 90 Ways to Celebrate Our 90th Anniversary

*How many can you complete? Activities can be completed individually or as an affiliate to earn special recognition! Use the tracking form to see your progress.*

* Complete 20 as an individual for special recognition
* Complete 30 for extra-special recognition at annual session and in the newsletter.

 **Highlighted items in blue** are affiliate-level activities. If your affiliate members complete 15 group activities, your affiliate will get special recognition at annual session and in the newsletter.

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| 1 | Plan to attend the Annual Session in Tucson, AZ, September 16-19, 2024. |
| 2 | Donate $90 to the “Be NEAFCS Strong” Endowment Fund campaign. |
| 3 | Have lunch or coffee with a new colleague to share the benefits of NEAFCS and invite them to join. |
| 4 | Volunteer to introduce a Concurrent Session at the 2024 Annual Session. |
| 5 | Invite a new FCS educator to join your state affiliate and pay their dues for the first year. |
| 6 | Reduce your daily diet by 90 calories and be a size smaller by Tucson! |
| 7 | Encourage a new retiree to become a Life Member. |
| 8 | Visit your local university library and find out what historical Extension FCS publications have been saved over the years. |
| 9 | Find old photos of Extension events and people and include in your state newsletter, webpage or social media as an 90th anniversary feature. |
| 10 | Buy yourself something you want as a reward for the good work you are doing. |
| 11 | Celebrate your state affiliate’s successes and highlights from the past 90 years. |
| 12 | Make a collection of all your affiliate newsletters and put them in a library collection. |
| 13 | Count your scarves, shoes, or earrings -- do you have 90 of any of these? |
| 14 | Conduct a photo contest for pictures of your affiliate in action during the 90th anniversary year. Display entries in a visible location throughout the year. Give prizes! |
| 15 | Swim 30 laps on your next three visits to a pool. |
| 16 | Arrange for an affiliate Blood Drive with the local goal to collect 90 or more pints of blood for a local blood center. |
| 17 | Talk about Extension FCS to someone who knows nothing about it. |
| 18 | Write an article for the local newspaper about NEAFCS and what FCS has done for families in your area over the last 90 years. |
| 19 | Make special 90th anniversary bookmarks and distribute statewide. |
| 20 | Find out about typical fashions of the 1930s; find a few photos and share them with colleagues. |
| 21 | Walk 30 minutes three times a week. |
| 22 | Invite FCS retirees to a state meeting to talk about early experiences in Extension – i.e. hats, white gloves, etc. |
| 23 | Look for Annual Session memorabilia from the 25th, 50th and 75th Anniversary and send/scan them to the historian. |
| 24 | Put together a collection of publications you have written. |
| 25 | Take 90 minutes to get a massage. |
| 26 | Save 90 cents a day and contribute to the NEAFCS Endowment Fund by annual conference time. |
| 27 | Have a relaxing lunch with FCS colleagues you haven’t seen in a while. |
| 28 | Apply for an award and encourage others to apply, too. |
| 29 | Visit a colleague whose membership has lapsed and invite them to rejoin NEAFCS. |
| 30 | Spend 90 minutes cleaning up your office. |
| 31 | Take a photo of each affiliate member. Make a collage with the photos and post on your webpage. |
| 32 | Write an article about the 90th anniversary and distribute to local media outlets, including social platforms. |
| 33 | Plant a tree to commemorate the 90th anniversary. |
| 34 | Have your affiliate historian start or update your “history”. |
| 35 | Plan a membership event using the 90th anniversary as your theme. |
| 36 | Take a 90-minute bike ride outdoors. |
| 37 | Invite anyone who had/has a relative who was a NEAFCS member to a meeting to share thoughts. |
| 38 | Start a collection. Keep adding to your collection until you have 90 items. |
| 39 | Prepare a photo display that highlights activities of your affiliate today and in years past for use at in- service opportunities and association sponsored events, such as annual meetings. |
| 40 | Present a “longevity award” to an affiliate member with the longest membership in NEAFCS in your state. |
| 41 | Do aerobic exercises (other than walking or biking) for at least 30 minutes three times a week. |
| 42 | Make an 90th anniversary banner and hang it outside your office or an overpass in town. |
| 43 | Include the Living Well campaign/logo in 90 classes or articles. |
