

## NEAFCS Network March 2020

### President's Message

*Roxie Price (GA), President*

In this month's message, President Roxie Price reviews how members can utilize the committee functions in our members only area of the website. *Click the image below to view the video.*



*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.*



### Step Outside of Your Comfort Zone

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

Are you at a point in your career that you are seeking more satisfaction and opportunities to meet colleagues across the country? Are you telling yourself "I could have, I would have, or I should have", or are you just sitting back and letting life pass you by? If you answered yes to any of these questions, it may be time to step outside your comfort zone. The biggest reason so many of us stay in our comfort zone is FEAR. F.E.A.R. only means False Evidence Appearing Real. So, I encourage you to step outside of your comfort zone and start a new adventure in discovering your true leadership abilities, talents, and skills by running for National Office. No matter if you are at the beginning of your career, mid-way through your career, or nearing the end of your career, I encourage you to visit the NEAFCS website and obtain a Candidate Application for National Office. Also, please remember to [email](#) me your application before **May 1, 2020**. I wish you much success in stepping out of your comfort zone.

## JCEP ELC Update

Mary Ellen Fleming (CO), Western Region Director



Western Region Director Mary Ellen Fleming shares a quick recap of the recent JCEP ELC meeting in Texas! *Click the image above to watch the video now.*



### **The Screen Time you Need!**

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

Webinars can be your best-spent screen time during the week, providing you with valuable professional development opportunities to help you build capacity in your knowledge base. Webinars can be based on information shared in a concurrent session, new best practices, research, and emerging issues. The best part of webinars is that they are FREE and recorded so you can view them at any time.

Many of you present webinars in your own state, but have you considered presenting to our membership? At our Annual Session in Hershey, the Webinar Committee set out to recruit presenters for NEAFCS Webinars, inviting program specialists and outstanding agents to present to our membership. Since our committee can't be everywhere, please encourage your colleagues to submit their great presentations for a webinar.

The **Webinar Committee** reviews proposals on a rolling basis for virtual presentations throughout the year. Proposals are peer-reviewed and must 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. As a reminder, you can find our archived webinars [here](#) on the NEAFCS webpage.

To **Submit a Webinar Proposal**, go to the [Professional Development](#) tab on our website. We ask for three things:

1. Overview and Objective of the Webinar -what you expect the participants to learn.
2. Curriculum or Program Description of what you will be sharing, including evaluation methods, impacts, outcomes, and basis.
3. A short 50 word abstract for marketing your webinar to our membership.

We look forward to receiving your submission for a webinar in 2020! Let's have some great screen time!

If you have questions about webinars or wish to serve on the Webinar Committee, please reach out to:

Chair: [Valerie Vincent](#), LA

Chair-Elect: [Kisha Faulk](#), GA



### **Here Is What Is Happening to Experience Life Elevated at NEAFCS 2020**

*Teresa Hunsaker (UT), Tri-Liaison*

We are so excited to welcome you to Snowbird, Utah to 'Experience Life Elevated' during the NEAFCS Annual Session 2020!! It is spectacular!

First on the agenda is our Opening Session and Keynote Speaker...which will set the stage for all that follows...to inspire, to engage, to embrace, and to energize!

The next exciting time planned for you is the Welcome Event where you will experience the sights and sounds of the mountains and the Snowbird facility, both inside and out! Besides mingling and eating we hope you will come prepared to participate in humanitarian projects that will be set throughout the venue. These projects are part of a worldwide effort to supply relief for multiple needs throughout the United States, and around the world. Of course, no experience in the mountains would be the same without a s'more or two as well!

