

NEAFCS Network Newsletter March 2022

President's Message

Susan Routh (OK), NEAFCS President



Please click the image above or visit <https://youtu.be/27AJvsPee5U> 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.

What YOU Need to Know NOW in NEAFCS!

National Office Staff

- **NEW** - [NEAFCS Corporate Sponsor Program](#)
- **March** - Living Well Month
- **March 15, 2022** – National Awards Submission deadline (Affiliate Deadline for submission may be earlier – check with your Awards VP)
- **April 1, 2022** - Journal of NEAFCS Article Submissions Due

- **May 1, 2022** - Hall of Fame Nominations due (Any member may be nominated by State Affiliate President)
- **May 1, 2022** - Applications for National Officer Candidates due to National Office
- **May 1, 2022** - Bylaws Proposals due to NEAFCS Secretary [Kate Shumaker](#)

NEAFCS Connecting with Collogues - Connections that Make a Difference

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

NEAFCS would like to increase your member benefit power once again by your participation in our upcoming Connecting with Colleagues opportunities in 2022. Meetings will connect members on a variety of topics. We are working hard at meeting your professional expectations by providing subject matter relevant to Family and Consumer Sciences. Our upcoming Connecting with Colleagues meetings will be scheduled for April, July, and October. Meetings are specifically designed to meet the needs of an expert as well as a novice learner. NEAFCS recognizes the importance of building connections and the benefits that transpire from them. Most importantly, connecting with your colleagues can create an environment that will promote exciting collaborations. Connecting with Colleagues meetings are open to all NEAFCS members. Pre-registration is required for each. Promotional information will be made available soon. We want to encourage each of you to take advantage of these exciting networking opportunities. 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.



Public Institute Leadership Development (PILD) Conference

Jennifer Bridge (KY), NEAFCS Vice President for Public Affairs

It's hard to believe April is almost here! I am looking forward to seeing the cherry blossoms in Washington DC when I attend this year's PILD conference. It's not too late to register and as a reminder, anyone can attend this conference, not just your affiliate leadership team.

The JCEP PILD conference *All Systems Go-Navigating National Identity for Local Impact* is being held on April 3-6 at the Hyatt Regency Crystal City in Arlington, VA. The Keynote for this year's conference will be Mark Bayer with Bayer Strategic Consulting. His presentation titled *Breaking Through Is Hard to Do: Getting Your Voice Heard in Congress* will focus on determining if your priorities can get the attention of policymaker and their staff as well as communication before, during and after. We will also hear from national program leaders, representatives from ECOP, NIFA and many other wonderful speakers.



Registration will close soon, so don't wait to make hotel reservations and register for the conference. Information and registration are available at www.jcep.org/pild.

I hope to see you in DC!

USDA NIFA FCS Update

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



Greetings FCS Program Leaders!

NIFA’s Division of Family and Consumer Sciences FY2022 grant programs are focused on community and economic development, civic engagement and leadership, and family and community health. Several requests for proposals have been published including Farm Business and Benchmarking Program (FBMB), Small Business Innovation Research (SBIR) Phase II, Rural Health and Safety Education (RHSE) and Farm and Ranch Stress Assistance Network (FRSAN). If you have questions regarding these programs, consult NIFA’s website or please contact the NIFA’s National Program Leader for more information.

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

NEAFCS Nomination Video

Dianne Gertson (TX), NEAFCS Immediate Past President



Click the image above or visit <https://youtu.be/9JBZeHfsAZc> to watch the video.

Oh no! Did You Miss These Great March Webinars?

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

There are so many great webinars and only so much time in the day. If you missed one, go to the NEAFCS Webinar Archive page at <https://neafcs.memberclicks.net/webinar-archives> to view the recording. The most recent listings will always be at the top. You never know though . . . browsing through the categories by subject just might turn up the spark you need for your next program!



1. *Peer-Reviewed Publication Basics: Overcoming Perfectionism and Disseminating Impacts* - If you need to have peer reviewed publications this webinar will help you. Join Maren Voss, ScD, PhD (UT) who will draw on her experience as an Extension faculty member to help you identify the processes of turning programming into published, peer-reviewed reporting. She has worked under more than a dozen faculty mentors at five different institutions and will provide you with specific examples demonstrating factors that lead to publication success.
2. *How Families and Communities Can Use the Monday Fresh Start to Get Moving for Health* - Learn more about *Move It Monday* and adding it to your programming to help motivate people to adopt healthy behaviors. *Move It Monday* is a non-profit initiative that encourages individuals of all fitness levels to start the week with physical activity. Cherry Dumauval and Meghan Crowley will explain how using this programming has been shown to motivate people. You can use this programming to help your families and communities.

So, You've Applied for An Award...Now What?

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

As the March 15 national deadline for NEAFCS draws nearer, it may be tempting to heave a deep sigh of relief that awards season is finally over.

But wait...not so fast!

Awards submissions may be over but there is still so much more to do. The next step is for each affiliate to complete the State Winner Form with the list of winners they want to submit for regional and/or national award consideration.



Once these applications are submitted, they will be sent to the judges for scoring in each category at both the regional and national levels. Notifications to winners and non-winners alike will be sent out in early May.

Then, of course, the regional and national award winners will be recognized in high style at the NEAFCS conference in Raleigh, NC. Expect lots of smiles, sparkles, and thundering applause!