| 44 | Volunteer 90 hours of your time by September 2024 doing something you’ve never done before! |
| 45 | Learn about the first FCS or Home Economics educator in your county. |
| 46 | Hold an affiliate overnighter just for the fun. How did the women do it in 1934? |
| 47 | Place luminaries to light the path to any or all of your affiliate’s events. Place the name of a retired member on each bag to celebrate their contributions. |
| 48 | Take a .90 mile walk through a local park or other area to exercise your body, mind, and soul. |
| 49 | Encourage members to research the Internet, universities or museums to find out about the history of Home Demonstration, Home Economics and Family and Consumer Sciences in their county or state. |
| 50 | Call retirees and ask them to share their favorite Extension story. |
| 51 | Save $9 a month and contribute to the NEAFCS Endowment Fund by the annual conference. |
| 52 | Take a Life Member out to lunch or coffee. |
| 53 | Plan a celebration commemorating the 90th Anniversary by making the anniversary the theme of your affiliate’s awards banquet. |
| 54 | Take a ride in a 1934 automobile or a 1990 vehicle just for fun. |
| 55 | Include articles about your affiliate's history in the affiliate newsletter. |
| 56 | Interview and publish oral histories of NEAFCS pioneers in your state in a newsletter, website, or social media. |
| 57 | Take part in a community or university event through which your affiliate can promote the 90th anniversary of NEAFCS. |
| 58 | Organize a community service project to commemorate 90 years of service. Enlist companies and organizations in the community to participate.  |
| 59 | Collect 90 nonperishable food items for a local food pantry. |
| 60 | Participate in a local high school career day to promote the Extension FCS profession. |
| 61 | Conduct an affiliate Member of the Month/Quarter/Year challenge. |
| 62 | Spend 90 minutes at a museum or cultural center you’ve never visited before. |
| 63 | Apply and be an active member on a national committee. |
| 64 | Make a time capsule. Have each member contribute an item that represents them. Set a date for when to open the capsule. How about in 2124? |
| 65 | Look at the stack(s) of stuff in your office and toss what you haven't looked at for more than 90 days. |
| 66 | Explain Cooperative Extension Service to 90 new people. |
| 67 | Write a note to a retired educator that you haven’t seen in a while and let them know you’re thinking of them. |
| 68 | Work with your affiliate to promote recognition of NEAFCS’ 90th Anniversary in correspondence, newsletters, or other media. |
| 69 | Have a 90th Anniversary party in your state at a statewide meeting of all Extension professionals. |
| 70 | Write an article about NEAFCS and Extension for the newsletter, website, or social media for your state AAFCS affiliate. |
| 71 | Write a note to a colleague that is doing a good job and tell them so! |
| 72 | Spend 90 minutes a month organizing your photo albums or email files. |
| 73 | Send historical photos to the NEAFCS historian (electronically or printed). |
| 74 | Reminisce with colleagues about the first NEAFCS Annual Session you attended. |
| 75 | Share a Facebook post about NEAFCS celebrating our 90th Anniversary. |
| 76 | Tweet about the NEAFCS 90th Anniversary. |
| 77 | Share with new members memories from the first Annual Session you attended. |
| 78 | Donate $90 to your church, temple, mosque or favorite charity. |
| 79 | Share with members about how you became involved in NEAFCS. |
| 80 | List 90 reasons why you love NEAFCS. |
| 81 | Call your family and tell them how much you love them. |
| 82 | Go dance in the rain – or snow! |
| 83 | Take 90 minutes of time for yourself every week. |
| 84 | Complete 90 random acts of kindness. |
| 85 | Organize an in-person or virtual book club to read *The Secret History of Home Economics.* |
| 86 |  Read *The Secret History of Home Economics* and visit with colleagues to talk about Extension’s role in the  book.  |
| 87 |  Offer a media series on home appliances invented in the last 90 years and how Extension educators have  helped consumers select, use and care for them (microwaves, slow cookers, front loading washers,  etc.). |
| 88 | Sign up to be an Ambassador at the Annual Session in Tucson, AZ. |
| 89 | Skip 90 cups of a specialty coffee and have water or another beverage instead. You could save $360 to $450 in a year. Consider donating part or all of it to the Endowment Fund. |
| 90 | Celebrate that you are an Extension Family and Consumer Sciences Educator by getting a proclamation from your governor for FCS Day on December 3! |