

**NEAFCS Network  
February 2020**

**President's Message:**

*Roxie Price (GA), President*

Check out Roxie's February President's Message video below on "Embracing Technology":



*The first 5 people to [email me](#) with the location of the icon, and a tip on how to enhance this newsletter, will be entered into a drawing for a free registration to the 2020 NEAFCS annual conference in Snowbird, Utah.*



**Deciding What is Important**

*Barb Wollan (IA), Treasurer*

Over my 30-year Extension career, I have attended about a dozen NEAFCS annual sessions. I have generally had *some* Extension support, but I have usually needed to cover at least half the cost on my own and I gladly did it. I am fully convinced it is an investment that pays off as it builds my knowledge, skills, resources, connections, *and* my morale!

If you will need to cover part (or all) of the cost of attending the 2020 NEAFCS Conference in Snowbird Utah, then *NOW* is the time to start planning! As FCS professionals, we're experts at wise use of resources; if something is important, then we prioritize it.

SO the first step to making sure you have the funds you need for Snowbird is this: **DECIDE that it is important!** I also suggest you share that decision and your commitment to saving with your spouse/family, close friends and colleagues. Explain that you will be making some changes in order to set aside money for this event that is important to you, and enlist their support!

Are you getting a tax refund? If so, consider using part of it to jumpstart your savings!

You already know the rest of the drill: figure your goal and then break it down. If I need to save an additional \$600 over the next six months, that means about \$100/month (or \$25/week). Once you know your target, follow these tried and true strategies:

- 1) Deposit the money to savings as soon as you get paid; if you wait till the end of the month to see what's leftover, there's a good chance there will be nothing there.
- 2) Consider ways to reduce your spending. Is there a large regular expense you can do without (e.g eliminating or reducing your cable subscription)? Or perhaps it's easier to make small reductions in spending – like not ordering a beverage when you eat out; over the course of a month, that can add up.
- 3) Look for possible sources of extra income – perhaps a couple of stints judging at county fairs, off the job.

I feel foolish trying to outline for you some strategies for saving because this is what we do! We teach, live, and breathe wise use of resources. So let me just close by going back to my opening: decide that the conference is important, make it a priority goal for the months ahead, and keep your focus on your financial priorities!



### **NEAFCS Needs You!**

*Karen Munden (VA), Immediate Past-President*

If you have ever thought about sharing your passion for your professional association and demonstrating your skills with colleagues, your search may be over. Now is the time to submit your application for one of the NEAFCS Officer positions. You have until May 1, 2020, to submit your application to me via [email](#). National candidate applications are on the NEAFCS website under [Member Resources](#). Positions open for the 2020

National Officers include President-Elect, Vice-President for Professional Development, Vice-President for Member Resources, Secretary, Eastern Region Director, and Western Region Director.

- ❖ The President-Elect position requires that you have served on the National board in the past. If you are ready to lead the association in the capacity of a team player while utilizing your team building and public speaking skills, then this position is for you.
- ❖ If you are a person who possesses excellent communication skills, both verbal and written and you are classified as an organized and detail-oriented person who likes developing and keeping records, then the position of Secretary position may be for you.
- ❖ If you are a person with the ability to develop and manage programs and event schedules, the Vice President for Professional Development might be for you. You may

also possess team facilitation and time-management skills as well as being adaptable and flexible.

- ❖ If you are a person who has the passion to recruit others into the association and develop creative strategies to retain members, then Vice President for Member Resources may be for you.
- ❖ If you are a member of the Eastern or Western Region who can provide adequate information promptly and who likes networking with others, you may consider submitting your application for the Eastern or Western Region Director.

Please do not let this opportunity pass you by because NEAFCS needs you.



### **Committees and Action Plans**

*Dianne Gertson (TX), President-Elect*

What are NEAFCS Action Plans? Action plans are developed by each subcommittee to guide their work throughout the year.

