



# THE COWYAFCS NEWS

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*An Affiliate of the American Association of Family & Consumer Sciences  
Dedicated to improving quality of life for individuals and families since 1908*

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## 2009 Plan of Action

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From our President  
**Linda Valentine**

I attended the Affiliate Leadership Workshop in Indianapolis Oct. 30 – Nov. 1. State affiliate presidents, president-elects, executive directors, and other leaders spend this time being trained and taught by our AAFCS leaders. The meeting was energizing and educational! I am thankful I was given the opportunity to go! I was able to –

- learn more about the AAFCS website, which contains so much helpful information, including affiliate management tools
- become updated on the branding initiative, which is helping AAFCS tell the FCS story and reach out to those who should be a part of this great organization
- get free materials from the Soap and Detergent Association designed to help FACS professionals work with families and communities to raise awareness about ways good hand hygiene and surface care can slow the spread of H1N1
- talk with others from across the country about ideas for increasing membership by reaching those who have not considered joining AAFCS – especially those Gen. X'ers and Millennials!
- network with other affiliate leaders and find that we experience many of the same concerns
- receive counsel about building stronger relationships, both professionally and personally

With all this information in mind, there are a few topics in our Action Plan that I would like to share with the members.

1. The board is beginning plans for our annual conference. Please share any ideas you have for workshop topics, conference activities, and speakers. Consider presenting a workshop on a topic related to your expertise.
2. Colorado and Wyoming are working collaboratively as affiliates. Each state is including a member from the other state on their boards. We are working to coordinate a combined state conference, share newsletters, and support each other at workshops and conferences.
3. I am encouraging the motto "Each one reach one". If each CAFCS member would talk to one person about joining AAFCS and CAFCS, think of the positive impact we could have! Membership costs only 38.5 cents a day – what a bargain for the benefits received!
4. Renew your membership! It can be done easily online at [www.aafcs.org](http://www.aafcs.org). There IS strength in numbers! You can also update your contact information online so that it is current.
5. Let me know what you are doing! Share your success stories! They can be included in the newsletter, and even submitted to AAFCS through their website. So many of you are making positive impacts in our communities! Don't be shy – tell us about them! You may send information to me at [scott\\_valentine@comcast.net](mailto:scott_valentine@comcast.net), or to our newsletter editors, Lorna Nelson, at [L6Nelson@aol.com](mailto:L6Nelson@aol.com) and MaryAnne Heyman at [maryanneh@fdandm.com](mailto:maryanneh@fdandm.com).
6. Think about those in our profession who have made an impact on you or the community. Nominate them for one of our state awards: Teacher of the Year, Professional of the Year, or Marcile Wood Community Service Award.

As we embark on the busy holiday season, it seems significant that we have the opportunity to begin it by giving thanks. I hope you will take a moment to think about all the good things you have in your life right now. It is easy, with economic and political situations, to feel concern and perhaps despair. But I hope you can direct your focus to the good and positive. I wish you all a happy holiday season!

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## H1N1 Initiative

The AAFCS "Taking it to the Streets" initiative focusing on H1N1 is moving along at a rapid pace. At least six other organizations have joined with AAFCS in an effort to educate the public about reducing the spread of this virus. The Soap and Detergent Association has prepared a tool kit for teachers. It can be accessed at <http://cleaning101.com/sda-cold-flu-toolkit>. Materials are free and are especially appropriate for preschoolers and young elementary students. A variety of other

resources are available on the AAFCS website. The resources can be used in community classes, as FCCLA projects, through Extension programs, and in lesson plans.

Please let us know how you use these materials! This can be a great PR tool for FACS! A related press release template that can be customized is available on the H1N1 link on the AAFCS website. You can also format a small label which displays the AAFCS logo and place it on handouts you give to your students and clients. Let your students and community members know you are a FACS professional!

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## WHAT'S HAPPENING IN WYOMING?

