

NEAFCS Newsletter July 2022

President's Message

Susan Routh (OK), NEAFCS President



Please click the image above or visit <https://youtu.be/0bzJRzP5kVs> to watch this month's President's Message.

Don't forget to participate in the Newsletter Icon Contest for the 2022 NEAFCS Annual Session. Locate the special icon (Wright Brothers airplane) in each issue of the NEAFCS Network newsletter 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.

Bylaws Proposed Changes

Donna Donald (IA), NEAFCS National Past President and Bylaws Committee Member

Bylaws are the operating rules that guide the internal affairs of an organization. Each year the bylaws committee gives careful and cautious attention to consideration of changes. The general content in bylaws is standard for organizations and revisions are made only when necessary to reflect new goals, changing environment, or new operational needs. Information that changes frequently are included in standing rules or procedures manual.



Proposed bylaws changes are to address membership classifications. The bylaws committee researched membership categories/classifications (requirements as well as rights and privileges) in other Extension national organizations as well as Family and Consumer Sciences organizations. Simplicity and inclusion were recurring themes. With the intent of being a welcoming and inclusive organization, the proposal is to have five membership classifications:

1. Active Member – part A stays the same and part B includes what was previously called associate member (for employees located where there is no state/territory affiliate).
2. Associate Member – new category for Extension employees with less than a bachelor's degree. Membership in a national organization is a step towards encouraging Extension employees to further their education and see Family and Consumer Sciences as a viable career path.
3. Life Member – stays the same.
4. Partner Member – stays the same.
5. Student Member – stays the same.

*Note: Member-In-Transition – removed, being used infrequently.

*Note: There are some differences in rights and privileges as well as dues for the five membership classifications.

The other changes throughout the bylaws are related to the membership categories. The only exception is Article III – Dues and Fees, new section 3. This clarifies when an increase in dues becomes effective after a vote at an Annual Session.

Meet the 2022 Candidates for National Office

Dianne Gertson (TX), NEAFCS Immediate Past President & National Nominating Committee Chair

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 Eastern and Western Regional Director candidates will give their three-minute speeches and be elected by voting delegates during their respective Regional Awards & Business Meetings on Tuesday, September 13 from 11 AM - 1 PM. All other candidates will give their speeches during Opening Session on Monday, September 12 from 3:00 PM - 5:30 PM. They will be elected by voting delegates during the NEAFCS Annual Business Meeting on Wednesday, September 14 from 2:00 PM - 4:00 PM ET.

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 2022 Nominating Committee, it is my pleasure to present the candidates for the 2022-2023 slate of officers. Click here to view the slate and each candidate's position statement: <https://neafcs.memberclicks.net/2022-board-candidates>

I would like to personally thank the following Nominating Committee members for their hard work to ensure NEAFCS has a qualified slate of candidates.

- Central Region - Barb Wollan, Iowa; Jessica Trussell, Missouri
- Eastern Region - Lisa Fishman, Maine; Dhruvi Patel, Maryland
- Southern Region - Diana Romano, Oklahoma; Jill Harris, Kentucky
- Western Region - Kayla Wells-Yoakum, Washington; Ashley Dixon, Arizona

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.

- **July 25, 2022** - Deadline to apply to be a [NEAFCS Ambassador for the 2022 Annual Session](#)
- **August 5, 2022** - Deadline to submit your [30 Second Elevator Speech](#) for the Public Affairs contest
- **August 12, 2022** - Early Bird Registration closes for the 2022 Annual Session in Raleigh, NC
- **August 31, 2022** - Deadline to complete the [Public Affairs Survey](#)

Annual Session is on the Horizon! Be an Early Bird!

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

Annual Session is on the horizon, and you don't want to miss it! It's time to connect, celebrate and clinch the moment we have been waiting for since 2020! Raleigh North Carolina is waiting on us to show up and shine!

