

NEAFCS Network Newsletter December 2021

President's Message

Susan Routh (OK), NEAFCS President



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

We are excited to announce that we will again be running the Newsletter Icon Contest for the 2022 NEAFCS Annual Session! To participate, locate the special icon in each issue of the NEAFCS Network newsletter starting this month and running through the 2022 Annual Session. Each time you find it, email President Susan Routh at susan.routh@okstate.edu and tell her where you found (what article) the icon. If you are one of the first 5 to email her, your name will go into a drawing to win a free registration to the 2022 Annual Session.

What YOU Need to Know NOW in NEAFCS!

National Office Staff

This new feature of the newsletter will highlight current reminders of member benefits, programs, and approaching deadlines to keep you in the know.

- **December 1** - Affiliate Annual Reports Due
- **December 24 – January 2** the National Office will be closed for the holidays
- **January 31, 2022** - Annual Session Call for Proposal Portal Closes
- **January 31, 2022** - Endowment Grant Deadline
- **February 1, 2022** - Impact Statements Due
- **March 15, 2022** – National Awards Submission deadline (Affiliate Deadline for submission may be earlier – check with your Awards VP)

2021 NEAFCS Hall of Fame and Friend of Extension Honorees

Susan Routh (OK), NEAFCS President

During the 2021 Annual Session, NEAFCS honored three NEAFCS members by inducting them into the NEAFCS Hall of Fame. The NEAFCS Hall of Fame was established to recognize outstanding members who have contributed their time, talent and/or treasure to NEAFCS. The nominees have demonstrated their commitment, dedication and effective leadership and involvement in NEAFCS at the state, regional and/or national level.

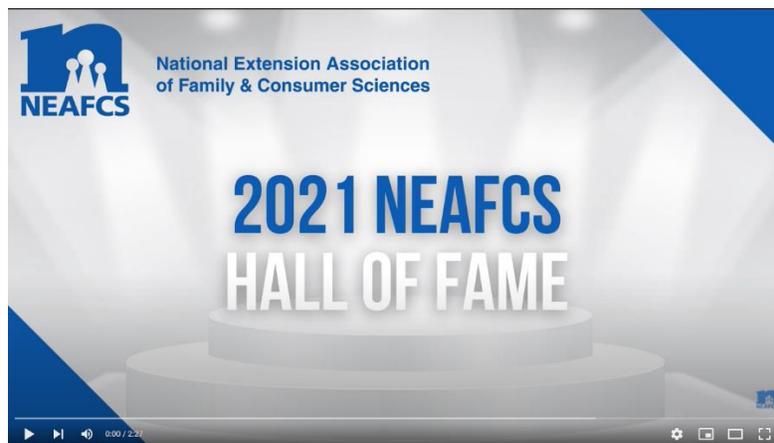


Congratulations to Donna Donald! Donna has been dedicated to NEAFCS since her membership began in 1974. She served on dozens of state and national committees and held elected offices at the state, regional, and national level over the last four decades. Donna served as Iowa Affiliate President in 1982, Central Region Director 1992-1993, and, most notably, National President-elect in 1995, National President in 1996, and National Past-president in 1997. Donna provided her expertise in mass communications by serving as the National Editor of The Reporter from 1986 to 1988. Currently, she lends her talents and expertise to the Iowa affiliate as the Historian and Parliamentarian. Donna has attended at least 36 NEAFCS annual sessions, presented at five annual sessions, and received various NEAFCS awards for her dedication and service to individuals, families, communities, and the association. Donna demonstrates her commitment to the association every day as a passionate advocate for the profession and by providing support, guidance, and encouragement to affiliate members as they pursue leadership roles at all levels. Donna's strength as a leader has led to her current position as supervisor for 34 Human Sciences field specialists. She lives the NEAFCS mission by mentoring and coaching specialists along their professional journey, encouraging active membership in NEAFCS as part of that journey.



Congratulations NEAFCS member, Judy Hetterman! Judy Hetterman is a true Extension Professional. Her service to the Kentucky Cooperative Extension Service and the citizens of Owen County (Kentucky) is unprecedented.

