Colorado/Wyoming Affiliate News
Summer 2020
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CAFCS President’s Message
by Carole Makela
2019-2021 Colorado President

The AAFCS 111th (2020) Conference and Expo has gone down in history as the Association’s first virtual conference and it drew more registrants than the recent in-person conferences, with more than 625 including about 60 students. The registration did not distinguish AAFCS’s members from non-members (fee was $100 for professionals; $25 for students). Nearly one-third of the registrants were non-members. A number of members indicated the virtual format and/or the lesser cost enabled them to attend.

All registrants have 12 months access to the sessions, posters and the showcases including a library of supplemental resources (abstracts, power points, etc.). This allows one to explore all sessions, review those attended, and to earn more professional development units (PDUs) for certification than one could earn in the session hours which fit into the schedule while physically at a conference.

AAFCS staff must be credited with much behind the scenes effort before and during the conference to assure a quality professional development experience for participants considering the learning curve to make the transition in a short period of time. At the same time, they were continually having to answer endless questions from registrants, presenters, etc. while working from home. The staff facilitated a number of sessions and also made presentations during the conference. Sandra Andrade, Associate Director for Conferences and Communications, came on board only weeks before this all happened and joined the team at breakneck speed.

I give the above perspective as our Association deserves recognition for the quality of the conference, the level of enthusiasm developed and maintained, and the foundation it serves for some of my
comments to follow. I challenge each of you to think in terms of what you will and can do in relation to each of the items listed below - it is not too much to ask each of us to put at least 2 of these “to-do’s” on our list.

★ The 112th conference is scheduled for Minneapolis, MN, June 25-27, 2021. It may have a virtual component to allow greater participation, though the pandemic situation may determine the overall format.

★ AAFCS’s 2020-21 President, Liz Self Mullins (yes she was a member of the Colorado affiliate for a time) highlighted these 3 foci for the coming year (1) social justice (see the organizational statement and the opportunity to join the new community of Diversity and Inclusion); (2) visibility for FCS (she wants ‘whatever happened to home economics?’ to fade away as a question); and (3) learning and classrooms at all levels to be highlighted. Watch for her complete comments in the next issue of the Journal.

A reminder with the restructuring of the organization in the last five years, the membership does not elect officers, the Board elects them from their members.

★ A membership goal for 2020-2021 is a 6% increase from the current 3,300 nationally. Colorado should pledge itself to better this and add at least 10 new members. A reminder - this means that all current members need to continue.

★ Related to the visibility focus, there will be a 360 Communications Campaign under the guidance of Nancy Bock, AAFCS Director of Communication. This suggests outward communications to various publics at least 360 days. What will you do in your community, school, networks to add to this effort? If each member in Colorado does one a month, we could exceed 360 in the next 12 months and silence the question of ‘whatever happened to home economics?’ AAFCS will be sharing a playbook with us to facilitate this Campaign.

★ February 10, 2021 is FCS Educators Day. First I remind us this is not a ‘teacher’ day per se. It is to recognize all the facets of education that FCS professionals engage in as well as that most AAFCS members are educators. The Colorado Affiliate will seek a proclamation from the governor (rather than our usual one for “Dine In Day” in December) as an organization may only seek one proclamation a year from the governor’s office. The text of the proclamation will readily focus on FCS educators and FCS as the ‘people centered sciences’. It will provide examples of FCS in educating and informing during the pandemic. This does give you and your colleagues time to consider what you may do locally. At the same time it is not intended to lessen the efforts of Dine In.

★ Review your profile on the AAFCS site - is your information up-to-date? It is time to review the communities you are affiliated with and up-date as well. There have been new communities added, your interests may have changed, or you may not have chosen any communities. Your membership dues are not altered by the number of communities in which you participate. And you can decide how much time you give to each. One of the suggestions from a recent ‘get the most out of virtual conferences’ suggests that participants plan interaction with other attendees before and after the event. What a better way to do this than with colleagues from other states with whom you may share a community.

