

NEAFCS Network August 2021

President's Message

Dianne Gertson (TX), President



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

The first 5 people to [email me](mailto:dlgertson@ag.tamu.edu) (dlgertson@ag.tamu.edu) with the location of the icon will be entered into a drawing for a free registration to the 2021 NEAFCS Annual Session.

Basics for Working with the Deaf and Hard of Hearing Community

Saneya Moore (MI), Diversity Subcommittee

First, when beginning to work with those from the Deaf and Hard of Hearing (HOH) community, make sure that you, as an instructor, are aware of the resources in your local community that help support Deaf and HOH individuals. Some local resources to check for include schools for the Deaf and interpretation services. Also, make sure your event is posted early enough that you have time to make accommodations for your participants. Accommodations may include an American Sign Language (ASL) interpreter, monitors to project people/images or documents, and closed captioning just to name a few.



To start a conversation with a Deaf person, tap them lightly on the shoulder or hand to get their attention. When using an ASL interpreter, be sure to make eye contact with the Deaf person and not the ASL interpreter. Deaf and HOH individuals can choose to communicate in a variety

of ways. Some may choose to use ASL, speak, use paper and pencil, read lips, or use technology like videophones and tablets.

Keep in mind that ASL is different from English. Not every word in English has a sign in ASL. Words often need to be spelled out in ASL. If you are normally a person that speaks quickly, you may want to practice slowing down to ensure your ideas and thoughts are being fully expressed and received.

Fish Ladder Park

Debra Studebaker (MI), NEAFCS Conference Planning Committee

Hello from the Great Lakes State! I would like to tell you about Fish Ladder Park in Grand Rapids. This spot is a combination of conservatorship and art. Fish Ladder Park is located at 634 Front Avenue Northwest in downtown Grand Rapids.



The park was constructed in 1974 in response to the building of the 6th street dam. The dam interrupted the upstream migration of the local fish like Salmon, Steelhead, and Carp. The concrete ladder was designed by artist Joseph Kinnebrew, the brutalist installation lets the migrating fish travel up a winding set of concrete steps that are set up essentially as a low-grade waterfall. While the fish shimmy upstream, occasionally jumping out and over the water in short bursts, human onlookers can gather on the walkways and viewing points that have been built over and around the ladder to witness the unusual behavior.

The fishermen and fisheries along the Grand River depend on the Sixth Street Dam to provide them with a steady supply of fish. Different species of fish make use of the ladder during different parts of the year. More information can be found here:

<https://www.grandrapidsmi.gov/Directory/Places/Parks/Fish-Ladder-Park>.

Silent Auction and Star Donor Update

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

We hope that each affiliate donates one or more items to raise funds for our Awards and Recognition program. This activity is fun for members as they bid, and it helps us recognize the exceptional work of our members.

October 15 is the due date for the [silent auction forms](#). The bidding will be done using the online platform we used last year. We will need a great photo of the item to post on the platform. See the past articles in the Network newsletter for details on the types of items that are most popular and other information.



Be a Star!

Don't miss your opportunity to be a Star for NEAFCS! Become part of the Star Donor Club by donating \$50 to the awards program, and you will receive a collectible recognition star pin. Thanks to Melissa Rupp, Sponsorship and Support Subcommittee Chair, for this creative idea! We are limiting the number of "Star Donors" in the 2021 constellation to 100, and this will raise \$5,000 for our awards program. Many stars already have been caught!

If you have questions, please contact me at julie.garden-robinson@ndsu.edu or 701-231-7187. Thanks again and we hope to see a lot of you in Michigan!

August 2021 Professional Development Report

Pat Brinkman (OH), Vice President for Professional Development

I am getting excited about seeing all of you in Grand Rapids! The schedule is a little different this year as we are starting on Tuesday and will finish Friday evening. It's going to be a great time together with so many sessions and activities planned. We are trying something a little different in the schedule. During the concurrent session there will be one ignite session with three presentations during most of the time slots. Thus, you have options to learn about more than one program during a concurrent session if you wish. When you look at the schedule, notice the Affiliate Officer meetings are in the early afternoon on Tuesday before Opening Session. The in-depth sessions look so interesting it is hard to choose. Register now and I will see you in Grand Rapids!



Annual Session 1986 – Grand Rapids Michigan: Marketing for Personal and Professional Excellence

Christine Kniep (WI), NEAFCS Historian

This fall, NEAFCS returns to Grand Rapids Michigan for its Annual Session, 35 years since we last visited the city. As I reviewed the publications from 1986, some things have changed – like our name, parts of the program, how we register, etc. Some things haven't changed as the meeting theme that year was Marketing: how to market programs to families, developing marketing skills and looking at alternative delivery systems.



President Jane M. Taylor, NC, challenged members saying “to further improve our visibility and make our mission clear, we must have imagination, inspiration, specialization, cooperation and perspiration. Put your mind to work, concentrating on those things that are of major importance to families. Be willing to make your plan come true. Catch the NAEHE leadership spirit: Inform others about our mission and function in local community life.”

It was the first Annual Session I attended, and I was hooked – I haven't missed one since! As a First Timer, I was treated to a very special event at the Gerald R. Ford Museum and was “wowed” by the Kraft Luncheon, Kellogg Breakfast and Lipton High Tea. I even got to meet Tony the Tiger on my Workshop on the Move to the Kellogg Company! I need to find that picture....

I hope you “Catch the NEAFCS leadership spirit” this year, by attending in person or virtually, the NEAFCS Annual Session in Grand Rapids MI – hope to see you there!



