

NEAFCS Network
April 2021

President's Message:

Dianne Gertson (TX), President



Please click the image above to view this month's President's Message

Mentioned in the President's Message:

- [Donate \\$21 in 2021 to the President's Charity](#) - the NEAFCS Endowment (choose the option "\$21 for 2021" when donating to indicate this fundraiser - contributions donated through this option will go to the General Endowment Fund)

The first 5 people to [email me](#) with the location of the icon will be entered into a drawing for a free registration to the 2021 NEAFCS Annual Session.

NEAFCS Connecting with Colleagues

Vanessa Hoines (ND), Central Region Director

NEAFCS is launching new networking opportunities to connect on various topics. Come prepared to be both the expert and the learner. We'll be meeting through Zoom on Fridays @ Noon (Eastern) for 1 hour. OPEN TO ALL MEMBERS – come learn and share! All levels of experience welcome. Scheduled meetings are listed below along with their topics, keywords, and ideas/focus for each topic. **Pre-registration is required but is free to all NEAFCS members!**



UPCOMING CONNECTIONS:

April 23, 2021 at Noon (Eastern)

Topic: Food Preservation

Join us to learn and share:

- Where do I find resources to answer consumer questions about food preservation and research tested recipes?
- Tips for hands on food preservation classes.
- Update on the availability of canning supplies this season.

Keywords: canning, freezing, drying, resources, safety, herb gardening, container gardening

[Register for Food Preservation here.](#)

Connecting with Colleagues



Professional Development Update

Patricia Brinkman (OH), Vice President of Professional Development

Hats Off! to program subcommittee co-chairs Christine Kendle and Karla Belzer for doing an outstanding job on completing the task of having around 100 concurrent sessions and 16 Showcase of Excellence proposals judged. They also have completed assignment of day, time and room for presentation and Ignite sessions. If you have not received an email yet you should receive one soon about your submission. Thanks for all their work on these time-consuming tasks. We appreciate what they have done to help make our 2021 Annual Session excellent.



Our latest webinar was **Roth vs. Traditional: Understand the Differences** on April 14th. The Journal of NEAFCS presented “Tips and Tricks for Successful Submission to the Journal of NEAFCS” on March 10th, and on March 16th we had “Coffee Time: Exploring Health Benefits and Cautions.” In case you missed these webinars, they are available on our [website](#). Thanks to Will and all his work on this.

Have you seen an informative webinar that would be helpful for our NEAFCS members? Please let us know. We are always looking for interesting webinars.

Spread the Word! Impacts, PILD, Living Well

Mary Liz Wright (IL), Vice President of Public Affairs



- We just wrapped up Living Well Month promotions. I hope you have had a chance to [view the videos](#) the Advocacy Committee created under the direction of chair, Vincent Webb. They are wonderful—Living Well in living color!
- Déjà vu—here we go again. PILD was virtual for the second time and again we are asking you to please share [the impact statements](#) with your own legislators. It is so important that we all make the effort to share our stories! The impact you all submitted was amazing! We know we do good work, please take that next step and tell the decision makers how you improve people's lives with our programming.
- Thank you to our impact statement editors: Julie Buck (ID), Karen Enslie (Rutgers), Sonya McDaniel (OK), Rebecca Stackhouse (GA), Amy Ressler (TX), Daniel Remley (OH), Candace Tucker (GA), Alexis Roberts (GA), Carrie Vanderver (GA), and Glenda Hyde (OR).
- Many of you joined the virtual PILD. Once again, the planning committee offered us interesting and relevant conference. During the NEAFCS PILD attendee zoom meeting we shared our thoughts about the future of NEAFCS—stay tuned for a full report next month!

I hope you and your families are well.
Mary Liz Wright, VP of Public Affairs

To help you easily identify and reach out to your lawmakers, here are two helpful sites:

United States House of Representatives: <https://www.house.gov/htbin/findrep>

United States Senate:

https://www.senate.gov/general/contact_information/senators_cfm.cfm?OrderBy=state&Sort=ASC

Awards by the Numbers

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



I have many thanks and congratulations this month as we move into phase 2, regional/national judging.

- Congratulations to all individuals and teams for submitting award applications. Submitting an award application is a significant undertaking, and we applaud your efforts. We congratulate the winning entries that moved on to regional/national judging.
- Thank you to the NEAFCS awards training subcommittee for writing articles, delivering training, and [creating new video training modules](#). You are very creative in your approach!
- My appreciation goes to all the state affiliate vice presidents of awards and recognition and all those who helped judge. Thank you, state VPs, for coordinating the state

submission and judging process. All state affiliate vice presidents entered their state winners by the national deadline in mid-March. For state VPs with many affiliate members, this is a big process!

