

Colorado Association
of Teachers for
Family & Consumer
Sciences

CATFACS Fall Newsletter 2015

Fall 2015
Edition

Join Our Organization!

Professional Membership:

\$150.00

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To find out more go to:
www.acteonline.org/uploadedFiles/Assets_and_Documents/Global/files/ACTE/Membership/Membership_Brochure.pdf

A Message from the President

Welcome to another beautiful, colorful Colorado Fall. The school year is in full gear, and it seems that students, workloads, and the days pick up momentum. With the change in season, comes cooler weather, but as FACS educators and supporters, the time is now to take our goals to the next degree. Isn't it amazing to think that a person's life, outlook, or future can be transformed by just *ONE* step, *one* decision, *one* defining moment that they have perhaps never experienced before! It is this very concept that captured the hearts, minds and vision of our 2015-2016 Colorado Family, Career and Community Leaders of America Officers. This year's theme is, "The Difference Is One!" Water demonstrates this concept so perfectly. Think about it...at 211 degrees, water is hot but is relatively motionless, that is until it hits 212 degrees! It boils with the rotation of the water picking up speed until it could potentially boil over. So what is the *ONE* thing you could do for yourself, your students or your community that could take your quality of life, education and health to a whole new level of satisfaction and impact? Upcoming CATFACS events and initiatives are designed to empower our members to take things to the next degree and embrace the theme that our Colorado FCCLA Student Officers have so brilliantly

adopted!

As so many of our CATFACS members are aware, there is a tremendous need for recruiting students into becoming our future FACS educators. The American Association of Family and Consumer Sciences in partnership with FACS educators and supporters from across the country are joining the "Say Yes to FCS" campaign. Colorado is going to be taking bold steps to help grow our own amazing FACS educators. On **November 1, 2015** a fun, impactful engaging lesson plan designed to promote FACS education as a career option for students will be sent out to all Colorado FACS Educators via email, social media and will be made available on the CATFACS and FCCLA websites. Please be sure to make time to use this lesson plan. A perfect time to use the lesson plan may be on or around the "Dine in for FACS Day", December 3, 2015! For information, stickers, and posters for both the "Say Yes to FCS" campaign and "Dine In for Healthy Families" and FACS Day, go to <http://www.aafcs.org/fcsday>.

Another great way to take your life as a FACS educator to the next degree is to be sure to nominate an amazing FACS edu-

cator or supporter for one of the CATFACS Awards to be presented at the CATFACS Winter Conference in January 2016. Check out the list of awards and the application at <http://www.catfacs.org/#/award-nominations/cat5>. Nominations are due by January 1, 2016 to Cindy Gleason at cindy.gleason@weldre4.k12.co.us or Dawn Broeder at dbroeder@psdschols.org.

Last, but DEFINITELY not least, the CATFACS Board wants to invite you to attend the 2016 CATFACS Winter Conference: **The Difference is 1... FaCS is the Future, at the Fort Collins Hilton, January 21-23, 2016. For registration and hotel reservation information go to CATFACS.org and click on Professional Development/Conferences. Be sure to register by January 7, 2016.**

Each CATFACS member is a tremendous and essential life-line to students. The difference is ONE! The difference is YOU! May your potential, goals, happiness and health overflow this season.

Warmest Regards,
Michelle Koch
CATFACS President

Inside this Issue

Program of Work	2
CATFACS Awards	3
Healthy Families	3
FCCLA Advisor Award	4
FCCLA NLC	5

CSU Student Spotlight..... 6

- Highlight your FACS program in our news letter!
- Program of Work 2015-2017



Program of Work: How Can We Keep Colorado FACS Strong?

By: Autumn Francis, President Elect

Over the years, education proves to be a pendulum of trends, issues, and evolving policies. At times this pendulum falls in our favor, and at others it can feel like everything is working against us. Regardless of where the pendulum currently lies, the reality is that we are a stronger force when we are connected. Family and Consumer Sciences programs face challenges and difficulties not always felt and understood by other content areas, making it even more important for us to stay connected to one another, offer support, and create a collective voice. For these reasons, the current CATFACS president, Michelle Koch, and I have created a two year program of work to span from 2015-2017. It is our hope that we can continue to make Colorado Family and Consumer Sciences programs thrive. Our plan focuses on three key areas which we feel are vital to keeping Colorado Family and Consumer Sciences strong: Advocacy and Promotion; Networking, and Recruitment.

