

NEAFCS Network Newsletter
December 2022

President's Message

Julie Garden-Robinson (ND), NEAFCS President

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NEAFCS President



December 2022 President's Message

Please click the image above or visit <https://youtu.be/xRCTAT4T9Wo> to watch this month's President's Message.

Bright Ideas and Suggestion Box/Prize Drawing: <https://forms.gle/Q7NrEFxPHsri2ikgZ>

Elevate FCS with AAFCS: <https://www.aafcs.org/elevatefcs>

Food Gift Mixes from NDSU

Extension: <https://www.ndsu.edu/agriculture/extension/extension-topics/food-and-nutrition/food-preparation/quick-mixes>

What YOU Need to Know NOW in NEAFCS!

National Office Staff

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

- **NEAFCS Impact Statement Portal** - Now Open, Closes February 1, 2023
- **December 1, 2022** - NEAFCS Awards Program Application opened
- **December 1, 2022** NEAFCS Annual Session Call for Proposals (CFP) opened
- **December 31** - NEAFCS Membership Renewals are due at the National Office

GET TO KNOW THE NEAFCS EXECUTIVE BOARD

Hometown: Long Island, NY

Top career highlight:

It would probably be this position as NEAFCS Treasurer, having the honor to serve on the national board! Other than that, I would say becoming an Accredited Financial Counselor after months of studying

Advice for your younger self as a new agent/educator:

Be patient – work on those partnerships and promoting your programs, you'll go from feeling like you're spinning your wheels getting programs off the ground to being busier than you could imagine soon enough!

Favorite Sports Team

As a season ticketholder, I have to go with Virginia Tech Hokies Football, as much heartache as they've given me this year.



Three items you'd take sailing in Rhode Island:



+



+



GLENN STRUM
TREASURER

VIRGINIA COOPERATIVE EXTENSION

Your work in Extension in one word:
Creating Financial Independence



National Extension Association
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'Tis the Season for Proposals

Marcia Parcell (IN), VP Professional Development

Proposal season for the 2023 Annual Session "Exploring Oceans of Opportunities" officially opened on December 1. However, we are open to webinar proposals for professional development all year long. We want to provide many opportunities for professional development for our NEAFCS members.

The Annual Session proposals need to be submitted by January 31, 2023. Are you wondering how to complete this process?

Check out the archived webinar, "Submitting a Winning Annual Session Presentation Proposal," which Karla Belzer and Amber Allen conducted on November 29 to begin the process. Do not delay. You can submit a fantastic proposal for professional development at the 2023 Annual Session. Accomplish your submission before the end of 2022. If you cannot submit your proposal before the end of the year, block time in 2023 to write a proposal.



What are the benefits of writing a proposal?

1. You will be building your skills as a professional
2. You will provide other professionals with an opportunity to learn from your work
3. You will receive feedback about your proposal

The Professional Development Committee thanks you in advance for submitting a proposal. We look forward to having oceans of opportunities for members in Rhode Island!

Please reach out to Marcia Parcell, Karla Belzer, or Amber Allen should you have questions about the proposal process. There is also a Professional Development Conversation planned for December 20 to work on professional development opportunities in 2023. Please join us!

Dates to Remember:

Dec. 1: Annual Session Proposal Submissions Opened

Dec. 20: Professional Development Conversation

Jan. 31, 2023: Deadline to Submit Annual Session Proposals

Make Plans to Attend PILD in 2023

Jennifer Bridge (KY), VP Public Affairs

In April, I spent part of Travel Tuesday looking at prices for plane tickets to Ronald Regan Washington National Airport. While I am a veteran PILD attendee (this will make my 8th), I always learn new ideas, gain new perspectives, and meet wonderful colleagues from around the country!

I hope you also plan to attend the 2023 Public Issues Leadership Development Conference, April 16-19, at the Hyatt Regency Crystal City in Arlington, VA. The national planning committee meets monthly, and

plans are falling in place for an exciting, informative conference.

Last year, we hosted a series of pre-conference sessions via zoom to help those attending. The informative sessions allowed attendees extra time to prepare for hill visits and

other related impact areas. They were very successful, so this year, during the week of March 27, we will again offer a variety of pre-conference sessions to help you prepare for the conference. Be on the lookout for an announcement on the final program and registration. If you are a first-timer, apply for a scholarship to help offset costs. The scholarship portal will open soon.