Eastern Region Updates

Lisa McCoy (MD) Eastern Region Director



The summer has kept Eastern Region FCS educators busy with a variety of teaching opportunities. Here are some highlights from the Eastern region:

- Lisa Fishman shared some news from the small, but mighty Maine Affiliate of NEAFCS. They have 5 members (including one member from New Hampshire). Like many other educators, they had to adapt from in-person to virtual in their education. This video demonstrates how they took a resource that traditionally was done at a home visit and created it into a weekly phenomenon that has gained a lot of followers on Facebook and the UMaine YouTube channel. Mainely-Dish recipes are EFNEP recipes that have been brought into the 21st Century!
<https://extension.umaine.edu/food-health/efnep/recipe-video-series/#blueberry-cobbler>
- Here is some exciting and innovative programming happening in West Virginia from Dana Wright! West Virginia University Extension Service's "**WVU IMPACT Challenge**" serves as an example of the synergy that results from multi-disciplinary collaboration among units and colleges within the University setting. The IMPACT Challenge is a collaboration between WVU Extension's 4-H, WVU Extension's Family and Community Development unit, WVU Chambers College of Business, WVU Davis College of Agriculture School of Fashion and Design, and WVU LAUNCH Lab. The program engages WV high school youth in a **three-day immersive, hands-on learning experience that builds entrepreneurial skills.** High school students work in teams alongside WVU Fashion and Dress Merchandising collegiate students and business owners to create and develop prototypes that will address WV's most plaguing problems.

The result is the development of innovative products that may lead to improved quality of life, promotion of economic growth, and reduction of the out migration of talented young West Virginians. This unique learning experience helps youth build entrepreneurial skills, develop and create a business plan, increase self-efficacy, win prize money to further assist development of their ideas, and experience WVU campus life while earning one hour of college credit. The preliminary program impacts have led to an expansion in the course to include an agribusiness track. The **2021 challenge** is scheduled to take place **November 12-14**, on the main campus of West Virginia University.

It is great to see exciting, innovative projects from the Eastern region.

Southern Region Update

Lorrie Coop (TX), Southern Region Director

Hello from Texas! I know many of you have been attending your state's annual conference or another professional development opportunity and hope you have gained lots of useful ideas and resources to use in your program efforts. I attended my state's conference this summer for about 30 minutes before my daughter alerted me to the fact that she had gone into labor with my third grandchild. Of course, I immediately tossed the professional clothes back into the suitcase, pulled out my "Nana" clothes and headed out. I'm happy to report both mother and son are doing well. Dad, big sister and big brother are all adjusting well, too. I certainly enjoyed my time with them and now it's time to look forward to the 2021 Annual Session. I hope you all are making plans to join us in Grand Rapids, Michigan for the 2021 Annual Session in November. This year we're offering the best of both worlds in that there will be some virtual aspects, along with the opportunity to re-connect with colleagues face-to-face. The return on investment to attend is priceless, considering the quality of sessions, programs, and networking opportunities available to members. I know I'm looking forward to attending this year. Hope to see you there!



Meet the Board

Roxie Price (GA), Immediate Past President

To know me, is to understand the passion I feel towards helping my peers achieve a level of greatness they wish to attain. Due to my FCS Extension mentor telling me where to go, and at which committee table I should sit, I will complete my 3-year term on the National Board as President in November. My achievements are the result of the village seeing talents in me that I would never have seen in myself. Sometimes it does take a village, sometimes it takes only one person, the right person, to cross your path and believe in your future abilities. Be that person for someone.

Membership means you have a seat at the table. Utilize your talents and expand your professional network by joining a NEAFCS committee. Some of



my favorite career memories revolve around NEAFCS [committee work](#). I encourage you to take your seat.

Align yourself with the leadership path that creates your desired outcome. I believe in you! If you have questions about your NEAFCS path, call me anytime and I will be glad to advise you.

See you in Michigan!

21 tips for '21

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

My tips are probably different today than they would have been a year ago. I am transitioning from having a full house with three kids and three playful dogs, to a house with my husband, me and our three aging but spunky dogs. We are aging, too, and hopefully, still spunky. These are some tips I have.



- **Embrace the transitions in life, and slow down to enjoy them.** As I think back, becoming a parent of my now 26-year-old son was a major change. Days seemed especially long when sleep was lacking. As my youngest, an 18-year-old, heads off to college this fall, our house will be fairly quiet without a full family schedule.

I hope that all of you find ways to achieve work-life balance so you can enjoy these fleeting moments. Working in our field of Extension-FCS is both challenging and fulfilling. We can apply what we teach directly in our families from food safety to finance, but we also need to set our priorities.

- **Reinvent yourself now and then, start small and ask for help when needed.** I always liked to paint and draw while growing up, but I had little time to those hobbies for the past three decades. As my creative outlet, I coached three kids through a combined 18 years of 4-H food, art, sewing, dog training, public speaking and other topics.

Perhaps I need to pull out those antique artist brushes and see what happens. My middle child, a daughter, is a talented artist and professional interior designer, so I may need her help.

Is there something you always wanted to do or something you used to do? Don't put it aside for "tomorrow." In anticipation of my empty nest, a couple of years ago, I picked up my flute and began playing more seriously again. I joined a community band, which greatly tested the flexibility of my brain and fingers. After two years, I think my playing is almost back to where I was in college, but that required discipline and a lot of practice. Wow is it fun to meet new friends with similar interests!

Next, I think I will try making a quilt. I may need some guidance from my talented quilting friends in NEAFCS. Actually, maybe I should begin with a table runner.

Overall, I think the pandemic has taught me that we truly have no idea what tomorrow will bring. Be strong, courageous and flexible with life's changes and challenges. Try new things for the sheer joy of trying.

Member Spotlight Video

Karen Munden (VA), Past President

Video URL: <https://youtu.be/KvAvZPjVSfo>



Click the image above to view this month's Member Spotlight video!