For our In-depth Sessions we will be offering a number of fantastic sessions, both off-site, and on-site, and here are just a few:

1. Strong Parents, Stable Children: Building Protective Factors to Strengthen Families
2. Qualtrics company tour including survey design and methodology training

3. Worldwide Humanitarian & Welfare Centers: promoting self-reliance and caring for those in need
4. Handi-Quilter Company Tour and hands-on quilting experience
5. Thanksgiving Point: drawing on the natural world for transformative learning, especially with a 4-H/youth assignment
6. Swaner Nature Center and 2002 Olympic Park in Park City
7. Harvest Right Home Food Freeze Dryers
8. Genealogy and Tour of Historic Temple Square and renovated downtown area

We are also planning to inspire and engage early birds with a few choices of Pre-Conference offerings. Currently we have the Home Baking Association for one of our pre-conference sessions, and local sisters from The Six Sisters—bloggers, authors, and hit you-tube instructors. (Check out their books and recipes, if you haven't already.) We also hope to be confirming one more great pre-conference offering this month.

For those who might be interested in coming to our beautiful state even earlier, we will have some suggestions for site-seeing and touring, especially our beautiful red rock country of Southern Utah—Zions Canyon and Bryce Canyon. (A perfect couple of days if you fly into Las Vegas, rent a car, and head north to Snowbird.)

Watch for more details, highlights, and descriptions in the coming months. *Please click to view the video below for more information on the 2020 Annual Session and utilize this resource for your in-state promotions.*

The mountains are calling, and we really do hope to see you at Snowbird!





### **Awards: The Reflections of Extension**

*John Fuller (MO), NEAFCS Awards Training Subcommittee*

This is a great time to look forward to the year 2021, as we wrap up the awards submission time for 2020. Awards can be intimidating, especially when we are under time stress to get our day-to-day work done and submitting awards. If you are not submitting an award this year or you decided not to because you feel like you do not have enough time, you do not need to worry. Many awards listed, if not all of them, will be there next year. You can set that stress aside and focus on 2021. This will give you a year to work on the award and have it ready to submit when the registration opens later this year.

If you are new to NEAFCS or never applied, you have time to talk with your colleagues to find an award that fits your interest or maybe inspire you to try something new.

Awards are more than self-accolades and your Curriculum Vitae (CV) or Non-Tenure Track (NTT). Awards are an opportunity to showcase the impact your state is making. Many states struggle with some of the same issues across this nation, and awards are a way to communicate how extension is meeting those needs to reach our communities.

Think of applying for awards as a way of expressing your desire to make a difference. Marianne Williamson stated "In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it." There are awards named after people. Those individuals expressed a passion for the work. The work we submit for those awards is a reflection of the work before us. Another way to look at awards is knowing that on the other side of that award, lives have been touched and enriched because someone cared enough to provide the programming that matters to them. Our work matters and we celebrate those accomplishments through the awards system.

From a marketing standpoint, programs that win can now reassure the participants are engaging in a regional or national award winner. Can you imagine going back to your communities or them reading in some form of media that they took an award-winning class? Even if those communities are in some of the smallest rural areas in our country. This is an example of why the work of extension was created.

Submit those awards in 2021 and share the knowledge you have gained. We would also encourage you to be aware of each other's work. Many are not comfortable self-nominating, but they are appreciative of when others see the value in their efforts. Recognizing can be just as powerful as receiving. If you do not apply this year, we look forward to your application next year.



### **Support the Silent Auction to Support NEAFCS!**

*Melissa Wyatt (AZ), Silent Auction Committee Member*

Springtime greetings from the Silent Auction Team! We have some exciting news to share! This year, we will again have an online gallery of auction items that will be available at the Silent Auction in Snowbird, UT. We hope to generate excitement for the auction and to get people thinking about their bidding strategies. Oh, what fun!!!

When you have secured your item, complete the [donation form](#) and email it to [Melissa Wyatt](#) along with a high-resolution photo of the item. The National office will promote your item on the [Online Gallery](#). All photos and forms need to be submitted by the end of August to be included online. You will still bring your auction items to Snowbird, UT so they can be snatched up by the highest bidder!