Judy led the charge for all new Family and Consumer Science Agents hired in the Northern Kentucky Area to join KEAFCS. She has served in many officer positions at the Kentucky Area level as well as many chairmanships at the state level of KEAFCS. Judy served as KEAFCS State Treasurer and President. Her dedication to her professional organization, NEAFCS, is reflected in the many roles she has undertaken. Judy has served as a national chairman for arrangements, NEAFCS treasurer (2009-2011), NEAFCS Endowment Chair, and the FCS liaison for the first Galaxy Conference held in Ohio. She led the charge for Kentucky FCS agents to host the 2014 NEAFCS annual conference. Her main goal for undertaking this effort was for the benefit of our FCS staff – she felt that the many new agents in the organization would gain great experience and new friendships with established agents that had experienced many national conferences. She served as treasurer for this successful national conference and chairman of the Welcome Event. Judy has always been an encourager and mentor to others sharing her knowledge and skills. As someone said, there will never be another Judy Hetterman and her dedication to her family, county, profession and NEAFCS.



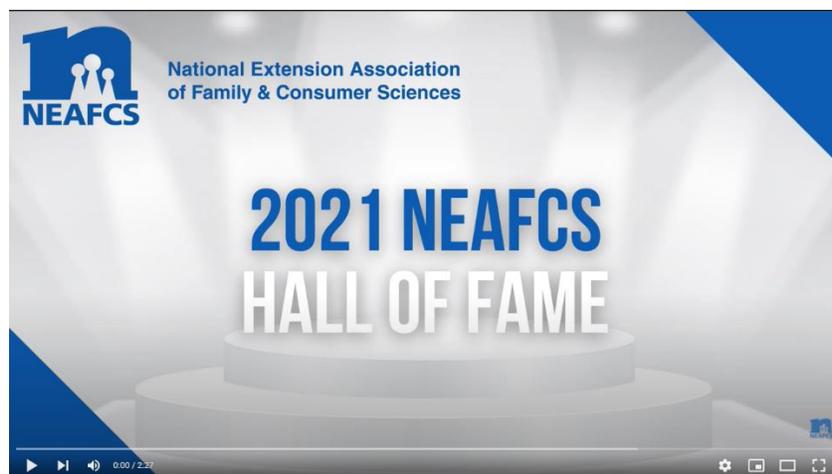
Congratulations to NEAFCS member, Carol Schlitt! Carol Schlitt has been a member of NEAFCS since 1991. Her service to the Illinois affiliate is remarkable; serving as President, 1995-1996; Treasurer, 2004-2006; Southern Region Director, 1998-2002; Southern Region Secretary, 1999-2010. Her commitment to service led her to seek National offices including Historian, 2014-2020, President, 2006-2007; President-elect, 2005-2006; Central Region Director, 2001-2003; Secretary, 1998-2000. Carol is one of only seven Illinois affiliate members who have served as NEAFCS President.

She has served as mentor, advisor, and source of all things Extension to the many NEAFCS members from Illinois and across the US who sought her advice. Besides the

many IEAFCS and NEAFCS leadership roles she has filled, Carol has also served as President and President-elect (2006-2008) of the Joint Council for Extension Professionals. She has also provided leadership for her Illinois Extension colleagues by serving as team leader for the Nutrition and Wellness educators (2002-2004), and as an interim associate regional director (2008-2010). Carol provided assistance and guidance to staff striving for excellence and seeking promotion by serving on the Southern Region Peer Promotion Review Committee (2000-2010).

Carol has proven her excellence in programming and collaboration over the years through the many NEAFCS awards she has received including the Distinguished Service, Continued Excellence and National Community Partnership Awards. She has also been awarded numerous Outstanding Team awards and the Outstanding Educator award with Illinois Extension.