NEAFCS has three representatives on the planning committee. Robin Ridgley, an education committee member from Illinois; Susan Routh, Immediate Past President, and myself as VP of Public Affairs. It is an honor to represent our members and meet with outstanding colleagues from the nation. I hope to see you at PILD!



Public Issues Leadership Development (PILD) conference is open to all members, not just affiliate leaders. If you are flying in, select Regan National Airport, as it is close to the hotel.

Gratitude Through the Holiday Season

Barb Wollan (IA), Endowment Committee

When I look forward to the December holidays, I most anticipate the lights! Also, the music, certain holiday foods, the excitement, and the fun with the family. These are all things I am grateful for this time of year.

If you are like me in finding this time of year, starting with Thanksgiving, and extending through New Year's Day, to be a season of gratitude, perhaps you express some of that gratitude through giving.



When we stop and truly reflect on how much we have to be grateful for, whether materially or financially, many realize we have much more than we need. And that recognition of abundance in our lives frees us up to give – in various ways. We give our time, and we give our attention, and love, and we give our money, as well, to support causes and organizations we believe in.

One organization I believe in is Extension, especially its programming and resources focused on building strong families. As an Extension professional, I'm guessing you believe in Extension and its mission too.

If this holiday season causes you to reflect with gratitude on abundance in your life, I encourage you to consider supporting the mission of Extension outreach to families by giving to the NEAFCS Endowment. Our gifts to the Endowment create ongoing opportunities for Extension FCS professionals to try new outreach strategies and break new paths for the long-term good of our profession.

Our gifts to the Endowment do two things:

1. They let us share our abundance
2. Promote continued abundance – for new generations of Extension FCS professionals

Your "abundance" is different from mine, and mine is different from the next person.

It is less important how *much* we give and more important that we all *give*.

December is an expensive month in many households. You don't need to give this month. But mark your calendar to give at the time that works for you.

Ready! Set! JCEP!

Keishon Thomas (GA), Southern Region Director

**As Extension professionals,
we are all leaders.**

The Joint Council of Extension Professionals (JCEP) Extension Leadership Conference is an excellent professional development opportunity to level up your leadership skills and connect with other professionals across program areas.

Did you know that as a member of NEAFCS, you are also a member of JCEP?



NEAFCS is committed to developing the leadership skills of its membership. With that in mind, the **NEAFCS Board of Directors established the JCEP Extension Leadership Conference Scholarship to encourage attendance.** This scholarship is available to the Affiliate President, President-Elect, or designee.



Click the link below to learn more about the JCEP Extension Leadership Conference Scholarship guidelines and application.

<https://www.neafcs.org/jcep-extension-leadership-conference>

See you in Kansas City!



Sneak Peek: What to See and Do in Providence 2023

*Gina Crist (DE), Maria Pippidis (DE),
Alyssa Whittaker (DE)*

In October 2022, the Northeast Regional planning committee scoped out Providence, RI. Here is what they shared as a sneak peek for 2023!

There is a lot to see! Walking to the Providence River from the [Graduate Hotel](#), the [Natural History Museum](#), Brown University, and of course the [Convention Center](#), where the conference takes place. As one of the oldest cities in New England, it is historical, with many [tour options](#).



National History Museum and Planetarium, Providence RI

Leaf Peeping is a real thing! For anyone not familiar, Fall is a beautiful time of year to visit New England. While the foliage may not be in full force by mid-September, the weather is (generally) close to perfect!

It's a town for the foodie: The team dined at some of the local restaurants and can say Providence will please any eater.

They couldn't get to everything during their preview trip, but checking out [WaterFire](#), [Providence River Boat tours](#), as well as adding on a visit to [Newport](#) are all on their list for 2023.

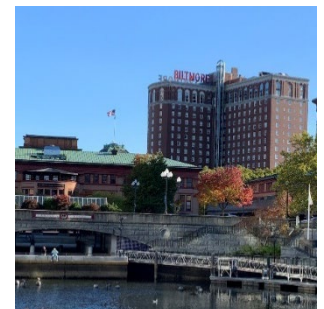
Finally, it's not too soon to think about how you'll get there:



By train: The Amtrak Northeast Regional will take you right to the train station within walking distance to hotels and the convention center



By air: Rest assured the Providence Airport is easy to navigate and only a short taxi ride to the hotels.