- One reminder for affiliate members: Be sure to list the state deadline on your calendar for 2022; it usually is two to four weeks before the national deadline to allow for state judging.
- Special thanks to Will Ferguson from the NEAFCS management company, my partner in the awards and recognition process. I appreciate his technical skills, creativity, patience, and attention to detail.

Here are the 2021 Awards by the Numbers:

- 632 applications were submitted in 2021.
- 473 applicants moved to regional/national judging.
- 32 affiliates had applicants.
- 102 affiliate members volunteered to judge.
- 60 affiliate members were randomly selected to judge.
- April 16: date for judges to have their scores back.
- Early May: Applicants will be informed whether or not their application was judged a winning entry at the national level and/or regional level.

Thanks to everyone for your work in family and consumer sciences. I was pleased to see so many submissions and the wide array of excellent work that is done to help people in communities across the country. We look forward to celebrating with all of you at our 2021 conference!



We are pleased to announce that the [hotel reservation system](#) for the 2021 NEAFCS Annual Session in Grand Rapids, MI is now open! [Click here for more information!](#)

2021 NEAFCS ANNUAL SESSION
SAVE THE DATE – November 2-5, 2021

Celebrating Diversity: Cultures of the World Potluck

Traci L. Armstrong Florian, MS, RD (AZ), Diversity Subcommittee

Celebrating diversity in the workplace can sometimes be complicated. If one group is celebrated and one is not, that can cause feelings of being excluded and devalued. However, the University of Arizona Maricopa County Cooperative Extension (Phoenix, Arizona) has found a way to include everyone in an office of 60+ employees that offers a level of involvement that can suit everyone's comfort level. We call this the "Cultures of the World Potluck".



This potluck luncheon is an annual invitation to everyone in the office to participate by bringing a dish from their culture—this could be something from their family culture, their racial or ethnic culture, their religious culture, or the culture of a distant family ancestor—and they are also invited, if they are inclined to do so, to put a place card next to their dish with a brief history of it. Additionally, tables are placed in pods with conversational prompts regarding ancestry and culture, so that during the luncheon, those on the planning committee sitting at the table grouping can ask the questions out loud, and participants at the table can voluntarily answer the questions. This always sparks great conversation. We have found that a sense of pride grows within participants as everyone is able to share as freely as they feel comfortable, in an atmosphere of openness and kindness to foster growth and learning.

The committee that works on this celebratory event never anticipated all the positivity that has come from the celebration of diversity. The Cultures of the World Potluck is one event that is looked forward to with anticipation each year.

Meet the Board

Lisa McCoy (MD), Eastern Region Director

Greetings to my fellow NEAFCS members,

I am happy to be serving as Eastern Region Director for this year and the next. When I was approached about running for this position, I was hesitant to commit but I have learned so much about our organization in my first 6 months that I am glad that I said YES! Let me share a little bit about myself. I was introduced to Extension when I was in high school and became a 4-Her. Although my time with 4-H was short, it was very memorable, especially a 6-week International 4-H Youth Exchange trip to Great Britain.



I received a B.S. in dietetics and an M.S. in community health education from Virginia Tech University. After working more than 30 years as a Registered Dietitian in public health, long term care consulting and teaching in higher education, I finally got my dream job as an FCS Extension Educator. I am a cluster area educator which means that I cover 3 counties in the western part of Maryland, covering 150 miles. My areas of focus include nutrition, chronic disease prevention and management, mind-body medicine, food safety and preservation, health insurance literacy, and healthy environments. As soon as I joined the University of Maryland Extension in 2013, I joined the state NEAFCS affiliate and have attended every annual session since then. At the state affiliate level, I served as professional development chair for 2 years and then went through the ranks to serve as Affiliate President. Holding offices at the state and

national level provides many opportunities to meet people from other states and to support each other in our Extension careers.

In my spare time, I am in the final stage of dissertation writing for my doctoral degree in Educational Leadership from Frostburg State University. My experience of being mentored within our state Extension program for my first 5 years to help me achieve tenure prompted my dissertation topic on mentoring in Extension and plan to complete and graduate in December.



I also enjoy spending time outdoors and am looking forward to meeting my new Goldendoodle puppy later this month and going on walks and hikes together. I hope to meet many of you in person this year at our annual session in Michigan!