Spring is here to brighten our days. Let us brighten NEAFCS by gathering items to donate to the NEAFCS Silent Auction and help us make this year's Auction the best one yet! Think about items from your county or state, a meaningful item for your favorite FCS friend, or a gift displaying a talent you possess. Remember, **100%** of the funds raised go directly to Awards and Recognition! Donations support cash awards, registration fees, and other recognition for award winners. Support your peers by donating items to the NEAFCS silent auction!

Please feel free to [call](#) or email [Melissa Wyatt](#) with questions, ideas, or comments. Looking forward to seeing you in Utah!



### **Submitting Articles to JNEAFCS**

*Sarah Ransom (TN), JNEAFCS Format Officer*

The Journal of NEAFCS is a peer-reviewed journal full of helpful articles to keep professionals in the association up-to-date on current research, best practices and the implications of programs on Extension. JNEAFCS is constantly seeking quality articles for completing their yearly Journal.

If you are looking to submit – here are a few helpful tips!

- Manuscripts are all submitted electronically via the directions on the NEAFCS website.
- Articles must fit within one of three categories:

- **Research:** discusses research procedures and outcomes, whether basic or applied, quantitative or qualitative, which are essential to successful Extension programs.
- **Best Practices:** may not always incorporate a research component, but should focus on lessons learned through practical applications.
- **Implications for Extension:** features trends and other emerging issues of benefit to Family and Consumer Sciences professionals.
- Attach two separate copies of your manuscript – one is a blind copy with no identifying information (names, institutions or geographic information) and one manuscript that includes all information.
- One author **MUST** be a current member of the National Extension Association of Family & Consumer Sciences.
- Get a colleague who knows English grammar and the APA formatting to review your manuscript before submitting it.
- Closely following the guidelines on the website will improve your acceptance rate.
  - The text should be double spaced (both in paragraph spacing AND sentences), using Times New Roman, with 12-point font size, and 1-inch margins. All pages must have a running head and page numbering.
  - Articles should be 8 pages or less, not including references or appendices.
  - All manuscripts must include a cover page, abstract, introduction, a comprehensive literature review, objectives/purpose, method, results/findings, and summary/discussion.
  - Use the Author's Checklist (on-line resource) to make sure you meet ALL required guidelines **BEFORE** submitting. Not following the guidelines results in immediate disqualification for publication that year.

Submitting articles to the JNEAFCS is a great opportunity for peer-reviewed publication. If you are looking to add some professional writing experience to your resume and career experience, this Journal is an excellent way to get that experience. In Extension, there is a lot of great work that is going on. Please take the time to document, write and share your great research and programming with other agents.



### **The Power of Cultural Humility**

*Karim Martinez (NM), Diversity Subcommittee Member (Past Chair)*

Extension continues adapting to an increasingly diverse society including diversity of ethnicity, sexual orientation, gender expression, disability, income level, religion, living in rural or urban communities, etc. One approach Extension professionals can adopt to better serve clientele is to practice the concept of cultural humility. Originally developed in the healthcare field, cultural humility sought to improve patient/provider interactions but has been adopted in a variety of sectors such as public

health, education, social work, and community development.

Regardless of whether you have knowledge of someone's culture, cultural humility means you value learning about people's lived experiences and are committed to self-reflecting on your values, beliefs and behaviors and how they can influence your interactions with others. Cultural humility also recognizes and challenges power imbalances that exist in society. In Extension, for example, there may be power-differentials that exist between you and your audiences. Changing this power imbalance can successfully shift your role to that of a partner working side-by-side with clientele to co-create change for individuals, families, and communities.

Cultural humility has also been described as (1) being open to exploring new ideas, (2) being self-aware of how your values, beliefs, and actions can appear to others, (3) valuing everyone's worth and asking questions to find out what you don't know (4) striving for supportive mutually beneficial interactions, and (5) self-reflecting on interactions to improve them in the future. Through this process, we in Extension can build stronger relationships with our clientele based on respect, trust, and appreciation.