NEAFCS has 12 subcommittees that our members may join. Life members, as well as active members, may join and chair subcommittees. All of the subcommittees are under the direction of a vice president or national officer. For a complete listing of committees and their action plans, please visit our [website](#). As you look at this listing think about your interests and abilities and where you might want to serve.

Committee work is accomplished at different times throughout the year. For example, the Public Affairs Education subcommittee is busy working on Impact Statements while Awards Ceremony subcommittee kicks into high gear once award winners are notified.

At Annual Session, each committee meets and updates its action plan for the coming year. Action plans identify specific tasks to be accomplished throughout the year and include a timeframe and identify committee members to complete the task. While some committee work is accomplished at Annual Session, a majority occurs outside of Annual Session. What this means is you do not have to attend the Annual Session to serve on a subcommittee.

Click [here](#) to join a committee.



### **We Need Recognition and Awards Judges!**

*Julie Garden-Robinson (ND), Vice President for Awards and Recognition*

Please consider signing up to be an Awards and Recognition Program judge. We are collecting your names and preferences for judging using an online survey link.

**Link to Sign Up to Judge:** <https://forms.gle/fcxZCo8VkFGxtPSy7>

- We will need your commitment to be a judge by March 3, 2020.
- We will assign judges to the various award categories, and I will try to give you your preferences. Then you will receive links to view the award documents.
- You will have from April 1 to April 15 to complete your judging assignment.

**Training Video:** <https://vimeo.com/326561581>

- If you want to know more about the judging process BEFORE you commit to this service, please view the excellent online training that Susan Routh, former Vice President of Awards and Recognition, did last year.

Remember that the awards for national judging are due from state affiliates on March 16.

Thanks to all of you for your good work on behalf of our profession, your organization and for the NEAFCS organization. If you have any questions, [please contact me](#).



### **Applying for Awards is a Win-Win for Extension Professionals**

*Keishon Thomas (GA), Subcommittee Chair - Awards Training*

An article in The Journal of Extension states, “Awards are the most conventionally accepted method for proving to others that your work is necessary, complete and effective”. As affiliate and national deadlines for award applications are looming, let’s explore the additional benefits of applying for awards. Besides the obvious of being acknowledged by your peers as the best in your field, applying for awards brings a variety of benefits. Putting together an award application can help you to reflect on your skills and progress. In some instances, it may encourage you to become more competitive by filling gaps in your curriculum vitae. As we compete for funding, time and other resources, applying for awards also creates an opportunity to garner program support.

Of course, the goal is to win an award. But even if you don’t win, competing for an award is still a worthwhile endeavor that will help you further your professional development. One of the

greatest benefits of preparing an award application is that it encourages self-assessment. This involves thinking about how you are developing skills and experiences that can be applied in a variety of ways. This sort of self-reflection is a great tool to have throughout your career. Studying the award criteria and looking at past winners may help you to get a sense of what you want to strive towards to accomplish and identify skill gaps. In short, it provides a roadmap for getting the award and places you in a prime position for future career planning.

Applying for an award also requires us to streamline and adequately highlight concrete evidence of achievements. Getting advice from your Affiliate VP for Awards about how to do this can be invaluable. You can also get great information from past awards winners. To see past award winners visit: <https://www.neafcs.org/award-winners>.

Applying for an award may seem to be a self-serving act. In reality, it is an excellent way to secure program support. Administration, external funders and community partners often fund and support programs with the greatest potential for success. Awards are documented proof your program addressed client needs, had clear program objectives and evaluated the program impact.

Finally, applying for an award can be time-consuming and must be balanced with programming, reporting and seemingly a million other responsibilities. So, apply strategically. This year's awards are due March 16<sup>th</sup> (please check with your affiliate for your state's deadline. It maybe earlier). Do you have something to shout about?