21 Tips for 2021

Susan Routh (OK), President-Elect

Commit time daily for “me-time.” In [the Rest Test](#), a 2016 survey of 18,000 people from 134 countries, found that participants said “spending time alone” was the fifth-most relaxing activity they could think of. Eleanor Brown, an American novelist, teacher and speaker said, “Self-care is not selfish. You cannot serve from an empty vessel.” I walk each day to serve two purposes: to contribute to a healthy lifestyle and to regenerate. I hope that you can find some “Me-time” in 2021.



Reach for your Potential. In John Maxwell’s book, *The Invaluable Laws of Growth*, he writes, “*Potential* is one of the most wonderful words in any language.” I have chosen for “2021 My Word” the word Potential. It invokes hope, encouragement, and a sense of anticipation. I encourage you to look for your potential as an FCS professional. Most importantly, I hope that you enjoy the journey as you reach your potential.

Eastern Region Update

Lisa McCoy (MD), Eastern Region Director

Congratulations to all members who submitted proposals for presentations and awards for our annual session in Michigan. A big thank you to members who offered to judge the many proposals and awards. When many people volunteer, everyone’s workload is lightened. The annual session in 2023 will be hosted in the Eastern Region and many of our members have been working tirelessly with the national office to find a location that meets all our needs. Thank you to these committee members as well as our wonderful staff at the national office.



The Pennsylvania affiliate normally has an in-person professional development event in their state for FCS educators to attend. This year, they will be holding it virtually and are inviting all states in the eastern region to their spring event on Thursday, June 3. The goal of this event is for states to share successful programs that they started offering when the COVID-19 Pandemic began last year. A notice was sent to all Eastern Affiliate presidents to encourage members to

consider submitting a proposal for this event. An invitation will be sent to all Eastern Region members in May but save the date on your calendar now.

I started hosting a zoom drop-in session quarterly this year to get to know my affiliate state officers better. Our first session was successful and offered everyone a chance to share their successes, concerns, and thoughts to share with the other members of the board. I am looking forward to meeting more state officers at the next session this month.

Southern Region Update

Lorrie Coop (TX), Southern Region Director

Greetings from the Southern Region!

Spring is in the air and the warmer weather is sure welcome after the recent winter storms that affected so many in February. Several members have taken advantage of some great opportunities for professional development, such as the JCEP ELC. This was my first time to attend, and I can definitely say it won't be the last. I attended some fabulous sessions and really enjoyed networking with others. I also enjoyed assisting with our association meeting as part of the conference and brainstorming with members about what they feel are important issues. It was truly a great experience and I encourage you all to make plans to attend in 2022.



Our affiliates are reporting exciting things happening as well. Thanks to the following member for providing an update.

Liz Espie-Texas

TEAFCS is excited to host our Spring Board meeting in May and continue to plan for our State Conference in July!

Even as the state opens, we are continuing to host virtual programming. Texas A&M AgriLife Extension Service is offering our first-ever series of monthly statewide virtual conferences to provide continuing education for early childhood educators (a.k.a. childcare providers, preschool teachers, etc.). This program is being led by a steering committee comprised of a Family and Community Health (FCH) Agent representing each Extension District, as well as the FCH Regional Program Leaders and the FCH Early Childhood Health & Safety Specialist, with the intent to bring high-quality training to professionals across the state who care for our youngest, most vulnerable Texans.

New Committee, New Opportunity!

Jessica Trussell (MO), Ambassador Subcommittee Chair

We are excited to announce the development of the new Ambassador Subcommittee! The purpose of this committee is to provide organization, structure and services allowing Annual Session to run smoothly and professionally. Additionally, we want to provide quality brand representation to all speakers, exhibitors, and attendees during annual session. Do you love working the registration desk? Do you enjoy hosting concurrent sessions or taking tickets at conference events? Do you love reaching out and meeting new people? If so, this committee may be exactly what you are looking for!



We are seeking two things: 1) We are looking for individuals who think that this committee might be exactly what they are looking for who are interested in getting in on the planning stages of this brand-new committee. You can see our [plan of work here](#) to learn more. 2) We are also looking for 20-25 ambassadors to serve at Annual Session 2021 in Grand Rapids Michigan. We are hoping to have ambassadors from across the nation and will plan for no more than one ambassador per affiliate. So, what IS an ambassador you are asking...

A NEAFCS Ambassador should:

- Be knowledgeable about the association.
- Be dependable.
- Be positive and personable.
- Display a high level of professionalism.
- Be passionate about building and growing relationships.
- Be willing to assist and answer questions.
- Provide feedback and insight.