You may think this an atypical message after the conference, and it is. At the same time I wanted to bring you up-to-date on the Association and our thinking about it and responsibilities to it and FCS.

One last tidbit, AAFCS will be moving its office. They will be in the same area, but have a smaller staff now than when they moved to Columbus Street. Having experienced ‘working from home, including remote
locations’, they determined they need less space. Will other organizations be making similar decisions based on the experiences they have had in 2020 and work toward a ‘different’ normal?

Carole

WAFCS President’s Message
by Patty Johnson
2020-2021 Wyoming President

The “new normal” has been controlling our lives in Wyoming for five months. I consider myself lucky to be retired. Plus, our social distancing is aided by boundaries, a river, a state highway, and a conservation easement. Three miles of separation is still too close for my husband. Once a week we don our masks to take advantage of the early morning senior shopping hours.

Although we are mostly homebound, we welcome an 8-month-old grandson once a week for 24 hours. He changes weekly. Last visit his “army crawl” left me in the dust. His vocal skills are expanding and keep us entertained. Is he spoiled? Not a chance!

We were a poor second choice when the French class trip to Paris was cancelled. So our 14-year-old granddaughter and two horses came to visit for a month. She has brought energy and sparkle to our home. Her horses keep the lawn and pasture trimmed and faithfully wake us each morning with neighs and snorts. Soon she will have to return home to her summer job as a junior day camp counselor. In preparation for her work she has been busy making a set of masks for herself, some for her mother and an uncle.

My husband wanted her to experience the summers her mother had lived when we were ranching. With her uncles along, we followed 70 miles of the dusty trail that took our cows and then sheep to the summer pasture at the head of Deer Creek. She got to spend time hunting snakes and grasshoppers and tried fishing, without any luck. As a technology dependent teenager, she still cannot believe we lived without electricity, no running water, and creek baths. She now understands her mother’s need to get away from civilization and spend nights stargazing.

Now it seems the country is tired of being confined, of fearing the unknown, of trying to figure out the ‘new normal”. This is a summer of discontent that is becoming more angry and violent. Even Mother Nature is acting out. At our house there has been no moisture for three months, the winds are harsh and drying, and fires are a daily battle.

But - I continue to wonder over things I cannot control......

I wonder about the resurgence of the Novel COVID-19 virus. I wonder how long it will take to develop an effective vaccine. I wonder about the long-term effect on the economy worldwide, nationally, locally, and personally.

I wonder what the next school year will be like for students, families, teachers, and school districts. What will be the best plan for everyone involved? I am thankful to be retired but worry about teachers who may be expected to teach at school, create a virtual classroom for students choosing to remain home, and still have energy to go home and be a parent.

I wonder if it would be better to change the focus of education for next year to focus on social and emotional learning. Too many children did not have a great living situation during this unsettled time. Some homes were crowded so the idea of multiple children in virtual classrooms at the same time did not happen. There were not opportunities to be outside for recreation. There were not
grandparents nearby to let children learn some basic cooking skills, and possibly food sources were limited when their parents’ work hours were cut or eliminated.

I wonder about the mental health of persons confined without any visitors at hospitals, nursing homes, or in their own homes. Months without hugs from loved ones has taken its toll. I think it would be a great opportunity to set up pen pals between youth and the elderly.

I wonder about how to turn the anger in this country into a more productive path. The history I learned is being challenged. Maybe we need to open the books on American history and have all cultures contribute their stories for the record. Somewhere in the mix the truth may be found. It will not happen overnight but in three or four decades of collaboration all sides may have their history told. It is starting in Wyoming. Last summer tribal members from the Wind River Reservation and teachers began meeting to develop curriculum about the native tribes that will be included in all schools in the state.

Even with our ranch, work started thirty years ago when conversation began about a new state highway. We could either ignore the planners or try to work with them. We also concluded that ranching on the 115 year old ranch was coming to an end with civilization coming closer.