### **Western Region Update - News from the West!**

*Mary Ellen Fleming (CO), Western Region Director*

I'd like to thank the Utah tri-liaisons who have been working since last year putting together our Annual Session at the Snowbird Resort just outside of Salt Lake City this September. Thank you so much, Teresa Hunsaker and Kathy Riggs from Utah and Sheila Gains from Colorado! You ladies rock!!

*The Idaho Affiliate reports their goals as follows:*

To 'Inspire Wellness in Idaho', Idaho Extension's Health and Wellness Priority activities are grouped into three categories; Program (Healthy Living, Food Safety, Resource



management); Projects (Social/Emotional Wellness, Physical Wellness, Environmental Wellness, Consumer Food Safety, Food Service/Food Safety, Master Food Safety Advisor, Financial Literacy, General Resource Management); and Educational Activities (correspond to above projects).

*Challenges faced in Idaho are as follows:*

The decrease in the number of FCS Extension Educators in the state and changing state demographics has led to a shift in priorities to ensure that our health and wellness programs are delivered to individuals who need them the most. Nationally, the US government could decrease funding to programs that target low-income and underserved audiences, resulting in a decrease in the size of our Eat Smart Idaho program which is funded by USDA. With the increasing Hispanic population and more refugees coming into Idaho, Extension programs must reach out to these individuals and develop culturally appropriate materials. Kirsten Jensen, Affiliate President.

*The Colorado Affiliate shares similar concerns:*

One of our goals is to retain and recruit members. Our numbers are dwindling it seems, so we are trying to make sure we get new hires included to be members and retain the ones we have. Our County Budgets are also having issues so many are finding that their membership dues are no longer included in county budgets. For some members, this will be an issue. Hiring FCS agents is also an issue, it seems that the FCS positions are now mostly FCS/4-H combined and we are finding the applicants are not FCS degrees. We've asked our administration to look into the position descriptions and where the position announcements are distributed to try to get more qualified FCS personnel. Mary Snow, Affiliate President



### **85<sup>th</sup> Anniversary – Iowa Affiliate**

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

Continuing on our year long series about what our affiliates did to celebrate our 85<sup>th</sup>, here is Iowa's report.

Affiliate: **IOWA**, submitted by Cindy Thompson, current state president

How did your affiliate celebrate the 85<sup>th</sup>?

*For the first time in many years, we held a social/educational event for our members. We partnered with the Midwest Grape and Wine Industry Institute, which is a*

*collaboration which includes Iowa State University Extension and Outreach, to learn about the history of wine making in our state and taste samples.*

*We also had a monthly article in the Human Sciences Extension and Outreach weekly e-newsletter "Community Chat". The spot included the NEAFCS 85<sup>th</sup> graphic, a section on something related to the national organization (history/background/structure/etc.) and how that related to Iowa now. The articles were co-written by Donna Donald (past national NEAFCS president) and Cindy Thompson, current Iowa affiliate president.*

How did your affiliate use the NEAFCS history/archives information on our website?  
Which resources did you use?

*I asked Donna Donald, NEAFCS president 1996, the question above and this is her response:*

*"I used some info from the narrative histories (NEAFCS website) as well as info from JCEP and ECOP websites. I delved into my own archives for several things because in the transition from management companies some of the wonderful articles about our history prepared for the 75<sup>th</sup> anniversary was lost. For example, the state reports for the 75<sup>th</sup> celebration don't pop up."*

How did your affiliate implement the **85 Things to do** list as a group /individually?

*Past president distributed to members at December 2018 business meeting.*

Additional comments/feedback regarding our 85<sup>th</sup> Anniversary celebration

*We had planned to interview Charlotte Young, Iowa life-member and NEAFCS national president during the 50<sup>th</sup> Anniversary, and then have that discussion as a focus of one of our articles. However, the process of attending to several new hires (both before, during, and after the process) got the better of the summer. We hope to accomplish this before the end of the calendar year, though.*