The ideas of Advocacy and Promotion are key to maintaining a strong presence in our communities and our schools, and are not new to Family and Consumer Sciences programs. For years, FACS educators have had to go above and beyond to promote our programs and validate their importance for students. We believe that this type of promotion must extend beyond our schools and districts. Both ACTE National Policy Seminar and CACTE Day at the Capitol are great opportunities for CATFACS members to be involved in important conversations regarding the legislation which impacts us all. I will proudly be representing that CATFACS board at National Policy Seminar this spring, and we would like to encourage our members to take part in CACTE Day at the Capitol so that we have a strong FACS presence. Colorado FCCLA is also working to plan a FACS Day at the Capitol. In addition to these events, we believe it is important to create comprehensive talking points that Colorado FACS educators can use to universally promote their programs within their schools, districts, and even in simple day to day conversations. Ideally, if we have a common language we can better brand ourselves as a viable and important program for students.

One of the benefits of being a CATFACS member is the opportunity to

network with other professionals. Unfortunately, one time per year at CATFACS winter conference just doesn't always feel like enough time to share and make connections. We have discussed how we can better connect to one another to learn, share, and grow as professionals and have come up with a few ideas. One new concept we are going try this year for CATFACS Winter conference is put forth a call for presenters from our membership. This would allow you to share either an amazing guest that you have come into your classroom or conduct a workshop yourself on something you feel is a best practice. This opportunity gives us the chance to learn from and teach each other, and will hopefully provide members with more ideas to take back to their classrooms.

To extend our networking and access to one another beyond CATFACS winter conference, I recently created a Facebook page called Colorado

FACS connect. You can follow this link to become part of the group <https://www.facebook.com/groups/611155222351416/>. This page is intended to work as an ongoing forum where we can ask each other questions, share lessons plans, link to articles related to FACS, or just simply network from afar. Another goal Michelle and I have set is to make a few smaller CATFACS related events around the state in the next year and a half. These would primarily be fun, round table concepts, or meet and greets where we can simply get together, connect, and share. Finally, we are also looking into ideas for collaboration with the Colorado Association of Family and Consumer Sciences. We feel that while the two organizations serve different needs, we can broaden our network, resources, and voice together.

Our final focus will be on the idea of recruitment. As FACS teachers we have often had a strong focus in recruiting new students into our classes and our FCCLA chapters. We would like this idea to extend to the recruitment of new teachers who will fill your shoes or possibly be

your future colleague. Nationwide there is an emerging crisis of teacher shortages, including the need for FACS educators. One way to bring attention to Family and Consumer Sciences is to promote and participate in FACS Dine in Day sponsored by AAFCS on December 3, 2015. This will also be a day to celebrate FACS and promote FACS Education as a profession. Dawn Mallete, Robert VanDyke and Michelle, are creating a lesson plan for teachers to be released November 1st, 2015 that can be used in conjunction for the day and will focus on FACS Education as a career choice. It is important that we are mindful of the conversations we have with people to promote not just our classes, but our cherished profession as well. We must be proud of the work we do with our students, but we

are often reluctant to sing our own praises. I would like to challenge each and every CATFACS member to brag about themselves for one day. Start a social media campaign about yourself and how awesome your job is. Make people jealous of the amazing things you get to do with kids every day.

Show your social media world all that we have to offer, and all the perks to being a FACS educator. By being proud of our jobs, we may be able to strike interest in just that one person who may end up following in our paths.

The CATFACS board will work over the next two years to make these plans come to life, but we cannot do so without our members. We are stronger when we join voices, collaborate, and are all involved. We encourage you to share your ideas with us as to how to keep Colorado FACS Strong and want to know how we can better serve you as a CATFACS board. More information will be available in the coming months in regards to events, resources, and other information relayed in this article. This program of work is very much a work in progress, and we look forward to making it a reality in the coming years. See you all in January at what I hope will be the best CATFACS Winter Conference to date!

"...the reality is that we are a stronger force when we are connected."

Nominate a FACS Professional Today!