NEAFCS 2022 Annual Session registration is now open and will be in person! The conference will be held September 12-15 in Raleigh, NC. As of now, there are no limitations on attendance. View the [2022 Annual Session agenda](#) to see the variety of sessions offered. Please assist us by completing your registration and reserving your hotel room as soon as possible.

Early Bird Registration runs from now until August 12th! We want to encourage everyone to take advantage of the early bird rate. When you [register to participate in Annual Session](#), expect to receive top-notch professional development and fantastic networking opportunities. NEAFCS strives to give you more than what you bargained for!

As always, by being a member of NEAFCS, you can save on your registration fee! So, if you know someone who could benefit by being a member of one of the greatest associations in the nation, ask them to join today!! Just [click here](#) to go to the membership application.

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@aq.tamu.edu. It is my privilege to serve as your Vice President for Member Resources.



Go In-Depth with The Poe Center

Sydney Knowles (NC), NEAFCS Annual Session Planning Committee
Tri-Liaison



We are two months away from our 2022 Annual Session! I am Sydney Knowles, serving as a tri-liason for the NEAFCS 2022 Annual Session planning committee. To help get you excited for September, I wanted to share a little information about one of our in-depth sessions.

One of our long-standing partners with NC Cooperative Extension is The Poe Center. The Poe Center is a nonprofit organization out of Raleigh, NC that provides health education for the public. They have a team of health educators that work across the state to provide education on nutrition & physical activity, adolescent development, substance use prevention, dental health, bullying prevention, mental wellness, and more. At your in-depth session, you'll be able to tour The Poe Center's immersive teaching center, a popular field-trip destination for our schools and 4-H summer programs.

During our in-depth session "Shopping for New Ideas," you'll be able to plan and implement a pop-up grocery store learning experience for families to improve nutrition education in your own community. Our speaker for this session is Lauren McCallum, Health Educator and Assistant Director of Nutrition and Physical Activity at The Poe Center. I have personally worked with Lauren for years across a variety of health committees and am excited to have her expertise in leading a session for us this year!

For more information about the Poe Center, visit <https://www.poehealth.org>. I hope you enjoy this session, and all of the wonderful sessions we have planned for you this year. See you in September!

President's Charity

Susan Routh (OK), NEAFCS President

A graphic for the 2022 President's Charity. It features a portrait of Susan Routh, NEAFCS President, on the left. To the right is a red biplane flying over a blue map of North Carolina. A white banner draped across the map reads "NEAFCS ENDOWMENT". Above the map, the text "2022 PRESIDENT'S CHARITY" is displayed. Below the map, it says "\$22 OR MORE IN 22". The NEAFCS logo is in the bottom right corner. A blue box above the portrait contains the text "Susan Routh NEAFCS President". A red box at the bottom left of the graphic contains the text "2022 President's Charity".

Click the image above to view the video message or visit <https://youtu.be/VESsM7sPzaA>.

Your Voice Matters!

Jennifer Bridge (KY), Vice President for Public Affairs

The NEAFCS board is always looking for ways to meet the needs of our members. This month there are two opportunities for you to provide feedback in Public Affairs. The first is a [survey](#) related to impact statements. Please take time to provide your thoughts so we can share the great work NEAFCS members are doing across the nation. We made it quick and simple to save you time and effort! **The survey will close out on August 31.** The results will then be compiled and shared during the Vice President Public Affairs and committee meetings at NEAFCS Annual Meeting so we can discuss and use in the plan of work. We will also incorporate the information into an upcoming webinar related to *Telling Your Story and Sharing Impact*.



The second opportunity is for members to share their [30 second Elevator Speech](#) or as I like to say, "I impact lives every day, let me tell you how!" speech. We made this process simple as well. Go to the [link](#) and submit your written speech **no later than August 5.** Keep in mind the written speech should be comfortably said within 30 seconds. A committee will then review submitted entries and the top three will be invited to record their speech to be shared during the opening session of this year's NEAFCS Annual Meeting. Each of you are valuable to our organization and I look forward to your submissions!