Her commitment to the mission and values of NEAFCS is evident by her long years of leadership. During Carol's tenure NEAFCS saw many changes, she embraced them and lead the organization to new levels. In her "retirement" Carol took on the role as NEAFCS historian, serving six years. She made the history of NEAFCS and Extension come alive in the stories she shared. She even researched the local history of annual session sites to make attendees experiences all the richer. Sitting in on a Carol Schlitt history session was both educational and entertaining—she always found interesting tidbits of local lore to share with her audiences, making history come alive!

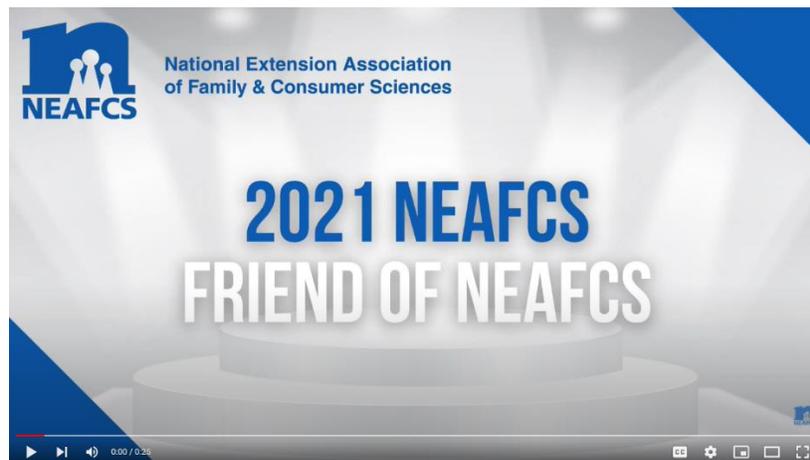


The 2021 Friend of NEAFCS was given to Mark Mayhew. Mark is the husband of past President Theresa Mayhew (NY). Mark has attended several annual sessions and has served as a "helper" to Terri and many NEAFCS members. At many Annual Sessions, Mark could be seen moving supplies to meeting rooms; moving, placing and delivering silent auction items; setting up stage and table decorations; staffing the NEAFCS Merchandise Table; and many other behind-the-scenes activities.

Mark was a 10 year 4-H member. In high school, he was a Key Club member, a Kiwanis youth outreach program. He received his bachelor's and master's degrees from State University of New York at Potsdam, NY. He has been employed by the New York State Energy Research and Development Authority (NYSERDA) for 27 years where he oversaw their Small Wind Turbine Incentive Program. He was a founding member of an organization whose goal was to bring together State program managers who ran similar programs from around the US to learn from each other. Mark received the Wind Advocate Award at the National Small Wind Conference, the State Leadership Award from the National Small Wind Conference, the State Leadership in Clean Energy Award from the Clean Energy States Alliance, and a Lifetime Achievement Award from the Small Wind Industry Trade Association.



Mark met Terri when they were both members of the Junior Chamber of Commerce or also known as The Jaycees. One line from the Jaycee Creed is, "Service to humanity is the best work of life." Mark has spent a lifetime helping others. He is there to provide a helping hand, to help others feel better, and to do the little things that never get noticed. In essence, being a friend.



Congratulations to the NEAFCS 2021 Hall of Fame inductees and the Friend of NEAFCS.

Celebrating Ellen Swallow Richards – Family and Consumer Sciences (FCS) Day

Christine Kniep (WI), NEAFCS Historian

Since 2014, December 3rd has been known as “FCS or Dining In” day – recognizing the birthday of Ellen Swallow Richards, a “Pioneer in the home economics movement” and founder of AAFCS. While many people commit to “dining in” on this day, many are unaware of who Ellen Swallow Richards is and why she is honored.



Try to imagine life in the late 1800’s – food and water supplies, sanitation, clothing, money, child protection, industrial safety and women’s rights. Life expectancy is less than 50 years, there are no refrigerators, no indoor plumbing, a couple sets of clothing, no OSHA, women didn’t own property - you get the picture!