Thankfully, my husband’s cousin took to heart his wish about finding a way to preserve Oregon Trail ruts and the site of the Battle of Red Buttes. She worked tirelessly through all the channels. One part of the ranch was sold to a conservation group that turned it over to the Bureau of Land Management (BLM). The Interpretive Site has stories about the pioneers’ trek through this part of the country and stories from the cavalry about the battle.

A small group of dedicated archeologists have been working the site for years to find artifacts confirming the battle location. Last year they were successful. My husband was tickled because he and his father spent years reading published and unpublished papers about the battle and tramping the hills finding landmarks that were at the same site. Early in June the BLM summer crew stopped by for a meet and greet. I was pleased they have begun working with the tribes involved in the battle and hope to include their history of the battle at the site and in the Historic Trails Center in Casper. So, slowly the record can be completed about the last two centuries. I wonder about finding the history before that time.

I had looked forward to attending the AAFCS Virtual Conference. But with technology issues at my house, I was not able to connect. Now, I am admitting defeat and will seek a tech-savvy assistant to get me up and running again. I admire the creativity of the national staff to not let the virus limit their goal and to create a new way for people to attend. I look forward to taking in the sessions over the next few months.

So, I will keep wondering if and when we can get back to “normal”. Take care and be safe.

Patty

Virginia Vincenti - AAFCS DSA

Wyoming Affiliate member Ginny Vincenti was one of four members to receive the AAFCS Distinguished Service Award during the 2020 Virtual Conference June 25 - 26.

Individual recognition was held for Ginny on July 16 where FCS colleagues shared some highlights of her professional work and leadership. She
has served in 18 different AAFCS leadership positions and was AAFCS President 2003/2004. She was instrumental in establishing the FCS archives at Cornell to maintain the history of our profession.

Ginny was recognized for her loyalty and integrity and that she has not wavered from her support of the profession, continuing to be active in retirement. She has never been one who settled for the mundane but always challenged others to think about what can be.

Her collaboration with colleagues from other countries and involvement in IFHE was referenced by several speakers. She has been an advocate for social and economic justice long before it was the “in thing”. She is diligent in her willingness to stand up for her convictions.

Dee Pridgen, University of Wyoming College of Law, highlighted Ginny’s work with the University of Wyoming Consumer Issues Conference. The event grew into a nationally recognized academic conference because of Ginny’s work with identifying current consumer issues and then collaborating with different departments and colleges at UW.

Ginny closed out the event by sharing some of her memories as a FCS professional. She related her work as a county Extension educator in her early career. The variety of Extension opportunities and programs which resulted from identifying community needs provided skills she would use throughout her FCS career.

2020 AAFCS Virtual Conference
Thanks to these authors of the summaries of Conference activities and presentations.

Virtually Delightful!
by Debbie Nelson
Was the AAFCS Virtual Annual Conference as much fun as the in-person event? Not to me…. Was it much better than nothing? Most definitely! While I missed the hallway hugs and conversations and meals together in Baltimore, I still got to see my friends on the screen and hear their voices. I got to learn from great speakers and hear about what’s happening on the national level with AAFCS and FCS in general. I got a sneak peek at the amazing video “People Centered Sciences” – watch the 2:06 minute video here: https://www.youtube.com/watch?v=jIlIE0mQ7jjg

It was exciting to see Robert Van Dyke, former CAFCS member now in North Carolina, serving on the AAFCS Board of Directors! It was super cool to learn Liz Self Mullens, former CAFCS President now in Tennessee, is the 2020-2021 AAFCS President! It was awesome to help celebrate Ginny Vincenti’s DSA Award at the Salute to STARS event with our blue drinks!

Financial Security in Later Life
Summary by Debbie Nelson
Barbara O’Neill is the recently retired Rutgers Extension Financial Management Specialist and soon will have a new book coming out called “Flipping A Switch: Your Guide to Happiness & Financial Security in Later Life”. Barb makes things that frighten many folks seem easy, or at least like anyone could conquer these important tasks.