We hope that YOU will be interested in learning more about the Ambassador Subcommittee. If you are interested in signing up for the committee, you can do so [here](#). If you want to apply to be an Ambassador, applications will be out soon with an August 13, 2021 deadline. All ambassadors must attend an ambassador training on October 13, 2021 at 2:00pm CST, so get that date on your calendar now. If you have any questions, please do not hesitate to reach out to [Kate Shumaker](#), NEAFCS Secretary, or [Jessica Trussell](#), Subcommittee chair.

NEAFCS Silent Auction

Melissa Rupp (OH), Award Sponsorship/Support Sub-Committee

[The Awards & Recognition: Sponsorship & Support Subcommittee](#) has been planning for a fun and successful 2021. Many know this committee as the "Silent Auction Committee" but our mission is a bit broader. The subcommittee supports the Awards Fund through sponsorships and auction proceeds. The silent auction is a fun way to share our artistic talents, rare finds, and regional treasures with our friends and colleagues across the nation. We are adding a unique opportunity to celebrate our awardees with a Star Supporter option. Watch for more details!



In 2020 we faced a challenge that opened a door for greater involvement, we put the silent auction online for all to access! What a success! In 2021, we look forward to offering an in-person experience but also maintain access online for all to bid.

Plan now for your silent auction donation: 1.) choose items that can be easily mailed if not brought to the annual session, 2.) We ask that no alcohol donations be brought (gift card ok), 3.) If offering a mailed option, include mailing cost into your donation expense, and 4.) Please limit any wearable donations to those items without sizing (scarves, aprons, jewelry, etc).

Start thinking now of how you can be a part of the fun: secure a donation, find a great auction item, or become a star supporter. Details coming soon. If you have any questions, please reach out to this year's chairperson, Melissa J. Rupp at rupp.26@osu.edu.

We can't wait to see you in Michigan!

A Scoring Rubric? What's That?

Judy Corbus (FL), Awards Training Subcommittee

You've submitted your application and now you're waiting for the results. How do the judges select the winning entries? The answer lies in those tables beginning on page 72 in the NEAFCS Awards Manual. Each award has its own Judging Sheet, which outlines the specific criteria against which the application will be evaluated and the total possible points to be awarded for each criterion. Scoring rubrics give clear-cut guidance to judges on key points to look for within an application and how much each item is weighted. This supports consistency in the judging and scoring process.



But scoring rubrics aren't just for the judges. Use the award's Judging Sheet as you prepare your application! Review each section to see what information needs to be included – this will guide your writing as you focus on key components to be addressed. You can use the rubric as a checklist to make sure you've included the required information in a way that is easy for the judges to identify. Pay attention, too, to the Possible Points column so you'll know what sections carry the most weight in the overall score.

Include the Judging Sheet with your application draft so your proofreader(s) can evaluate how well you've addressed the criteria. If it's clear to them, it most likely will be clear to the judges, too.

Knowing how your application will be evaluated is a powerful tool in preparing a well-written submission. Use those Judging Sheets to guide you in the writing process!

Downtown Market

Debra Studebaker (MI), Community Nutrition Instructor

We are so excited to welcome you all to Grand Rapids! I highly encouraged you to visit the downtown market. The original market was established in the early 1900s and was the 2nd largest in the country during that time. In the early 1900s the market provided the perfect place for the surrounding farmers to sell their fresh produce. Unfortunately, during the mid-century the market fell into disrepair was closed. In 2012, construction began on what is now known as the downtown market.



The market provides for outdoor and indoor shopping. The Market Hall hosts a culinary collective of butchers, bakers, fishmongers, and more. You'll see that we're all huge fans of all things fresh, which is pretty much all you'll find. So fresh, in fact, that tasty morsel was likely made that morning—or even that hour. The Incubator Kitchen provides a supportive, efficient, flexible environment to develop and to produce your product or service. The licensed commercial kitchen spaces are open 24/7 and are fully outfitted with professional-grade equipment ready for food production, packaging, prepping, catering, and more. The educational foundation is designed to empower the workforce, nurture the community, and support food entrepreneurs. The market holds many classes and events and is available for rental.

We hope that while you are in Grand Rapids, you take the time to visit the downtown market to stroll through the market hall shops or try one of the farm to table restaurants. The link can be found here: <http://downtownmarketgr.com/>

Member Spotlight Video

Jessica Riggan (OK)



Please click the image above to view this month's member spotlight, Jessica Riggan from Oklahoma.



Katie Jackson (AL), Life Member