Home schooled Ellen Swallow, nurtured by parents who wanted a strong education for girls moved to a different town so that Ellen could attend a high school that accepted female students. She worked tirelessly to continue her education and work, often turned away because of her gender. Ultimately, Ellen became the first female graduate and professor at the Massachusetts Institute of Technology (MIT). Her first book “The Chemistry of Cooking and Cleaning” embodied her education focus and teaching – connecting scientific research with the real world – practical applications to daily life.

The American Association of Family and Consumer Sciences website, sponsor of “Dining In”/FCS Day captures the life and work of Ellen Swallows Richards with these words: “Ms. Richards was an activist for consumer education, nutrition, child protection, industrial safety, public health, career education, women’s rights; purity of air, food, and water, and the application of scientific and management principles to the family. Her professional experience and foresight led to the formalization of the family and consumer sciences profession.”

As Extension Educators, we continue Ellen’s work, bringing the best research-based information and practical knowledge and skills to bear on the issues facing families today. Hats off to Ellen for leading the way for our work!

Don’t Forget to Renew Your Membership!

Glenn Sturm (VA), NEAFCS Treasurer

While everyone is getting ready to settle in for the holidays, we just wanted to send you a quick reminder to be sure you have renewed your membership!

In addition to sending your dues to your affiliate treasurer (or the designated person to send association dues to in your state), be sure to complete the online renewal – here are the instructions:

- Go to <http://www.neafcs.org/>, login with your username and password on the top right (there are “Forgot Password” and “Forgot Username” options if needed)



- Go to Member Resources → Dues Renewal
- Update Profile Information, if necessary
- Send your confirmation form and dues to your affiliate treasurer (or the designated person in your state)

If you're on the fence about renewing, here are some reasons to remain a part of NEAFCS, the only professional association serving the unique needs of family and consumer science educators working in the Extension system!

- Network opportunity with over 1,700 FCS Extension professionals
- Countless leadership opportunities, at both the state and national level
- Opportunity to present programs and research to a national audience
- National recognition for outstanding achievements through NEAFCS's awards program
- Opportunity to publish research in the peer-reviewed Journal of NEAFCS
- Access to free or discounted professional development opportunities, including the Annual Session and free webinars throughout the year
- And so much more!

USDA NIFA FCS Update

Keith D. Harris, PhD, National Program Leader, Acting Division Director, USDA NIFA, Kansas City, MO

The Division of Family and Consumer Sciences at NIFA is growing! We have added four new National Program Leaders to our division that all bring unique and important experiences and expertise. We gladly welcome Drs. Brenda Martin, Ashley Mueller, Sarah Rocker, and Ahlishia Shipley. We look forward to them getting to know you all further!



NIFA just completed the 2021 FCS State Program Leaders meeting virtually from November 4-5th. We had speakers on the following topics:

1. Tele-Health and Tele-Medicine: Critical challenges to help treat individuals in rural areas
2. Agricultural Education Toolkit: Reaching participants and receiving feedback in online course offerings
3. Rural and Urban Disparities: The challenges of reaching rural and urban populations with virtual platforms
4. Delivering health and Safety Solutions through Cooperative Extension
5. Ignite Sessions: Must see innovations involving people, process, and technology
6. The 2021 Cooperative Extension National Framework for Health Equity and Well-Being
7. The Future of FCS within Extension: How recent societal challenges provide opportunities for leaders to demonstrate the value of FCS programming

It was a great turnout, and we appreciate everyone that attended. We look forward to next year's conference!

As we continue our joint effort to address challenges related to food and agriculture, please let me know if you have any questions or concerns.

Expect the best, be the best, and program the best!

Awards Season is Upon Us!

Samantha Kennedy (FL), NEAFCS Vice President for Awards and Recognition

We just wrapped up another terrific year by learning from each other and celebrating our colleagues' accomplishments at the 2021 virtual NEAFCS conference, and that means only one thing: Awards season is once again upon us!

I encourage all of you to set aside some time to review all our available awards, which can be found here:

<https://neafcs.memberclicks.net/assets/awards/2022-awards/2022-Awards-Manual.pdf>. The handbook is a great resource for learning about the requirements for each award as well as the criteria upon which they are judged.