Please take the time to consider nominating a hard-working and dedicated person for one of the following awards:

CATFACS Teacher of the Year Award

Purpose

Recipients of this award must have made significant contributions toward innovative, unique and novel programs which are serving to improve Family and Consumer Sciences education.

Eligibility

Contributions and achievements on which the nomination is based should have been made within the past ten years. The nominee should have been involved in some capacity in FCS/CATFACS and/or CACTE activities at the local, state, and/or national level and must have been a member of CATFACS/CACTE/ACTE for a minimum of the past five consecutive years.

Outstanding New Family and Consumer Sciences Professional

Purpose

The award is meant to encourage new teachers to remain in the profession. Recipients of this award must have made significant contributions toward innovative, unique and novel programs and have shown a professional commitment early in their careers as Family and Consumer Sciences professionals.

Eligibility

Nominees must have taught in a family and consumer sciences education program for a minimum of three but not more than five

years.

Outstanding Service Award – Member/Friend

Purpose

To recognize current CATFACS/CACTE members who have made the highest meritorious contributions to family and consumer sciences/career-technical education through active involvement in the professional organization of the Colorado Association Teachers of Family and Consumer Sciences and/or CACTE.

Eligibility

This award is given to individuals who are currently in the field of FCS/career-technical education. Individuals who have held key division, state and/or national professional offices or committee appointments and are current members of the association will be considered for this award. OR Individuals/agencies who have provided outstanding service and dedication to FCS/CATFACS.

CATFACS Outstanding Administrator Award

Purpose

The Colorado Association Teachers of Family and Consumer Sciences recognizes individuals, organizations, businesses and/or agencies who have made significant contributions to the FCS field and conducted

activities which help to promote and expand family and consumer sciences education in Colorado.

Eligibility

The CATFACS Outstanding Administrator Award is presented to an individual who is serving in an educational capacity which is directly or indirectly associat-

ed with FCS/career-technical education, and who has demonstrated outstanding service and dedication to FCS/career-technical education in Colorado.

You'll find the nomination forms at the following website:

<http://www.catfacs.org/#!award-nominations/cat5>

Nominations are due to

Cindy Gleason at

cindy.gleason@weldre4.k12.co.us or

Dawn Broeder at dbroeder@psd.org by January 1, 2016

Do you know someone who goes that extra mile and dedicates their time and energy into making Family and Consumer Science education better or maybe that support person who helps us all do our jobs better??

Dining in for Healthy Families

By: Dawn Mallette, CSU Advisor

December 3, 2015 is Family and Consumer Sciences Day and the 2nd annual "Dining In" for Healthy Families, a way to commit to preparing and eating healthy meals together. December 3 was chosen for Family and Consumer

Sciences Day in honor of the birthday of Helen Swallow Richards who was the founder of AAFCS. In 2014, more than 100,000 people committed to eating healthy meals together and the goal for

2015 is to double that number. Find out more about the day and how you can help promote it at www.aafcs.org/fcsday

Filling the FCS Educator Pipeline: Summit to Action

by Dawn Mallette, Teacher Educator, Colorado State University

Sharon Jeffcoat Bartley, Chair for the Community of Teacher Educators in Higher Education states, "Just over one hundred years ago, a group of like-minded visionaries convened to confront critical issues facing individuals and families. Through their efforts, the profession that came to be known as Family and Consumer Sciences was created to improve the quality of life for individuals, families, and communities. The professionals who carry on this important work are now at another critical juncture, facing the most serious challenge since that time when our founders developed our profession - the critical shortage of FCS educators. For Family and Consumer Sciences to thrive and stay strong, we need FCS educators! Shortages of educators are at critical stages, through all levels from secondary and middle schools to the universities and teacher education programs as well as in Extension." I participated in the summit which was held June 26th at the 2015 AAFCS Annual Conference. The Summit goals were to:

- Identify the needs for qualified FCS educators in formal and non-formal settings;

- Identify the complex environment affecting FCS educator recruitment;
- Showcase current educator recruitment initiatives and strategies at the individual, state, and organizational levels as an avenue for sharing best practices and/or lessons learned and determination of how these may be leveraged for national impact;
- Outline the plan/step/ measures/ commitments to be taken by the represented stakeholders (individually/ collaboratively) to address the need for qualified FCS educator professionals; and
- Determine timeline for fulfilling these commitments.

