

President's Video Message

Dianne Gertson (TX), President



Click the image above or visit <https://youtu.be/1ZX54BqGzWo> to watch this month's President's Message.

Meet the 2021 Candidates for National Officers

Roxie Price (GA), Immediate Past-President

The NEAFCS National Nominating Committee is pleased to present the following slate of officers for your consideration. The committee worked hard to contact these candidates and provide the encouragement and information needed to secure their applications. We believe you will find them all highly qualified. Please remember that we have a no campaigning for office policy!



The Central and Southern Regional Director candidates will give their three-minute speeches and be elected by voting delegates during their respective Regional Awards & Business Meetings on Wednesday, November 3, 2021, from 2:15 PM – 4:15 PM. All other candidates will give their speeches during Opening Session on Tuesday, November 2 from 3:15 PM – 5:30 PM. They will be elected by voting delegates during the NEAFCS Annual Business Meeting on Thursday, November 4 from 2:30 PM - 4:30 PM.

IMPORTANT: If you are a voting delegate for your Affiliate, it is your responsibility to read through these position statements. Encourage others in your affiliate to do the same and decide as an Affiliate which candidate you support for office. Candidate applications are available for review below.

On behalf of the NEAFCS 2021 Nominating Committee, it is my pleasure to present the candidates for the 2021-2022 slate of officers. **Click here to view the slate and each candidate's position statement:** <https://neafcs.memberclicks.net/2021-board-candidates>

I would like to personally thank the committee members for your hard work to ensure NEAFCS had a qualified slate of candidates. Special thanks go out to the Nominating Committee:

- Central Region: Chelsey Byers-Gerstenecker (IL), Rita Ussatis (ND), Jessica Trussell (MO)
- Eastern Region: Karen Ensle (NJ), Mandel Smith (PA), Lynn James (PA)
- Southern Region: Brittany Martin (TX), Karen Munden (VA), Ines Beltran (GA)
- Western Region: Kayla Wells (WA), Ashley Dixon (AZ), Sheila Gains (CO)

NEAFCS President's Charity for 2021 – The NEAFCS Endowment

Dianne Gertson (TX), President

Each year, the President identifies a charity, often local to the Annual Session city. This year, I designated our own charity – the NEAFCS Endowment. I love the idea of supporting our own. The President's Charity campaign has been ongoing and continues through our virtual Annual Session, November 2 – 5, 2021.



I encourage each member to donate \$21 for 2021 to the NEAFCS Endowment. Donations of any amount will be accepted. Donations can be made online at <https://www.neafcs.org/endowment> and during Annual Session.

Donations to the endowment are not spent. Instead, the endowment is an investment tool, and the investment income is utilized for targeted projects. As we grow the endowment, more funding will be available for special projects. In 2021, the endowment began accepting proposals for innovative ideas that benefit NEAFCS and its members or promote the profession of Family and Consumer Sciences. More information can be found <https://www.neafcs.org/endowment>.

I challenge our members to donate \$21,000 to the NEAFCS Endowment in 2021! Let's work together to create a lasting imprint on NEAFCS, support targeted projects, and champion the profession we believe in.

I truly appreciate each contribution to the 2021 NEAFCS President's Charity.

Annual Session 2021 – tips for a great experience!

Courtney Aldrich (MI), NEAFCS Michigan Conference co-liaison

Hello from Michigan! The suggested topic for this month's article is "tips to prepare for a great conference experience." As I write this article, we have just received news that the Annual Session in 2021 will be fully virtual. In light of this change, it may be more important than ever to consider those tips!

So, while I will not be warning you about Michigan's unpredictable November weather, we do have some different tips to consider.



- 1) Attend the conference virtually! We will continue to have great learning and networking opportunities that you don't want to miss!
- 2) Clear off your calendar as though you were attending in-person. Conferences can be exhausting, and even more so if you are trying to multi-task doing your regular work at the same time as attending a virtual conference. And if there is one thing we have all learned, it is that we really do have a richer learning and connecting experience when we are fully engaged in the virtual environment.
- 3) Utilize the networking opportunities! Conference sessions are great, but the uniqueness of a conference is the opportunity to meet others from around the country.
- 4) Visit the exhibit booths and meet the vendors. Exhibit booths offer some of those one-on-one networking opportunities as they highlight what they have to offer!
- 5) Engage in the silent auction and the support of our charitable organization, Safe Haven. These are both opportunities for supporting NEAFCS and a local Grand Rapids non-profit, respectively.