Programs and materials that have been developed and/or delivered in the last three years are eligible for awards. Think about all the programming and educational materials you have created in the last three years, either individually or as part of a team, and see which ones can be submitted. Things that may not seem to fit the criteria for an award at first glance may be eligible after a closer look and a little creativity.

While many of our members submit their work for awards, there is still room to grow. One of my goals as VP for Awards and Recognition is to increase the number of members who apply for awards as well as to boost applications for those awards that receive fewer submissions. Check out the article in this edition of eNEAFCS about the number of applicants per award, written by John Fuller of the Awards and Recognition Training Subcommittee, to learn more about which awards could use more applicants.

Calling All Potential Retirees in 2022 – Join NEAFCS Life Members!!

Michelle Wright (TX), NEAFCS Vice President for Member Resources

If you are contemplating retiring in 2022, NEAFCS Life Members would love to have you join their nationwide network of educational professionals. NEAFCS has so much to offer Life Members and I to encourage all possible 2022 retirees to join! If you can answer yes to the following, you can be a Life Member!

Have you served as an active or affiliate member of NEAFCS for at least five (5) years and have retired, resigned, or otherwise become ineligible for active or affiliate membership? If you said yes, then you can become a Life Member of NEAFCS for a one-time payment of \$300.00. Should you ever re-enter the Extension service, you will be required to resume active membership status and pay annual dues.

As a Life Member, you will be granted the following rights and privileges:



- a. You may receive awards, fellowships, and grants.
- b. You may serve on committees, serve as committee chairs or hold elected office.
- c. You may serve as voting delegates, when a state/territory affiliate lacks sufficient delegates to the Annual Business Meeting.
- d. You shall receive the NEAFCS Annual Session registration information. You shall pay registration fees at the same rate as Active Members unless a special rate for Life Members is established.
- e. You shall be granted access to NEAFCS.org, which includes publications and other resources, upon payment of dues.
- f. You may submit proposals to present at NEAFCS Annual Sessions through the Program Review Process.
- g. You may submit articles for publication in the Journal of NEAFCS.
- h. You may attend and submit proposals to present NEAFCS webinars.

Without a doubt, you will get your monies worth by joining! Finally, in an effort to keep Life Members engaged and to provide you with relevant, timely information, don't forget about the bulletin created just for Life Members entitled "NEAFCS Life Line"! It's a great read! The Life Membership application can be found [here](#). Take care and if you have any questions or need to speak with me, don't hesitate to call (979-865-2078). My email is michelle.wright@ag.tamu.edu. It is my privilege to serve as your Vice President for Member Resources.

[See You Next Year in Raleigh, North Carolina!](#)

Alyssa Anderson (NC), NEAFCS Annual Session Planning Committee Tri-liaison

Hello from North Carolina! I am Alyssa Anderson and am serving as a tri-liaison for the NEAFCS 2022 Annual Session planning committee. It is with great honor that I invite you to attend the NEAFCS Annual Session, September 12-15, in Raleigh, North Carolina. Join us as we "Take Flight, Reach New Heights." Let's use this annual session as an opportunity to collaborate, network, and revitalize as FCS professionals and continue to improve the lives of our communities. Each month members of the planning committee will highlight what is going to make next year's conference so exciting. To start us off, here are some fun facts about Raleigh:



- Raleigh is located in the northeast central region of North Carolina, with the Appalachian Mountain Range to the west and sandy beaches to the east.
- Raleigh is known as "the city of oaks" due to the beautiful oak trees lining the streets.
- Raleigh, together with Durham and Chapel Hill, are part of the Research Triangle. The Research Triangle Park is the largest research park in North America and home to more than 200 research, technology, and ag-bio companies.
- The greenway system is nationally-acclaimed and spans more than 180 miles. These walking, running, and hiking trails connect many of Raleigh's parks.
- Raleigh contains more than 40 free historic attractions and museums. Some of the most popular are the NC Museum of Natural Sciences, NC Museum of Art, and NC Museum of History.