Something New at Annual Session!

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

We need volunteers!

Can you help others at Annual Session to learn some new skills? We want to offer a skill building session on how to use TikTok and other social media venues. Will Ferguson, our web master and technology guru, is willing to do a skill building session. We would like additional volunteers to help hands-on with training people who are interested in learning a new skill such as how to use TikTok.



We know viewing how to do it is fine but doing it while someone helps you increases the chance you will be able to do it and use it in the future. If you are like me, it really helps to have a person watching and guiding me through the process while I try to do it. It's great to see but I need more time than they usually give you.

If you would be interested in helping other NEAFCS members learn some new skills to use in social media, please email me at brinkman.93@osu.edu. I will send you more information about how you can help as we get closer to Annual Session.

Be on the lookout next month in my article for a contest we plan to offer.

Southern Region Fast FACS

Keishon Thomas (GA), NEAFCS Southern Region Director

Oklahoma submitted by LaDonna Hines

The OSU Extension Community Nutrition Education Program (CNEP) in Oklahoma has been involved this summer with a program called Harvest Highlights who partners with the Oklahoma Nutrition Information and Education (ONIE). CNEP's Nutrition Education Assistants travels to their local Farmer's Markets and record videos of the vendors and their produce/goods to post on the OSU Extension County websites and Facebook pages. ONIE has supplied tokens for purchasing, canvas bags and recipe cards for patrons. Also, the Nutrition Assistants conducts a food demo with the highlighted food items and posted it as well. This is being done once per month in the 3 summer months across Oklahoma.



Georgia Submitted by Rachel Stewart

In November 2021, working in collaboration with 7 other Extension offices across the country, Brad Averill, a UGA Extension Family and Consumer Sciences Agent started a "30 for 30 Walk-a-Weigh" Facebook Group. The idea of this project was simple. Walk for 30 minutes per day for 30 straight days. Members were asked to post pictures of their daily walks. At the conclusion of the "30 for 30 Walk-a-Weigh" on May 31st, 2022, the group had 1,353 members who have submitted 3,476 posts, 3,883 comments, and 49,106 reactions.

Join us on Facebook! <https://www.facebook.com/groups/1232668387239493>

Virginia Submitted by Rebecca Sheffield Gartner

We met during our VESA Annual Conference on May 18. Many of us will be attending the NEAFCS Annual Session in Raleigh!

Ohio Update: Healthy for Life Community Nutrition Program

Tammy Jones (OH), Ohio Affiliate President

Jenny Lobb, MPH, RDN, Family and Consumer Sciences Educator for OSU Extension, was recently awarded \$2500 to implement the [Healthy for Life Community Nutrition program](#) at the Mount Carmel Healthy Living Center (MCHLC) in Columbus, OH. Founded in 2015, the MCHLC is a community health and wellness center that provides free health and wellness education to community members. The MCHLC serves individuals who live in and around zip code 43222 where it is located. This community, known as Franklinton, currently has the lowest life expectancy in the state of Ohio (<https://www.healthpolicyohio.org/2021-health-value-dashboard/>).



In July-August 2022, Jenny will deliver four educational experiences from the Globally Inspired Home Cooking module of the Healthy for Life curriculum to approximately 25 people served by the center. Each experience will include a food demonstration and tasting, and participants will take home a meal kit after each experience so they can prepare recipes from the curriculum on their own. In addition, participants who attend all four classes and complete a post-program evaluation will be entered into a raffle to receive an appliance such as an air fryer or electric pressure cooker.

Future Retirees Needed – Become a Life Member!!

Michelle Wright (TX), Vice President for Member Resources

Has retirement crossed your mind lately? NEAFCS Life Members have sounded the alarm for all future retirees to join the ranks after retirement by becoming a Life Member! If you can answer yes to the following after retirement, 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, join this select group of retired Extension professionals!! The final step is making a one-time payment of \$300.00 to NEAFCS. If for some reason you ever want to re-enter the Extension service, you will be required to resume active membership status and pay annual dues. Download the [Life Member application](#) today!