During the best practices sharing, I presented with Virginia Vincenti from University of Wyoming about the partnership which we have been working on between CSU and University of Wyoming. This partnership would allow UW students to take FCS teacher licensing coursework at CSU and do their student teaching in Wyoming. This

will enable them to complete FCS teacher licensure and return to fill Wyoming FCS teaching positions. After a morning of presentations on the FCS Educator Shortage and

Best Practices Panel, the room of over 100 at-

"...Family & Consumer Sciences was created to improve the quality of life for individuals." - Sharon Jeffcoat Bartley

tendees spent the afternoon stepping through a process to design a National FCS Educator Recruitment Initiative.

The summit planning committee is merging and refining all the ideas proposed to put together a strategic plan. Probably one of the most significant outcomes proposed was to put money behind hiring a marketing group to develop a well-planned, professional, branding initiative that provided a nationwide UNIFIED front for Family and Consumer Sciences Education.

We'll keep you informed of plans set forth as a result of this summit.

Cooperating Teacher Recognition

Thank you to the following FCS teachers who are cooperating teachers for Fall 2015 CSU teacher candidates.

Teacher

Kelsey Mauch, Rocky Mountain HS
Carla Sullivan, North Arvada Middle
Student teaching in Nevada

Student Teacher

Cassandra Rodriguez
Cammie Caldwell
Sarah Field

Mountain Shadows Outstanding FCCLA Advisor

The Mountain Shadows District Officers wanted to recognize a special adviser at our conference. Two of the six officers were Carla's students, they made a convincing argument for her selection. Reasons included introducing them to FCCLA as a leadership opportunity, helping them do a round table at last year's district conference, assisting them with STAR events for state conference, promising to support

them as district officers, even though they would be freshmen at two different schools, Carla's mentoring of other middle school advisers and her selection to serve on the State FCCLA Executive Council as the middle school rep. In addition, Carla also brought 28 middle school students to the state conference, which is an award in itself... go Carla! Thank you for your outstanding contributions to FCCLA.



ADVERTISE FACS HERE!

Calling all educators, students, and FACS partners: please submit program information here. This newsletter is just one way we advertise our program, and it's so important that we are bragging about all the amazing

things we are doing in our classes everyday! Did you go on a field trip? Did you have a rockin' guest speaker? Do you have something to share with other professionals? Or maybe you just planned a really cool lesson and want to share your

student's amazing achievements! Please send any highlight information to Diana Coulter at:

dcoulter@jeffco.k12.co.us and make sure that your email has "Newsletter" in the subject field.

Experiencing FACS in Fort Collins

The annual January 2016 CATFACS Conference in Ft. Collins is underway and will be a great opportunity to network with post-secondary colleagues. Registration is coming up soon and Carl Perkins funding can pay the regis-

tration, in addition to your ACTE dues.

If you just need to renew your dues or want to become a new member, simplify the process for your bookkeeper and pay your dues *with your* conference

registration. ACTE and CATFACS dues are paid together.

To appear on the CATFACS Membership list, please be sure to designate the FACS Division at no extra cost.

FCCLA National Leadership Conference Wrap Up

Congratulations to all of Colorado FCCLA STAR Event participants from the following chapters who attending the FCCLA National Leadership Conference, July 4 – 10, in Washington, D.C.: AMES- Littleton, Bollman Tech, Briggsdale, Centauri, Centaurus, Cheraw, Cherry Creek, Coronado, Elizabeth, Grandview, Haxtun, Highlands Ranch, Holmes, Holyoke, Legacy, Meeker, Merino, Miami-Yoder, Niwot, Northglenn, Platte Valley, Ponderosa, Rocky Mountain, Roosevelt, Sanford, Standley Lake, and Wray. These chapters brought home 56 Silver and 67 Gold medals making Colorado proud.