I am looking forward to seeing you in Raleigh, North Carolina next September! View the invitation video here: <https://youtu.be/g6A7vdwzjJ0>

North Carolina is excited to host the next NEAFCS Annual Conference! We want to make sure that your time in NC is fruitful, fun and educational. To help us plan an exciting, pre-conference, please complete the brief survey below by January 3, 2022. If you have questions, please contact Carmen Long at cslong2@ncsu.edu.

Survey link: <https://forms.gle/nxvCpXZ9MVqLLSAAA>

Using Storytelling to Enhance Diversity

Rozalia Horvath (PA), NEAFCS Diversity Subcommittee

Today, companies embrace diversity, equity, and inclusion, but might only focus on visible traits like age, gender, race, and ethnicity. Differences in socioeconomic and marital status, ability, and sexual orientation are also group strengthening attributes. But even the most diverse workplace does not automatically imply inclusion. Inclusion has to start internally; people must have their voices heard without fearing consequences and decision-making to feel belonging.



To obtain sustainable behavior changes with diversity training, people must see it as value, not just a requirement. Using stories can help bridge this gap. We all grew up with stories and know their power to connect and influence us, but we rarely use them in our workplace. Listening to diverse stories increase our empathy, and even when we disagree, we might find more commonalities than differences in others. Sharing personal stories by explaining our perspective and values, overcoming obstacles, and telling our "AHA" moments that changed our lives help listeners learn more about us.

Brain science using MRI scans show that the storyteller and the listener's brain waves synchronize during storytelling, lighting up the same parts. The more the listeners understand and connect to the story, the more similar their brain wave patterns become. Companies should embrace employee stories and uniqueness, show different perceptions are not necessarily wrong, and teach people to listen nonjudgmentally. People only share their stories when they feel safe and validated. Once employees reach a deeper level of empathy and show unity as a diverse group, it will change their relationship with diverse groups in the community.

It Can Get Crowded at the Top of Awards

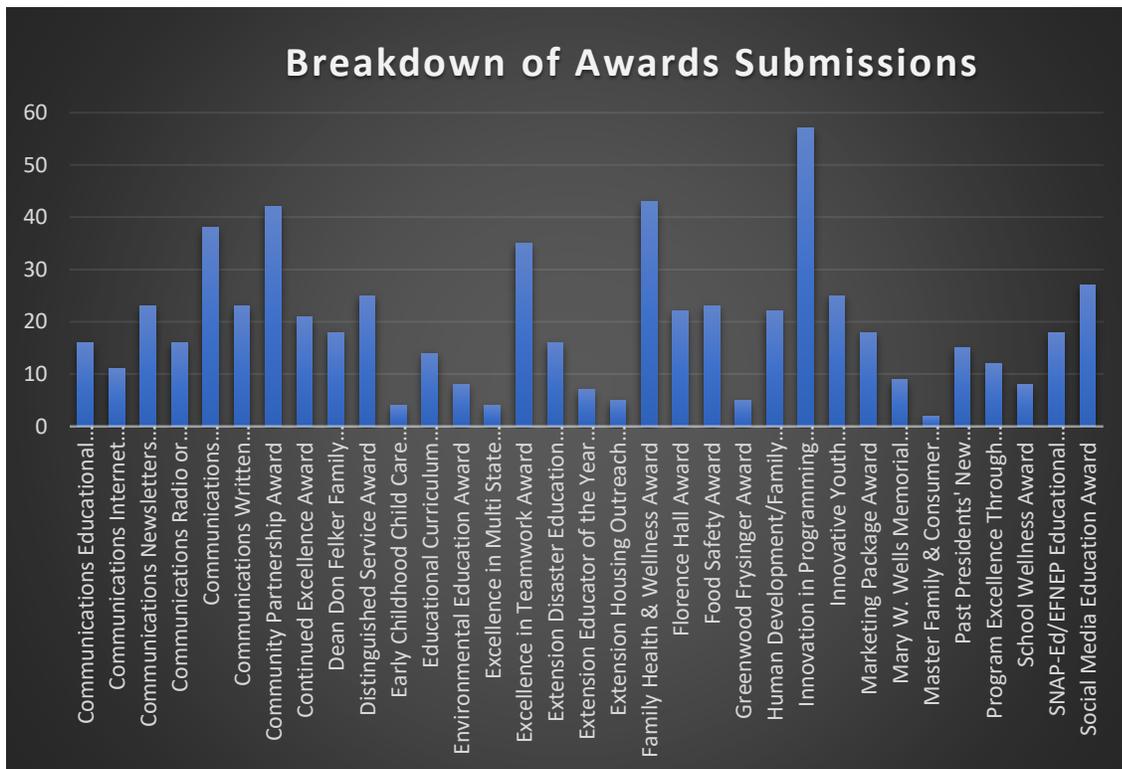
John Fuller (MO), NEAFCS Awards and Recognition Training Committee