#### **Public Affairs Update**

*Mary Liz Wright (IL), Vice President for Public Affairs & PILD Planning Team Member*

**Impact Statements:** Special thanks goes to the 39 affiliates who submitted 312 Impact Statements. We even had submissions from Guam—thank you! Our editors are working hard to collate all the information into two-page documents. We will be releasing the Impact Statements at the Public Issues Leadership Development (PILD) conference in April. We also will create social media and infographics to share your successes. If you have other ideas for communicating our messages, [please let me know](#).

**Living Well Month:** March is Extension Living Well Month, so we have a great opportunity to promote what we do to the nation and beyond. Please continue to share the Living Well messages using a variety of methods in your state and community. Check out the ideas on the NEAFCS website under the Public Affairs tab, here: <https://neafcs.memberclicks.net/living-well-month-campaign>

If you have materials to share with your colleagues around the U.S., [please send it to me](#) and we will get those uploaded.

Thanks for all your work in promoting the mission of NEAFCS!



### **Working Hard for your Professional Development!**

*Jayne McBurney (NC), Vice President for Professional Development*

Did you know that there are TWO committees that are working to provide Professional Development opportunities to you? If you are interested in serving on one of these committees, [please sign up](#) on the Member Resources tab on the NEAFCS Website.

The **Professional Development Sub-Committee** receives and assures that proposals for concurrent sessions for our Annual Session meet specific criteria for presentation. We are about to review your 2020 proposals and we will be scheduling the concurrent sessions in the coming months, presenters will be notified in the spring. We appreciate all of the reviewers who plan to assist in the process of reviewing numerous proposals and thank the members for submitting such great content for review. Leading these efforts are the following members who have volunteered to serve:

Committee Co-chairs: Candace Heer, Ohio and Christine Kendle, Ohio

Chair-Elect: Karla Belzer, Illinois

Apprentice: Amy Bartels, Missouri

The **Webinar Sub-Committee** is working on recruiting members with specific expertise to encourage more webinars. Proposals are received on a rolling basis [on the website](#) and are peer-reviewed to assure that they meet specific criteria for presentation. Webinars are a great way to share your professional expertise, program successes, and meet your university's requirements for scholarly work. Committees within our organization and partner members are eligible to present webinars for the full membership, as well. Serving as leaders on this committee are:

Chair: Valerie Vincent, Louisiana

Chair-Elect: Kisha Faulk, GA

### **The 2020 Annual Session App is Now Available!**

Have you downloaded the 2020 Annual Session App yet? It's available for iOS and Android. This free app will keep you up-to-date on all things Annual Session for this year in Snowbird! The app will include a detailed schedule of events, a listing of exhibitors and sponsors, onsite activities and events, speaker listing and ways to connect, and much more!

The app will be updated regularly as new information about this year's Annual Session becomes available. This wonderful resource will be your go-to for information both before, and during, Annual Session this year.

Click on the image below to go to the app in your preferred app store today.



### **Top 10 Reasons to attend NEAFCS Annual Session in 2020**

*Kathy Riggs (UT), 2020 Annual Session Tri-Liaison*

We look forward to seeing you in Snowbird, Utah where you will definitely "Experience Life Elevated" at the 2020 Annual Session:

Engage with new and experienced colleagues

X-factor: Discover what makes you and your chosen profession amazing

Participate in worldwide humanitarian projects (hands-on)

Experience Western hospitality first-hand

Rise to the challenge of achieving excellence (at 11,000 ft. elevation!)

Involve yourself, either on- or off-site, in incredibly enriching In-depth sessions

Elevate personal and professional commitment with new tools and trainings

Nourish your sense of well-being breathing fresh mountain air

Cycle through cutting-edge speakers, relevant concurrent session topics, exhibits, and more

Emerge with the determination to set your professional course trajectory upward

Watch next month for a summary of both In-depth and Pre-conference opportunities.



## Central Region Highlights

*Vanessa Hoines (ND), Central Region Director*

As the new Central Regional Director, I have been busy learning the ropes and getting to know my fellow NEAFCS Board Members. I am looking forward to serving our central members over the next two years.