She started her presentation by talking about the mindset changes that may occur with major life changes. I found her list of common errors to be accurate. I’ve seen too many friends make these mistakes and I strive not to make them myself! Her guidance fits with what I’ve learned over the years and matches up nicely with what the folks at the “tax office” where I work (which is more than just taxes) always teaches their clients. O’Neill’s 20 Tips for Financial Security in Later Life can be found on the CAFCS Website www.aafcs.org/coafcs/home and select the Newsletter Page.
FCS Engagement = Excitement, Energy and Empowerment

Summary by Barbara Gorman

Marilyn Swierk, CFS Retired, proposed a ten-point plan: 1) Participate (professional memberships, belonging to other organizations like Chambers of Commerce) a small commitment to leadership roles moving from local to global leadership. 2) Position the profession through personal and professional connections. 3) Display professional pride and passion (see more below.) 4) Promote, using print and digital media; branding, using FCS logos on wearables and on all communications, displaying posters in highly visible locations. 5) Using 1-4 to increase public awareness. 6) At play and at work, be visible as an FCS professional. 7) Develop partnerships and collaborations including articulation agreements. 8) Praise and award members for involvement. 9) Encourage development of professional portfolios which include resumes, activity records, awards & recognitions and letters of reference (helpful for recognition and awards- see #8.) 10) Put 1-9 into practice and put a label on it! (see #4)

My Favorite: #3, Professional Pride and Practice includes a list that should look familiar to all of us. Family and Consumer Sciences are the People-Centered Sciences. We are the source for facts and science-based information relating to the art of living and working well in our complex world. We help people lead better lives, be work and career ready, build strong families, and make meaningful contributions to our communities.

Does this sound familiar? It should! On the AAFCS website (aafcs.org) go to the Who We Are tab, select About Us and explore the FCS branding resources available for members, including the new People-Centered Sciences poster to download and print. Also under the About Us is information about using AAFCS logos in your online signature, for your media, for business cards, etc. Under the Resources tab are advocacy tools that will help you hone your elevator speech about FCS.

If we are invisible it is because we need to take ownership of who we are and what we do.

Measuring Success of Work-Based Learning in FCS

Summary by Barbara Gorman

In light of the Perkins-V emphasis on work-based learning and my own high school’s focus on facilitating student job-shadows, internships and capstone opportunities, I appreciated Cindy Miller’s clear focus on types of measures, key decision points and student self-assessments. There are four stages students move through in career development. Awareness and exploration involve learning about work; preparation for a career requires that students learn through actually working and learning the knowledge and skills required for the job; and training for specific jobs.

During the four-stage process, students should reflect on what they are learning, identify specific knowledge and skills they’ve gained, and connect application of that knowledge and those skills to the student’s future goals.

Key questions to be addressed in the design and practice of work-based learning begin with 1) What is to be Measured (be specific)? Knowledge is academic in nature, technical skills and employability skills (soft skills like promptness, responsibility, initiative, interpersonal communication and teamwork.)

2) Who Measures It? Students, teachers and employers should have evaluation tools, training to use the tools effectively and accountability for using the tools. Tools could include portfolios, which include a purposeful collection of artifacts over time. Artifacts could include rubrics completed by the
student, the employer or the teacher, employer feedback to the teacher and/or student; and student reflections. It is vital that all entities know and agree upon the requirements of the work-based learning site for students, employers and teachers. A tracking method should be designed to assist students, employers and teachers to complete documentation, and to intervene in a timely manner if necessary to promote student success.