Awards are being submitted. This is a great time to look at all the options for your award. Some categories get really crowded.

Out of 632 entries, one of the awards receives 9% of the submissions. That may not seem like a lot, however compare 9% (57 entries) in contrast to a 1% (2-5 entries). Before submitting take a look and see if there may be other options for your awards. If you would like to see the history for awards here is the link <https://www.neafcs.org/past-award-information>.

Remember to submit an award your membership dues deadline is December 31, and the deadline for award submission is March 15th. That is the national level. State deadlines are earlier. Please check with your Vice President of Awards and Recognition. Here is the instruction link for award submission <https://neafcs.memberclicks.net/assets/awards/2021-awards/How%20to%20Apply%20for%20an%20Award%20-%20Step-by-Step.pdf>



Hit Submit! It's Proposal Time!

Pat Brinkman (OH), NEAFCS Vice President for Professional Development

The proposal system is open and ready for you to submit a Concurrent session and/or Showcase of Excellence proposal for the 2022 Annual Session in Raleigh, NC next September. The system opened on December 1. Program subcommittee co-chairs, Karla Belzer and Amy Bartels, hosted a webinar on how to fill out a proposal for the 2022 Annual Session on December 8. This was recorded and will be available to watch on the archives page. Please check out the webinar if you have any questions on how to put your proposal in the system. They shared how the proposals are reviewed. Following tips of how to improve your proposal can really strengthen your chances of being accepted to present. Be sure to have someone review your proposal before you submit.



The Webinar Committee is always looking for topics and presentations for our membership. The proposal form is on the website so you can fill it out, and we will review it. We are working to have all of our reviewers of webinar proposals be consistent. This will hopefully improve the process of review of webinar proposals. Webinars need to be submitted by a NEAFCS member, but you can host a webinar that someone else presents. Have you seen an informative webinar that would be helpful for NEAFCS members? Please let us know if you know of one or know someone. We are always looking for interesting webinars.

Southern Region Update

Keishon Thomas (GA), NEAFCS Southern Region Director

Hello NEAFCS Family! As the new Southern Region Director, I have been learning new things (read getting my footing) and getting to know the NEAFCS Board Members. I am honored to serve in this role for the next two years as I wholeheartedly believe in the importance of the work that FACS Extension professionals conduct. As a 14-year Extension professional, I know that the impact we have on our communities and families is unmatched. Keep up the good work!



I am honored to highlight some of the successful programming initiatives from our affiliates throughout the year in our newsletter. Networking is the cornerstone of working smart and sharing is essential as we continue to do more with less.

NEAFCS and by extension the Southern Region is committed to ongoing professional development having had 331 Southern region members attend National Conference, winning 43 National awards, in addition to the 13 Continued Excellence and 12 Distinguished Service awards.

Please read on for highlights happening in a few states in the Southern Region:

Melinda McCulley from Kentucky shared:

After the success of our online networking sessions at the 2020 Virtual KEAFCS Annual Meeting, our affiliate hosted monthly networking events called Fellowship Fridays. Two of our area presidents, Kelly Burgess and Cabrina Buckman, coordinated the monthly events featuring break-out rooms, jam boards, guest speakers and of course, fellowship time. Those who were available on the second Friday morning of each month popped in for an opportunity to spend time learning and growing together. We opened Fellowship Fridays up to all employees associated with Family and Consumer Sciences Extension (not just KEAFCS members) so that it might encourage non-members to join the association.