### LOTS!!!!

#### September 2009

The 2009 Consumer Issues Conference in Wyoming titled: Food Safety, Security and Sources, drew people from around the state and country (including Colorado, Nebraska, Louisiana, Illinois and Alaska) to learn about and discuss the many food issues in the news.

The audio recorded from the sessions is now available. You can access it two ways. Look on the conference website – [www.uwyo.edu/consumerconference](http://www.uwyo.edu/consumerconference) – under the program page to find each session's audio and presentation files (more

PPT's and handouts are still being collected). The audio (only) is also available at the UW Cooperative Extension Service iTunesU page:  
[www.uwyo.edu/itunesu/](http://www.uwyo.edu/itunesu/).

Click on: public access

When iTunes opens, (you might need to download it from [www.apple.com/itunes](http://www.apple.com/itunes)) scroll down past the courses to general offerings to Cooperative Extension Service.

#### Celebrity Speaker and Sustainable Farmer Joel Salatin Featured as Keynote and Breakout Presenter

*Food, Inc.*, the movie, featured farmer Joel Salatin (particularly his chicken flocks, though he does many other things). He is a noted speaker, and was in Wyoming to address a conference of rural living and agricultural producers in Riverton in 2007. His two sessions were videoed and

can be viewed at:  
<http://agecon.uwyo.edu/blocks/ofsucces/products/Products.htm#Videos> (you might check out the other videos too).

*Additional web sources sent in by member readers for information related to food:*

1. <http://www.stilltasty.com/> :

A colorful site for shelf life information--uses many of the sources that Cooperative Extension uses in their information and/or to answer questions.

2. [http://www.fao.org/wsfs/world-summit/en/?no\\_cache=1](http://www.fao.org/wsfs/world-summit/en/?no_cache=1) World Summit on Food Security [PDF]. As global food security concerns continue to mount, a variety of non-governmental organizations (NGOs) and other entities look for dialogue and discussion that will lead to concrete and timely policy solutions. The Food and Agriculture Organization (FAO) of the United Nations convened a World Summit on Food Security in November 2009. This website offers documents from that meeting. Includes thought-provoking pieces on financial crises and food security and rural development. Visitors can also learn about forthcoming forums and read transcripts from past forums as well.

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## More Wyoming News

### November 2009

#### Shattering the Glass Ceiling: Stories of Successful Women Professionals

UW AAFCS students hosted this event to learn about opportunities for women professionals.

University of Wyoming AAFCS students wanting exposure to the opportunities – and the challenges – for women professionals brought three national leaders to campus for a presentation Thursday evening, Nov. 12<sup>th</sup>. “Shattering the Glass Ceiling: Stories of Successful Women Professionals,” held in the Wyoming Union was open to the public with more than 120 in attendance.

The group members, who are students in the Department of Family and Consumer Sciences in the College of Agriculture, have been planning the event for a year, said Natalie Ferguson, president. The group is open to any student interested in the mission of improving the lives of individuals, families and communities. “We proposed the event to expose women to the foundations necessary to be a successful professional woman,” said Ferguson, a junior from Highlands Ranch, Colo.

“We hope that, by the end of the event, students will

have gained confidence and motivation to follow their dreams.”

The speakers stayed in Laramie to work with Department of Family and Consumer Sciences faculty members and graduate students on Friday.

They include Tahira Hira, professor and executive assistant to the president, Iowa State University; Penny Ralston, professor and dean emeritus and director of the Center on Better Health and Life for Underserved Populations, Florida State University; and Ann Collins Chadwick. She has served as the USDA acting assistant secretary for food and consumer services, USDA director of the Office of the Consumer Advisor, director of the Consumer Affairs for Hormel and Company and executive director of the AAFCS, now retired.

Professor Virginia Vincenti, the group’s advisor, said the presenters are people the students can relate to. They are very personable.” For more information about the event, go to: [www.uwyo.edu/aafcs/](http://www.uwyo.edu/aafcs/).