**The Value of MoneySKILL® in Your Classroom**

Summary by Laurel Kubin

MoneySKILL® is an on-line financial education program from the AFSA Education Foundation. It is composed of 37 modules covering everything from budgeting to retirement. It is available in English and Spanish. Educators can fully customize course content and virtual class features. The content aligns with national and state standards. Annual changes made to the modules are driven by teachers. It has been used with students in CTE, FCS, economics, math and social studies classes, or wherever financial education is taught. It can be used for homework or class project assignments and can be self-directed. It is well-suited for remote learning. No downloads are required. It has been evaluated using pre and post tests and a three-year later “Stickiness Measure”. Teachers who have used it report a high level of satisfaction.

**Helping Low and Moderate Income Families with Their Finances: A Toolkit for FCS Educators**

Summary by Laurel Kubin

Barbara O’Neill provided a good overview of several common issues and concerns of people who have low or moderate incomes. These include income volatility, a scarcity mindset and an external locus of control. For three in ten households of all income levels, their income can vary by more than 30% from month to month. She suggested educators help individuals with a tendency to praise or blame external factors for their situations by encouraging them to make lists and focus on taking one step at a time. Some other tips for working with people in this situation:

- Use an irregular income budgeting process to smooth out expenses, remembering to set aside money when they can.
- Tell powerful stories about real life budgeting experiences, not just about a successful outcome, but focus on the process steps.
- Understand tax code features that benefit low and moderate income individuals.
- Learn about local human service agencies and resources to refer people to.
- Help people identify the social networks they have to lean on in tough times.

**Research Poster: Flaws in the Foster Care System**

Summary by Luann Boyer

Ethel Jones and students from Louisiana Tech University shared information via a Research Poster Presentation. Objectives were to learn about legislation related to the foster care system, identify issues in foster care, analyze short and long term effects of foster care system flaws, identify effects on people within and outside foster care system, and explain the need for a call to action. The “Five I’s” Policy Analysis Organizing Tool was used for this study.

Conclusions were the child welfare agencies and community partners are struggling to meet families’ needs with barriers including lack of collaboration to address substance use, lack of treatment options, shortages of foster homes
and shortage of trained staff. Numerous children are negatively affected by the absence of consistency in their life.

**FCS Research Journal Best Papers**
by Sharon Devaney, FCSRJ Editor

The FCSRJ Best Papers for 2019 are usually presented at the annual AAFCS conference. We asked the 8 winners to send a 6 minute video of their presentation and Lori Myers at AAFCS has compiled them. Wiley Blackwell Publishing agreed that the file could be the Virtual Issue. They will be available to download until Sept 30. See the presentations using the following link: https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fonlinelibrary.wiley.com%2Fjournals%2F15523934%2Fhomepage%2Fbest-papers-in-2019&data=02%7C01%7CLuann.Boyer%40ColoState.EDU%7Cd63da10bacdd491e26b008d816b180a1%7Cafabf5b8802ff7a4bb1ab21367ff2efc8b%7C0%7C7C0%7C633724298903263864&amp;data=F%2FnQaKnNv1TQzgRdnQHpOJOGisyJX95tHv1C02JU%3D&amp;reserved=0

Learn more about the FCS Research Journal and articles providing resources for AAFCS members. June 2020 Table of Contents is available on the CAFCS Website www.aafcs.org/coafcs/home on the Newsletter Page.

**CAFCS Membership Recognition**
Kimberly Baldwin, CAFCS Membership Chair

The following members were recognized for milestones of service at the 2020 Annual Affiliate Conference February 22 in Wellington.

10 Years: Barbara Gorman  
40 Years: Debbie Nelson  
60 Years: Carole Makela  

All members present were presented with a small bottle of hand sanitizer with a note attached, “Thank you for lending a hand to the success of our organization.” Little did we know that hand sanitizer would become a precious commodity in the weeks to come with COVID-19.

**Update on Chef Ann Websites**
Chef Ann Cooper from Boulder County Schools Food Service presented at the 2020 Annual Conference where she shared resources via her website. Barb Gorman shared this recent information from Chef Ann on an update on the websites.