Graduate Providence
(formerly Providence Biltmore)

Aside from professional development, learning, and fellowship you can expect at the conference, we hope you learned why planning for Providence in 2023 is a great idea!

Region Highlights: Eastern Region

Jesse Ketterman, Jr. (MD), Eastern Region Director

UNIVERSITY OF MARYLAND EXTENSION

The Maryland Affiliate held its annual fall/winter meeting on November 4. We used the BINGO game introduced at the national conference, and everyone had fun and won treats while learning NEAFCS trivia and membership benefits.

Maryland selected the 2023 affiliate officers and 2022 award winners during the meeting. Carrie Sorenson will be the new President, Crystal Terhune, President Elect, Shauna Henley will continue as treasurer, and Cheryl Bush is the new secretary.



NEAFCS-MD Affiliate Awards and winners are:

*Marcie Myers
Becker Spirit
Award:*
Cheryl Bush

*Donna V.
Brinsfield
Moxie Award:*
Terry Serio

*4-7 Year
Award:*
**Dr. Mona
Habibi**

Real Sugar is Grown, Not Made

The Sugar Association

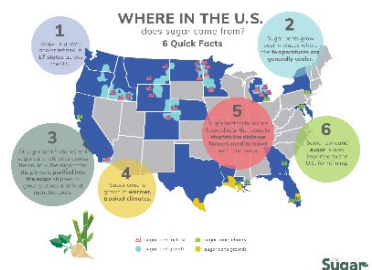
Knowing what's in our food, where it comes from, and how it is produced are important factors for many people when making decisions about what to eat. When it comes to sugar, we get these questions a lot and the answers are simpler than many people realize. Real sugar is grown and harvested by sugar beet and sugar cane farmers. The sugar we buy at the grocery store and use in baking and cooking is the result of extracting the sugar from these plants, washing with water and crystalizing the sugar juice. The crystals are dried before packaging for distribution to grocery stores across the country.

A true farm-to-table ingredient

[Real sugar](#) is grown in 14 states across the country. Fifty-five percent of the real sugar in the United States comes from sugar beets and 45 percent comes from sugar cane.



Resources about Real Sugar's origins



[Where in the U.S. Does Sugar Come From?](#)



[Sugar Refining and Processing](#)



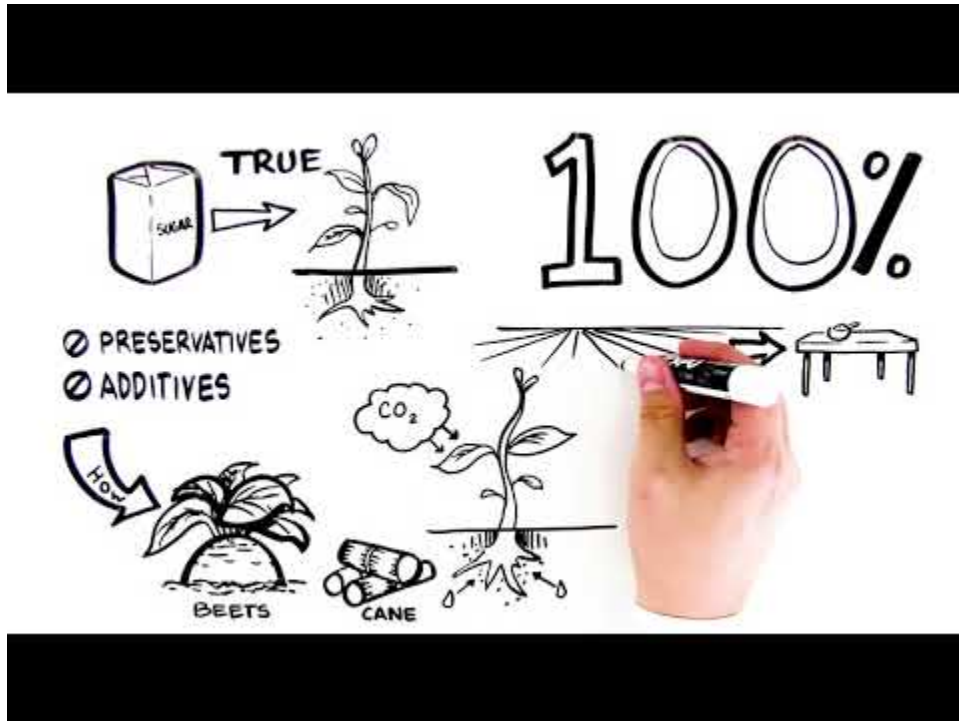
[Myths vs. Facts](#)

[STEM Accredited Educational Materials](#)

Interested in learning more? The Sugar Association is now a STEM.org Accredited Educational Program, offering resources for all ages and grade levels.