Olivia Jones from North Carolina shared:

The North Carolina Affiliate is working hard to plan the 2022 National Meeting which will be held in Raleigh, NC. We hope to see you all there!

From more than 21,721 educational activities in the areas of Nutrition and food safety agents have increased fruit and vegetable consumption among 13,573 adults and reduced the sodium intake of 3,992 adults. They have also worked to increase the physical activity levels of 2,965 adults. Additionally, over the past year agents have worked to increase safe food handling in the home and food preservation in 21,585 adults.

Rachel Stewart from GA shared:

Nineteen members from GEAFCS attended the FACS Day at the Capital. Alexis Roberts represented GEAFCS during the "Get Connected to FACS" session, and spoke to the UGA FACS students about Extension, the opportunities for students and ways to get connected. Alexis and MaryBeth Hornbeck designed an infographic, showing the impact of UGA Extension FACS, which we shared with the legislators, along with a thank-you note for their support, via email. Georgia had 12 Regional and 9 National Award Winners. MaryBeth Hornbeck received the Thomas F. Rodgers Outreach County Agent Award for 2021.

Rebecca Gartner from Virginia shared:

VEAFCS held a Membership Meeting and Open House in November to encourage new memberships and to plan for 2022. We are proud to have our very own VEAFCS member, Glenn Sturm, to be serving as NEAFCS Treasurer.

Amy Ressler from Texas shared:

Since September 2021, Texas has been celebrating the 25th Anniversary of their signature program: Walk Across Texas! (WAT!). The program began in 1996 in Harrison County and has since reached over 615,000 participants and has contributed to an estimated economic impact of over \$2.2 billion dollars! The current challenge includes 4,625 participants and 781 teams, with 103 leagues and in 103 counties across Texas participating who have added up 739,137.46 miles in the WAT! Adult program. WAT! Youth teams have added up 62,361.6 miles, with 4,796 participants and 118 teams, with 25 leagues and in 37 counties across Texas.

Texas has developed a mindfulness curriculum for youth in grades 6-8 called Mindful SELF, a six-lesson series that integrates mindfulness with social and emotional learning concepts of self-awareness, self-management, responsible decision making, relationship skills, and social awareness. Each structured lesson consists of key background information and definitions, instructional discussion guide, an interactive activity, a lesson closure and "explore more" activities such as weekly affirmation, self-care exercise, video for a short, guided meditation,

and a journal prompt that encourages parent involvement. The curriculum is in the pilot phase with 20 agents testing in a variety of settings

Finally, I would like to extend Happy Holidays filled with Joy, Laughter and Rest! Happy Holidays NEAFCS!!!!

Western Region Update

Rick Griffiths (NM), NEAFCS Western Region Director

Position opening in California:

California is recruiting to replace a Statewide Program Leader and two NFCS Community Nutrition and Health Positions. Additionally, at least four replacements NFCS positions are proposed by County Directors for the December 2021 Call for Position Proposals. There is also one new position is proposed in the Call for position proposals to address Older American issues. For more information contact Dr Mary Blackburn, mblackburn@ucanr.edu.



Darsene Baggett (NJ) – Life Member

Jeanette Hauschild (MN) – Life Member

Jeanette served as the Extension Agent in Lincoln County for many years and as a 4-H Agent earlier in her career. Jeanette was very dedicated to her Extension work. She was innovative and worked to address the needs of her clientele.

Patsilu Reeves (MS) – Life Member

Retired Mississippi State University Extension and Faculty Member-Lifetime Member of Mississippi Extension Association-Family and Consumer Science



Anastasia Saunders (TN) – Active Member

Anastasia was part of the Leadership/Mentorship program with NEAFCS in 2021.