The websites The Lunch Box and Chef Ann Foundation have been overhauled with more on alternative feeding programs, sustainability initiatives, central kitchens, recipes and more. School food professionals, parents, and healthy food advocates can access resources via phone, tablet, or desktop and is completely user-friendly.

Some of the new sections on the website include:
* COVID-19 Resources for Schools has useful tools and links for school food professionals working in alternate feeding environments.
* Why scratch cooking? Scratch-cooked school meals provide a daily opportunity to improve nutrition across the country, and this section of The Lunch Box breaks down how.
* The school recipes bank has hundreds of free, scalable, and downloadable recipes in a user-friendly format.

**CSU FCS Graduates**
by Dawn Mallette

Two FCS teacher candidates graduated during the fall 2019 and spring 2020. The fall FCS education graduate, Rayna Soell, was hired to open up a new middle school program at Boltz Middle School in Fort Collins. The second


FCS education graduate, Kristi Thompson, was snatched up by the school she did her student teaching at, Mountain View High School in Loveland. Several of the FCS teaching openings were put on hiring holds because of financial challenges caused by COVID-19. These graduates are thankful to have secured positions but are wondering what their first semester of teaching will entail.

Teaching Secondary Virtual Classes During the Pandemic
by Barbara Gorman

My current assignment is facilitating high school online classes through Colorado Digital Learning Solutions (CDLS), Colorado Community College Online (CCCOOnline) classes, and Distance Learning (DL) classes through Northeastern Jr. College. Although my students were already virtual, they struggled with the disruption of their learning schedules. The DL classes continued as before after a slight hesitation while the on-campus students adjusted to the world already inhabited by continuing education students in high school. Continuing the three periods per week format was an essential component of student success, according to student surveys. The CCCOnline and CDLS students struggled with meeting deadlines, doing quality work and completing their courses. Student surveys indicated the lack of structure in their quarantine days made it difficult to keep deadlines in mind. Several mentioned that family togetherness and attendant priority shifts made their online classes irrelevant.

Most of my time was spent monitoring progress, exhorting students to begin, continue, or finish assignments and working to motivate them. It was difficult for me to be disciplined in my school work and I had to rely on a lifetime of ‘git-r-done’. For high school students to be successful online, they need specific training on personal responsibility, study skills, and time management.

In planning for the coming school year, we need to plan for disruption and prepare students for accountability, regardless of circumstances. Teachers want students to be more accountable and understand that school will continue without pause for 2020-21. Because high school students likely have childcare responsibilities so that parents can work, I will move my office hours to evening so that my students will have a better chance of working without distractions.

FCCLA 75th Anniversary Leadership Hall of Fame

Congratulations to Kimberly Baldwin, CAFCS Past President and FCS Teacher at Ponderosa High School. Kim was selected for the FCCLA Leadership Hall of Fame as part of their 75th Anniversary celebration. Kim would have been recognized this summer at their Annual Conference which was cancelled due to the pandemic.

Helen McHugh Obituary

Helen McHugh, past CAFCS President and Dean Emeritus of CSU College of Health and Human Sciences. passed away May 9 in Nevada, MO. Helen had a distinguished career at several major universities. She received the AAFCS Distinguished Service Award. Helen’s obituary can be read at https://col.st/YOve2
**MARK YOUR CALENDAR!!**

**2020**

October 2-4: AAFCS Fall Leadership Workshop Virtual Conference

October 20: Deadline for Submissions for Fall (November) 2020 Newsletter

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

December 3: FCS Day - Dining In

**2021**

Date TBA: 2021 Colorado/Wyoming Annual Conference

February 10: FCS Educator’s Day

June 25-27: AAFCS Annual Conference, Minneapolis, Minnesota

**2022**

September 4-10: IFHE World Congress
Atlanta, Georgia

The 2020 World Congress was postponed to 2022 due to COVID pandemic. Additional information on Congress plans will be available in upcoming newsletters.

**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

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**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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