We may not get to meet you in person this year, but we are excited to meet you in Michigan -- online!

Silent Auction Donation Forms Are Due October 15

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

We appreciate the support from state affiliates and individual members in keeping our awards program vibrant! We hope you can support the silent auction again this year. The silent auction donation form is due October 15.

I certainly enjoyed bidding on items last year - and getting a couple of fun, high-quality items shipped directly to me at my home when I won the bid. One of the items even had a personal note from the person who made it. That was a very special touch!



Has your affiliate decided on a 2021 NEAFCS Silent Auction item to contribute?

Visit the Silent Auction website at <https://www.neafcs.org/2021-silent-auction> and download the [Silent Auction Donation form](#). Fill out the form and email it back along with

your image(s) of your donated item by the **October 15 deadline**. Contact awards@neafcs.org if you have any questions or need help.

Action Steps:

- a. Purchase and take a close-up, high-quality picture of your item for the Virtual Silent Auction.
- b. Submit a [Silent Auction donation](#) form for each item.
- c. For each item donated, email a picture and a donation form to: Will Ferguson (WFerguson@executiveoffice.org).
- d. Ship the item directly to the winner of the Silent Auction about 10 days from the end of Annual Session (you will be given instructions on where to mail it by the National Office).

These are Suggested Items to Donate:

- Food items that represent your state, such as: muffin, cookie or soup mixes, hot sauce, jellies/jams of fruits that are found in your state (e.g., Prickly Pear for Arizona)
- Gift cards
- Hand-made gifts such as: cutting boards, quilts or wall hangings, wood carvings, jewelry.

Please NOTE: We will NOT be accepting alcoholic beverages for shipping or in-person auctioning, however, gift cards for alcoholic beverages, shipped from the company, will be accepted.

Are you a Star Donor?

While you are visiting the Silent Auction website to download your donor forms, consider becoming part of the [Star Donor Club](#). Any NEAFCS member can become a Star Donor. Your \$50 donation to the Star Donor Club (limited to 100 members) is tax deductible.

Proposed Bylaw Changes

Kate Shumaker (OH), Secretary

The NEAFCS Bylaws Committee and NEAFCS Board recommends the following proposed changes to the NEAFCS membership regarding the NEAFCS Bylaws. These proposed changes will be presented for a vote during the Annual Session business meeting.

The Bylaws Committee is composed of one representative from each region, a member at large, the Immediate Past President, and the NEAFCS Secretary who serves as chair. A special thanks to this year's members for their



service, knowledge, and expertise. The Bylaws Committee is tasked with reviewing bylaws and developing proposed revisions for consideration by the membership.

Links:

[Bylaws Changes](#)

[Rationale Documents for Review](#)



USDA NIFA FCS Welcome and Update

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

The previous Division Director for FCS, Suzanne Stluka, recently accepted a new position at NIFA as the Deputy Director for the Institute of Food Safety and Nutrition. With her transition, I will now be serving as the Acting Division Director for Family and Consumer Sciences (DFCS) to continue addressing the challenges and opportunities that face U.S. agriculture. Prior to joining NIFA, I served as Associate Professor of Agricultural Economics at Kansas State University. My professional experiences include a 20-year industry career with increasing accountability managing agricultural commodity trading, supply chain management strategies, and global purchasing. I look forward to working with you all moving forward.



A few updates from NIFA:

1. DFCS participated in the NIFA Nutrition Security Webinar Series on August 31st to discuss how our programs are contributing to Nutrition Security. You can find the recording of our webinar and other webinars in the series on the NIFA website [here](#).
2. I am currently planning a webinar with the FCS Program Leaders for the Southern region leaders.
3. The planning for the National FCS Program Leaders annual session is underway. The meeting is set to take place virtually on November 4 and 5. For more information and to register for the conference, visit the [NEAFCS conference website](#).
4. In our last NIFA update, we shared about the NIFA Competitive Education Programs webinar. If you missed this, you can find the recording [here](#) under the Webinars listing.

As we continue our partnership and work, please let me know if you have any questions or concerns.

September 2021 Professional Development Report

Pat Brinkman (OH), VP for Professional Development

Have you checked out our pre-conference sessions for our Annual Conference? We are offering two interesting pre-conference sessions. Ritchie Harrison will be presenting “Values Driven Leadership and Working Towards a Vision for Common Good.” Jenifer Strauss will be presenting “Turning Points: A Narrative Approach for Capturing, Writing, and Presenting Interesting Impact Statements.”