Life Members have the following rights and privileges:

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

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.

We Don't Know, But It Will Be Good

NEAFCS Endowment Committee

Why give to the NEAFCS Endowment? What will come from my contribution? Those are very appropriate questions. Interestingly, even though I am a contributor AND an advocate for the endowment, the only answer I can give is this: "We don't know."

What? That's not much of an answer!! *Or maybe it is. . .*

I see a comparison to the story told in "The Secret History of Home Economics" (2021) by Danielle Dreilinger. The Iowa NEAFCS affiliate is exploring this book this summer, and one of the things that struck me was the important role that money and other resources played in our history. The Lake Placid Conferences (1899-1909) played a major formative role in our

profession by gathering people together to share ideas and define our vision. There were FUNDERS that helped make those conferences possible.

Of course, it wasn't *only* money that mattered. There were already visionary leaders who had started to look at household challenges in new, scientific ways. But had there not been a focused gathering of those visionaries – a gathering made possible by FUNDS – the new profession might not have been formed... or at best it would have been formed more slowly and less cohesively.

But when the funders and participants committed to the first Lake Placid Conference, did they know what would come from their contributions? No. They didn't know. They just knew they were putting a process in place. And they made progress. It was good.

That's how it is when we contribute to our NEAFCS Endowment Fund – we're investing in an unknown future for our profession. We don't know more than a year ahead *exactly* what the money will be used for, but we know that NEAFCS has a project funding process in place that's guided by experienced and committed people. WE (all of us as NEAFCS members) have the opportunity to use that money to try something new and different – something that will bring progress to our Extension Family and Consumer Sciences profession.

What will come from your contribution to the NEAFCS Endowment? We don't know, but it will be GOOD. Your gift helps build a better future for our profession. I encourage you to give today!

Meet the Board

Kate Shumaker (OH), NEAFCS Secretary

Hello NEAFCS Family! This is my next to last newsletter to put together with the amazing technical assistance of Will Ferguson. *Really, he does most of the work!* I can honestly say, even with COVID and virtual Annual Sessions, this has been an amazing experience and I would do it again.

Let me share with you how I became a NEAFCS Board member. Someone asked me to run for office. And I said yes! Maybe a little hesitantly, but I still said yes. Of course, there was the complete application process and election. But it all started with saying yes.

Before that over the years, I had grown my leadership and visibility in many other ways by saying yes:

- To being an officer for my state association and other groups in a variety of positions
- To serving on various NEAFCS committees as both member and chair
- To volunteering at Annual Session

Time is a precious commodity, so there have been times when I have had to say, "Thank you for thinking of me, but now is not a good time. Perhaps in another year or two" and that's okay.

Personally, I am looking forward to gaining a little bit more free time in my schedule after my term is up . . . and there are already programs waiting to fill those hours! Hopefully I can also become more active on some committees next year.



Can't wait to meet so many of you at Annual Session!



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Public Issues Leadership Development (PILD) 2023 Conference

Together we will craft our unified Extension message for year-round advocacy. Learn about the structure and funding of Extension including pre-conference workshops with capitol staffers. Work with your home university to set up visits with House and Congressional representatives.

D.C. by Twilight and Monument Bike Tours

PILD is open to all Extension professionals in 1862, 1890, and 1994 institutions and we invite you to learn and practice leadership skills, meet federal partners and explore national priorities and funding streams.

Additional News & Opportunities for NEAFCS Members

- [JCEP PILD Request for Proposals for Presentations](#)
- [Webinar - NIFA Nutrition Security Webinar Series - EFNEP: A Model Of Cooperation And Collaboration, Resulting In Improved Nutritional Health And Wellbeing Of Families With Limited Financial Resources](#) - July 19, 2022 at 2:00 PM Eastern