National conference highlights included:

- Dr. Sarah Heath, CTE Dean and Assistant Provost, received the Na-

tional School Administrator Award

- Samantha Archer of Roosevelt High School received the Master Adviser Award
- Kimberly Baldwin of Ponderosa High School received the Master Adviser Award
- Angela DePue of Wray High School received the Master Adviser Award
- Sasha Gartin of Cherry Creek High School received the Master Adviser Award
- Kimberly Baldwin of Ponderosa High School received the Spirit of Advising Award
- Alyssa Horlick of Miami Yoder High School graduated from the Adviser Academy
- Merino High School's Chapter in Review Display team was recognized for receiving a perfect score

- Next-to perfect scores of 99 or better earned by the Chapter Service Project Display team from Cheraw High School, the Entrepreneurship participant from Niwot High School, and the Job Interview participant from Cherry Creek High School
- Kayelani Kirschbaum represented Colorado as a National Officer Candidate
- Brooklyn Buhre, State President, performed the National Anthem at the Opening Session
- Robert Van Dyke, State Adviser, served as the Lead Coordinator for the National Competitive Events Advisory Team

Click this link to see complete results on how the Colorado delegation fared:

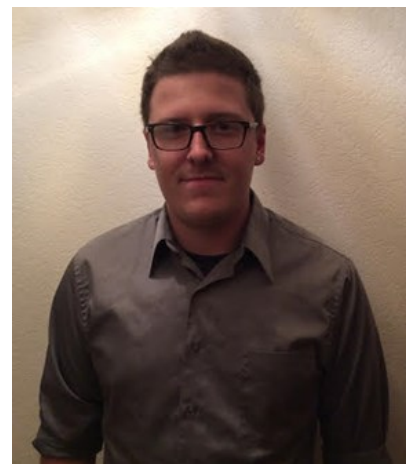
<http://www.fcclainc.org/content/competitive-events/>

CSU Student Spotlight: Mitch McFall

Mitch McFall is a senior at Colorado State University, studying Family and Consumer Sciences Education. Mitch graduated from Rocky Mountain High School in Fort Collins, CO. He played in concert band for 8 consecutive years, and got the opportunity to tour Europe for 2 weeks while playing at local venues.

Mitch's original plan was to major in nursing, but decided that Colorado State was a better choice after deciding to change his major to education. He loves working with kids, and enjoys sharing success

stories about working with underprivileged students. Eventually Mitch wants to move to the Pacific Northwest, where he can teach FCS, and root for his favorite football team, the Seattle Seahawks. Colorado State University has done a lot for Mitch and helped to bring out the best he can be. Without some of the connections he has made, he wouldn't be on the path he is on right now. We are thankful for another male in FCS. Go Rams!



CSU Student Spotlight: Heidi Borrego

Heidi Borrego is a senior at Colorado State University studying Family and Consumer Sciences Education. Heidi graduated from Poudre High School in Fort Collins, Co. Although she attended a couple of the Family and Consumer Sciences classes in high school, it took her awhile to discover FCS as a major. Heidi first received her associate's degree in 2012 and went on to earn her massage therapy license from the Healing Arts Institute. After working as a massage therapist and becoming a manager at a retail store, she felt the need to

continue exploring for her perfect passion. She talked with people about how she wanted to influence the future generations in becoming more independent and confident members of society. She wished she could help students that were graduating from high school to feel prepared to take care of their own health, finances, relationships, and all around life on their own. Then someone pointed her in the direction of Family and Consumer Sciences and Heidi has been passionate about it ever since. She will be doing her student teaching in Spring 2016 in

Northern Colorado.



CSU Student Spotlight: Elisa Locke

Elisa Locke graduated from Lakenheath American High School in RAF Lakenheath, England in the year 2000. She joined the military shortly after where she's progressed in her career, and eventually became a UH60 Black Hawk pilot for the Colorado National Guard. She is currently attending CSU to become a FCS teacher. As a non-traditional college student, she has had



the chance to see more of the world and evaluate how she can best contribute to society in the next chapter of her life, when she retires from the military in 2020. She specifically chose Family and Consumer Sciences because of what she has observed as the lack of education in some of the most important

skills adults should know like budgeting, planning, making healthful lifestyle decisions, and even setting goals. She is determined to be that one degree of difference in the lives of students in building them up and preparing them for their futures. She endeavors to always learn, always grow and always thrive.

To find out more information about CAT-FACS, please visit our website at catfacs.org