“Values Driven Leadership” will provide you with an awareness for the influence your actions as leader have for shaping an improved vision for the future. Your knowledge and understanding of key leadership skills and values will be broadened, so you can empower others and yourself. Some key objectives include: learn effective strategies for working across differences; creating synergy between values, vision, and impact; and increasing inspiration, drive and enthusiasm.

Narrative Consultant and Storyteller Jenifer Strauss in “Turning Points:” will provide you with the brain science behind using a narrative approach or story approach, along with her “Turning Points Narrative Process.” Storytelling is a powerful tool to making a point, leaving an impression, explaining a process, or gaining the support of stakeholders. Jenifer will provide a model and framework to help you include personal narrative in impact statements.

Be sure to register for a session when you complete your registration process.

Two In-Depth Sessions will be available to register to attend. More information on those to come.

Meet the Board

Barb Wollan (IA), Treasurer

Hello everyone! I am a Minnesota native who went to school in North Dakota and Minnesota and now work in Iowa, after a detour of six years working in Illinois! What can I say, I like the upper Midwest!

I started my connection with Extension as an “Extension brat” – that is, my mom was a county Extension home economist in Minnesota when I was little. One bonus of that was that I got to tag along to 4-H camp even at ages 5, 6, and 7! When I was 7, my dad got a position as one of the first Extension community development agents in Minnesota – remember, this was in the 60’s... Community Development was new! I was a 4-H’er for ten years and went to college with the intent to enter Extension, although I took a brief detour as a classroom teacher, as well. In Illinois I got to experience EFNEP up close, as the supervisor of a 10-12 member EFNEP unit; that was a rewarding and challenging experience I wouldn’t trade for anything. But when an opportunity to apply for a position



in neighboring Iowa focused on the element of family and consumer sciences that is most interesting to me, I checked it out, and I've been here over 25 years now. My role with Iowa State University Extension and Outreach focuses mainly on financial education in a 9-county area, although there are changes underway that will broaden my scope to include some of what we've traditionally labeled as "family life."

As your NEAFCS Treasurer, I am loving opportunities for new connections, new skill-building, and new experiences. I'm also excited to get involved as a mentor with the new Leadership Experience project. I have always valued our association as a means for connecting, learning, supporting our profession and influencing the future of FCS Extension. Serving on the board has broadened my awareness even further, giving me even more reasons to appreciate NEAFCS and what it means for us.

I have two adult daughters who I'm very proud of and enjoy spending time with occasionally (they do not live nearby), and I'm grateful to still be able to spend time occasionally with my mom, who lives in central Minnesota. I'm active in my church, including church music groups, as well as in Community Chorus, and when our great local community theater needs a pit orchestra for a show, I jump at the chance! I read a lot, and I love baking – especially bread.

Transformative Information in The Midst of Adversity

Beatriz G. Favela (NM), Diversity Committee Member

As an extension office located in the borderland in Southern New Mexico, we have the privilege to serve a community that continuously changes and diversifies. It is crucial that as Extension Agents we demonstrate sensitivity to clientele's needs. It is essential not to only consider the audience's needs, but in order to meet the needs we must be sensitive to an individual's history and past experiences.



Everyone responds differently to different experiences. Therefore, we all have unique responses to adversity. Extension is part of the Resilience Leaders, which is a group formed of community leaders to bring awareness about Adverse Childhood Experiences or ACEs. As part of this group, workshops and presentations have been taking place in the communities of Southern New Mexico. The goal is to let people know that an ACEs score does not determine who we are or who we can be.

The big question is - What can we do about it? We can build resilience in the face of adversity. Resilience involves behaviors, thoughts and actions that can be learned by anyone. The good news is that regardless of our race, ethnicity or cultural background, our history or past experiences, we can all develop resiliency skills. Safe, stable, and nurturing relationships are the most important factor in building resilience. It is important that individuals feel safe, know that someone believes in them, and supports them to be able to cope with adversity in healthier ways. What a great opportunity we have as agents to serve our community and be able to share such valuable and transformative information with our clientele!

21 Tips for 2021

Rick Griffiths (NM), Western Region Director

I've spent the past several days trying to identify some meaningful advice to share with you and keep hitting a blank wall. So, I decided to take a step back and share the advice I need. Hopefully, you will find these tips beneficial.