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**The most recent suggested dates for the 2010**

**Consumer issues**

**Conference at U of WY are September 30 and October**

**1. Please send conflict concerns to Virginia Vicente at: [vincenti@uwyo.edu](mailto:vincenti@uwyo.edu)**

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## Get the AAFCS word out to the public!

**By Gwynn Mason**

Senior Communications Manager  
American Association of Family & Consumer Sciences (AAFCS)

AAFCS has been working with Melanie Alnwick, reporter and anchor at FOX News in Washington, DC, to include family and consumer sciences in a financial literacy-related story. We got “the call” on Wednesday for an interview to take place yesterday at AAFCS. The news segment aired last night and showed a visit by Maryland Comptroller Peter Franchot to a Maryland high school, where the students were learning about entrepreneurship. They discussed the Comptroller’s desire to require financial literacy classes for graduation throughout Maryland. Then they showed Executive Director Carolyn Jackson and our latest *Journal* issue on financial literacy and a brief clip from Carolyn on teaching financial literacy in schools. The printed story on the FOX News website also mentions AAFCS’ new professional certification in personal and family finance education.

Here is the link to the story: <http://www.myfoxdc.com/dp/p/money/fox-5-money-financial-education-111209>

Please feel free to spread the word. The link has been posted on our homepage

[www.aafcs.org](http://www.aafcs.org)

and **Twitter** page.  
(That's right, **TWITTER!**)

<http://twitter.com/AAFCS>

We are delighted that FCS is now on the reporter's radar and the message got out to a very wide audience.

This was a good "warm-up" for future news coverage, and now AAFCS/FCS is rightfully associated with financial literacy!

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<http://twitter.com/AAFCS>

Sign up for TWITS on your phone

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**Use the AAFCS Website!**

[www.aafcs.org](http://www.aafcs.org)

Need ideas for lesson plans or community classes? Wondering how to submit your PDUs? Want to learn more about certification?

Like more information about AAFCS scholarships, fellowships, grants, or other awards? Are you anxious to read the latest edition of *The FACS* or Curious about the branding initiative, and what AAFCS is doing to promote its image?

Concerned about H1N1 and how FACS can help reduce the spread of this flu? Interested in contacting a member from our State organization, a leader from another state, or joining a community within AAFCS? Want to hear what our AAFCS executive director, Carolyn Jackson, had to say about our role in financial education during a FOX news interview? All this, and more, can be done online at [www.aafcs.org](http://www.aafcs.org). This site has so much to offer! Check it out!

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**SAVE THE DATE!!!**  
**April 28, 2010**

**Rocky Mountain  
Conference on  
Aging**

Financial Abuse and Exploitation is the theme for the 2010 Rocky Mountain Conference on Aging which will be held April 28 at The Ranch in Loveland. Conference attendees will increase their knowledge about this complex topic and as well as acquire skills and tools for implementing prevention strategies when working with older adults.

Keynote speaker is Dr. Laura Mosqueda, Director of the Center of Excellence in Elder Abuse and Neglect at the University of

California in Irvine. Break out sessions will cover topics of cultural aspects, family dynamics, financial, and legal.

Registration information and details on breakouts will be available in early 2010 on the conference website at [www.larimer.org/ext](http://www.larimer.org/ext)

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In the meantime, go to:

<http://www.cdc.gov/aging/healthybrain/index.htm>

<http://web.sfn.org/baw/> for information and inspiration for the 2010 CO/WY AFCS Spring Conference.

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**CSU NEWS  
and  
OPPORTUNITIES**

CSU Extension is seeking to hire a dynamic, innovative and enthusiastic colleague to serve as State Specialist in Financial Resource Management. Application deadline is December 15, 2009.