I would encourage everyone to review the monthly NEAFCS Network (e-newsletter) for important dates, information about the association as well as professional development opportunities.

Please read on for highlights of exciting programs happening in a few states in the Central Region:

### Amy Bartels from Missouri shared:

MU Extension in collaboration with the Oasis Institute was awarded an ACL grant (2019-2021) to address falls prevention community programming (**A Matter of Balance and Tai Chi for Arthritis and Falls Prevention**) in Missouri. Over the course of 2019, MU Extension hosted 50 classes and served 482 participants. The map attached shows MU Extension coverage areas.

MU Extension collaborates with the Missouri Institute of Mental Health and Missouri School Board Association to address mental health concerns (**Mental Health First Aid and Youth Mental Health First Aid**) in Missouri. In 2019, MU Extension certified 586 individuals in 35 8-hour pieces of training across Missouri.

### Lori Hayungs from Iowa shared:

Our Human Sciences teams have been collaborating with the Ag teams at all Farm Bill sessions across Iowa. Over 4000 farmers have received **Farm Stress: Helping Others** education. A program on recognizing the signs and symptoms of stress and suicide. The program also shares resources available to help neighbors and friends dealing with difficult decisions.

### Kayla Carlson from North Dakota shared:

**On the Move to Stronger Bodies** is a six-week school-based curriculum for fourth graders. It is based on MyPlate, the current icon for good nutrition. The curriculum aims to increase fruits, vegetables and calcium-rich foods in the diets of children and improve fitness habits through hands-on activities.

From 2017 to 2019, 2,468 children and their families participated in On the Move to Stronger Bodies. Student post-surveys showed the following as a result of the program:

76% consumed more dairy/calcium-rich foods



69% drank less pop  
73% chose more healthful snacks  
79% increased daily physical activity  
66% ate more vegetables

According to the North Dakota Department of Health, less than one in six adults consume five or more servings of fruits and vegetables per day and less than one in 10 high school students consume fruit at least two times per day and vegetables at least three times per day. **Social Eats** is a social media campaign designed to promote accurate and current nutrition information with healthy easy to follow short video and picture recipes as well as links to other healthy recipes provided by NDSU Extension. Freeze shots of the videos/pictures have also been used to create Carousel Pins on Pinterest and Instagram.

Healthy substitutions, North Dakota products, and food safety have all been promoted as well. Nutritional analyses have been provided for all recipes. Viewers who make the month's featured recipe and submit a picture are eligible for a prize drawing. To view our videos or read more about the project visit our website at <https://www.ag.ndsu.edu/preventnd/social eats>.

Donna Krug from Kansas shared:

A signature program for K-State Research & Extension is **Walk Kansas**. To keep this twenty-year-old initiative fresh and exciting, our FCS leadership introduced agents from across the state to Power 9, Nine healthy lifestyle habits shared by people who have lived the longest. A team of 5 Extension professionals from the Adult Development and Aging and Nutrition and Health Program Focus Teams, immersed themselves in one of the Blue Zones communities, Ikaria, Greece, in May of 2019. Their findings were shared at a statewide update and now we are unveiling it to everyone as they sign up for the Walk Kansas program. Although physical activity is at the heart of this health initiative, the 2020 Walk Kansas program will introduce participants to healthful eating styles, help form social connections that support healthy living, offer strategies to help lower stress, and help people to focus on their sense of purpose.



### **Affiliate Spotlight on Florida**

*Debby Mathews, (AL) 85th Anniversary Chairman*

There are strength and power in numbers, and Florida's NEAFCS Affiliate certainly demonstrated that at their annual board meeting as they broke up into groups to check off the "85 Things to Do" they completed throughout the year.

Fueled by cupcakes, you can sense the affiliate's energy and camaraderie as they celebrated their success in the photo below. Good times!