- 1) Set priorities to stay focused on what you were trying to achieve. Personally, I find that I'm often pulled away from what is important to me, to help others with their priorities. While I want to be supportive of others, it's important to have defined priorities to pull yourself back on your track.
- 2) Reminder to put on your own oxygen mask first. As FCS people we are naturally pulled toward helping others, however that pull is not regularly reciprocated. We need to spend the same amount of time and energy caring for ourselves as we do for others.



Central Region Update

Vanessa Hoines (ND), Central Region Director

Greetings from the Central Region! Check out the updates from a few of the central states. It's time to register for Annual Session. You won't want to miss it.

Indiana - Jay Christiansen

Purdue Extension has been able to dramatically increase the number of Hoosiers participating in Extension Programming through virtual and in-person events. In the Health and Human Sciences Program Area, we are swiftly responding to the evolving needs of Hoosiers. During the last year, our educators and specialist have created new programs focusing on foods and nutrition, health and wellness, human development, and financial resource management. One of our recent highlights is a new Podcast offered by our colleagues called "Bite by Bite, Nutrition for Life."



Nebraska - Lynn DeVries

The Nebraska affiliate met this past summer for a professional development day over zoom, as we continued to navigate working from home during the pandemic. The day included the following topics:

- Communications & Media Designing Tips with Seth Teager - Seth showed us new ways to design eye catching marketing materials to help enhance and promote programs
- UNL Print, Copy, Merchandising, & Mail Service
- Photography Tips with Dave - A picture is one of the best ways to tell our stories in Extension. Dave Ostdiek helped us learn how to take the best pictures to better tell our stories and capture our programs

Nebraska is also working to update their constitution. We will meet in October for our annual meeting, hopefully in person this year.

Kansas - Teresa Hatfield

Kansas is working on ways to promote Family and Consumer Science to our youth. We have formed a small task force to explore ways to encourage young people to consider FCS as a career path. The group will be looking for ways to better connect FCS with 4H, including participating in special programs and update judging contest kits. We are also looking at ways to connect K-State University to our association to better get the message out about the career opportunities that are available.

Missouri – Amy Bartels

The Missouri Affiliate has been busy this year updating our bylaws to better reflect the structure of NEAFCS, including some changes in our nomination process. We have also included mentoring opportunities by adding an apprentice to each committee. The apprentice serves one year under the committee chair learning the role of that committee with the purpose of growing individuals into leadership within our affiliate.

Western Region Update

Rick Griffiths (NM), Western Region Director

Montana Update: Many of our agents are wrapping up the duties that come with a 4-H summer, being dual appointed 4-H and FCS. Our state specialist Dr. Marsha Goetting has been working to offer Fabulous Fridays. A series of 8 webinars about estate/legacy planning, will be held October 1 through November 19 at 10:00 AM. The series is sponsored by the Montana 4-H Foundation and the MSU 4-H Center. The first section of each webinar will be about estate/legacy planning followed by a guest who will share information about the 4-H program.

<https://www.montana.edu/estateplanning/fabulousfridays/presenters.html>

Our Missoula County FCS Agent, Kelly Moore, is offering a monthly cooking demonstration through partnership with the Missoula Public Library, this has been virtual but is transitioning to in person. Virtually she is working to co-facilitate a monthly Montana Kinship Caregiver support group meeting that is open to the state. In Yellowstone County, FCS Agent, Jackie Rumph, is offering in person exercise classes for the more rural areas of her county. These include Strong People and chair yoga. As well as assisting in facilitating a celebration of recovery with her local advisory council on behavioral health.



Member Spotlight Video

Mackenzie Johnson (IA)



Click the image above or visit <https://youtu.be/0Yc99wDfVAY> to watch the video.



Future issues of the NEAFCS Network will include recognition of members who have passed. If you would like to report the death of a NEAFCS member, [please click here](#).

Click the names below to view obituary (if available):

[Jessica Alene Bates](#) (AR) - Alene Bates served as a County Extension Agent for Home Economics in Marion and Fulton Counties in Northcentral Arkansas.

[Colleen McNew Owen](#) (AR) - County Extension Agent for Home Economics - Mrs. Owen served in Mississippi, Yell, Pulaski, and Saline counties in Arkansas.

[Mary Elizabeth Woodyard Shaver](#) (AR) - Mrs. Shaver retired with Emeritus Status from the University of Arkansas Division of Agriculture Cooperative Extension in 1995. She served in Cross and Craighead Counties during her long and illustrious career.