Please encourage any qualified colleagues to contact Laurel Kubin ASAP at: [lkubin@larimer.org](mailto:lkubin@larimer.org)

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**Study Abroad in Hong Kong and Thailand! December 26, 2009 - January 7, 2010**

**DM 482 Travel Abroad (1 credit)**

**Visit:**  
[www.studyabroad.colostate.edu](http://www.studyabroad.colostate.edu) and search for the program titled "Design and Merchandising Study Tour - Hong Kong and Thailand."

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## MORE CSU NEWS and OPPORTUNITIES

It is expected that an interim dean at CSU will be identified shortly, as April Mason, Dean of the College of Applied Human Sciences, Colorado State University, and CAFCS member, has accepted the position of Provost and Senior Vice President at Kansas State University and expects to begin early in 2010. She identifies her service as dean of the College of Applied Human Sciences over the past five and a half years to include "the remodel of the Industrial Sciences Building into a state-of-the-art Preconstruction Center for the Department of Construction Management, the addition of the Avenir Museum of Design and Merchandising, and the expansion of the Human Performance Clinical/Research Laboratory in the Department of Health and Exercise Science. In addition, Health and Exercise Science and Human Development and Family Studies each launched Ph.D. programs."

Enrollment growth at all levels has been consistent.

The CO/WY ACFS wishes April Mason the best of luck in her new endeavors at Kansas State University.

### ACT NOW FOR THIS OPPORTUNITY!

CAFCS members consider participating in this educational effort or encourage colleagues, neighbors to participate. This effort is shaping the future of education in Colorado.

#### Applications Invited to Serve on Five Assessment Stakeholder Subcommittees

The Assessment Stakeholders Committee invites all interested educators and community members including business representatives and representatives from higher education to apply for one of five subcommittees being formed in the effort to develop and adopt a revised system of statewide assessments. Applications for subcommittee membership will be accepted through

Tuesday, Dec. 1. Subcommittee members will be notified of their selection by Monday, Dec. 14. The subcommittees will meet twice in January and twice in February 2010. If you have questions, please e-mail or call Emmy Glancy: glancy\_e@cde.state.co.us 303-866-6678.

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My Stroke of Insight by Jill Bolte Taylor is a blend of scientific information about how brains work and a practical view of dealing with the results of a stroke for a young woman. It contains helpful ideas for work with a family member with an injured brain as well as a lot of common sense about how the right and left sides of the brain can be

trained to make life better. The author was named one of 100 most influential people in 2008 by Time Magazine for her work.

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## Colorado Fall Prevention Initiative Submitted by Luann Boyer Northeast Colorado Master Trainer A Matter of Balance

Colorado Department of Human Services Unit on Aging is spearheading a Fall Prevention Initiative in Colorado.

A Matter of Balance is an evidence-based curriculum developed by Maine Health's Partnership for Healthy Aging.

The 8-session program helps older adults manage concerns about falls and increase physical activity to improve balance, flexibility and range of motion.

Each session uses group discussion and problem-solving strategies so older adults can learn positive coping methods to reduce their fear of falling and remain active and independent. Individuals from all areas of Colorado have become Master Trainers and are now conducting trainings for volunteer coaches who will teach the program to older adults.

The Master Trainers were selected to assist Area Agency on Aging units, health departments, and Department of Human Services to implement this program throughout Colorado. To learn who from your area is providing A Matter of Balance programs, contact Leighanna Konetski, Program Specialist, State Unit on Aging, Colorado Department of Human Services: 303-866-3056

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**Mark your calendar!!!  
Tentative dates for the  
COAFCS Spring  
Conference in the Loveland  
area are: March 5&6, 2010**

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### **THE CAFCS NEWS**

is the quarterly newsletter for members of the Colorado Association of Family & Consumer Sciences. Photos and articles from and about members are welcome.

#### **Editor**

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The American Association of Family & Consumer Sciences (AAFCS) is a not-for-profit 501 (c) (3) organization with 10,000 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.