or you can email Executive Director Luann Boyer.

New Website Goes Live

The Colorado AAFCS affiliate website is now operating after the transition to being hosted by AAFCS. This platform provides more opportunities for easily sharing information from both Colorado and AAFCS.

The new URL is www.aafcs.org/coafcs. The contact info for the CAFCS Facebook and Twitter accounts will not change.

Journal of FCS - Submit an Article

Manuscripts for the Journal of FCS are due January 4, 2019 for the Summer 2019 issue. Theme for the issue is *Shifting Paradigms in FCS Professional Practice*. Information about guidelines, themes and other information is available at <https://bit.ly/2JaE4Sr> or contact Debra Bass (dbass@aafcs.org).

MARK YOUR CALENDAR!!

2018

December 1: Call for Proposals Due for
Roundtable Presentations at
2019 CO/WY Annual Conference
on February 23, 2019

December 3: “Dine-In” FCS Day

December 15: News Due for January Newsletter

2019

January 5: Quarterly Newsletter

- * Annual Conference Details
- * CAFCS Awards Applications
- * FCS Day Activities

January 28: Award Nominations Due

February 13: Family & Consumer Sciences
Educator Day

February 23: Colorado/Wyoming AAFCS
Affiliate Annual Conference,
Loveland, Colorado

March 20: News Due for April 1 Newsletter

April 1: Quarterly Newsletter

- * CAFCS Award Winners
- * Annual Conference Review

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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