The Field to Table STEAM packet, designed for grades 7-12 is one of the resources that simply integrates the STEM disciplines. Students learn about sugar's history, how it is naturally made by plants, its impact on the environment, why it is added to foods and more.

Find FREE STEM Accredited resources here



About the Sugar Association:

The Sugar Association is the scientific voice of the U.S. sugar industry, representing nearly 12,000 sugar beet and sugar cane growers, as well as processors and refiners of sugar. The Association offers science-based educational resources to educators, consumers, and health professionals to enhance understanding and confidence in where sugar comes from and the roles that sugar plays in a nutritious, balanced and enjoyable diet. [Follow us on social media at @moretosugar.](#)

Diversity Education Aids in Understanding

Linda Lowber (OK), Diversity Committee Member

As I am sure that every state with a land grant university with Extension is careful and mindful of its Diversity policies and efforts, Oklahoma State University certainly prides itself on its proactive Diversity teaching.

I have learned a great deal about diversity since I came to work at Extension. Early in my Extension career I enrolled in Leadership training and was fortunate to take many classes about the subject and have continued the practice as often as I am able. Some of the courses include:

- Understanding Generational Differences
- Diversity Made Simple
- Understanding the Scars of Diversity
- How to Learn About Others Without Offending
- How to Talk About Symbols and Racism

I was fortunate to be involved in a couple of book studies offered by the university called Racial Justice Book Club, using the book "Waking Up White" and then later, "Killers of the Flower Moon". Each of these led to meaningful conversations of what the authors/characters in the stories went through. Each of them helped me to open my mind about what people of different ethnicities have gone through. Some of the participants had personal experiences of having been discriminated against.

During the NEAFCS Conference, I was able to attend a session, Diversity Panel Discussion. At this session, I learned there is still work to do in showing and working with indigenous people of their worth. It is all about building relationships with others. A meaningful phrase was Good Intentions vs Knowledgeable Actions. What are the solutions; appropriate, needed and wanted? There has been much work accomplished but much more is needed.

I look forward to continued learning regarding diversity and am grateful to work for a university who strives to be at the top in this field.



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GET TO KNOW THE NEAFCS EXECUTIVE BOARD

Hometown: Wheaton, MN



Top career highlight:

Serving on the NEAFCS Executive Board is definitely up there! Followed by playing a role in developing the NEAFCS Leadership Experience. Getting to work with educators across the country and hopefully help newer educators become confident leaders!

Advice for your younger self as a new agent/educator:

Do not be afraid to take risks and ask questions. Not everything we do in Extension is going to be successful and that's okay. We learn through thinking outside the box.

Favorite Sports Team



I'm an avid Minnesota Twins baseball fan, and as a two-time South Dakota State alumni, I'm a huge fan of Jackrabbit football and basketball! Go Jacks!



Three items you'd take sailing in Rhode Island:

My phone for photos!



LISA PETERSON
SECRETARY

UNIVERSITY OF ILLINOIS EXTENSION

Your work in Extension in one word:
Impactful



National Extension Association
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NEAFCS

Network Newsletter

Question of the Month

Having read the December NEAFCS Network Newsletter, can you answer a question found in it? Monthly, the **first five people** to answer the question correctly will be entered into a drawing for registration for the 2023 Annual Session to be selected in Summer 2023. To view and answer this month's question, visit <https://forms.gle/CfoHyVu9aYSraUc18>

Additional News & Opportunities for NEAFCS Members

- [Home Baking Association December Slides offer live links to so many social media, classroom or consumer connections for baking's best.](#)



[Billie Frances Mauntel \(AZ\)](#) - Life Member

Arizona State EFNEP Coordinator