BUT FIRST...

Before we get to the fun stuff, we need to recruit awards judges. Be on the lookout in the next couple of weeks for an email from me looking for members to step up and support their colleagues by judging awards. And don't forget: You can still be a judge even if you signed up for regional or national consideration. There are a lot of awards categories that need judging, so there is sure to be one you haven't applied for that would be perfect for you to judge.

Stay tuned!

Diversity Survey for Future Webinars

Glenn Sturm (VA), NEAFCS Diversity Committee Past Chair

For 2022, the NEAFCS Diversity Committee is looking to provide membership with more opportunities for both diversity-related professional development, and to learn about what wonderful diversity programs are going on nationally in Extension. To this end, we are planning to host diversity-related webinars in 2022 and would love YOUR feedback on which topics you're most interested in. Please complete the brief survey below!

https://vce.az1.qualtrics.com/jfe/form/SV_aUXwwlJCFiRf8G



NEAFCS Members Come Together at JCEP

Lisa McCoy (MD), NEAFCS Eastern Region Director and Rick Griffiths (NM), NEAFCS Western Region Director

During the Extension Leadership Conference in Kansas City, MO last month, over 50 NEAFCS members attended our association meeting. Prior to the meeting, we sent out a survey to members attending the meeting and had meeting participants provide additional comments on the survey results. We had great discussion among members and the results were recorded and reviewed by NEAFCS President Susan Routh, President-Elect Julie Garden Robinson, Regional Directors Rick Griffiths and Lisa McCoy and NEAFCS National Office Staff Danielle Jessup and Will Ferguson. From these review sessions, several items were identified to be shared with NEAFCS committees such as awards, membership, public affairs, webinars, bylaws, and professional development.



Here is a synopsis of the comments and recommendations provided by our members who attended ELC:

- Membership:
 - Promote the benefits of NEAFCS membership to help recruit new members
 - Expand membership to paraprofessionals and FCS students
 - Reduced membership fees for first year members
 - New member cohorts yearly
 - Communicate the value of NEAFCS membership (this could also be shared with administration)

- Other Member benefit suggestions
 - Retirement and finding educators to follow
 - Corporate benefits (i.e., discounts on rental cars or insurance, box store discounts)
 - Professional coaching
 - Curriculum database
 - Officer training and /or cohorts

- Professional Development
 - Create an administrative track – leadership

- Public Affairs
 - Clarify job titles, expectations, degrees, family, and consumer sciences – can share with fellow Extension colleagues to understand it is not a soft science
 - Create elevator speech for advancing FCS Extension
 - Website impact statements

- Awards
 - Recommend at least 75% of members for team awards be a member of NEAFCS
 - Use scholarship monies to provide mini grants to support programs that can be shared at annual session
 - Travel / host for award winners
 - More SNAP-ed awards
 - More individual Wellness awards (example: weight management)

Things To Do Nearby Raleigh, NC

Emily McClure (NC), NEAFCS Annual Session Marketing Committee

My name is Emily McClure, and I am serving as a member of the NEAFCS 2022 Annual Session marketing committee. I have compiled a list of fun places to visit while staying in Raleigh. Remember Raleigh in September is still going to be pretty hot during the day so bring light clothing and maybe a jacket if you go out at night.

If you are coming early to the annual session and like baseball, you can catch a Durham Bulls baseball game against Scranton in September 10th or 11th.

If you enjoy museums, visit one of the many museums in the area. The North Carolina Museum of History has free admission and hours are Monday-Saturday 9am-5pm or Sunday 12 noon-5pm. The Nature Exploration Center in Downtown Raleigh also has free admission with hours Tuesday-Sunday 10am-5pm. Are you bringing your kids? Check out Marbles Kids Museum. They have activities for kids mostly 10-years-old and younger. Hours are Wednesday-Sunday 10am-5pm and admission is \$9.00/person.

The Randleigh Dairy Heritage Museum is a unique agritourism experience for children and adults to learn how wholesome milk gets from the farm to the table. Guided tours are available for groups of 10 or more and cost \$15/person. NC State famous Howling Cow ice cream is served at the end of each tour!



I hope this gives you a few ideas on how you can experience the beautiful city of Raleigh to its fullest while you are visiting for NEAFCS Annual Session.

Let's Hear it for the Silent Auction!

Melissa J. Rupp (OH), NEAFCS Awards Sponsorship and Support Committee Chair

When I travel, I love to experience the local flavor of the places I visit. The food, the history, the artists, and architecture. When we gather together as Extension FCS professionals, we have the opportunity to bring bits of our local culture to share. Each year the Sponsorship and Support Committee is charged with raising funds to support the Awards and Recognition given at the Annual Session. Most notably the Silent Auction! This year we are thrilled to be convening in North Carolina and would like to invite you to get involved.



Consider where you want to plug in:

- Join the committee and meet some great people
- Consider a leadership position on the committee and guide future auctions
- Plan now to donate something special to the silent auction from your state
- Work with others to put together a basket from your affiliate for the silent auction
- Volunteer to help at the silent auction table in September
- BID, BID, BID and support your fellow award-winning members

The Sponsorship and Support committee is a fun way to engage in service to your organization. If you have questions or want to talk about how to start, please send an email to rupp.26@osu.edu. I look forward to chatting with you!

Southern Region Fast FACS!

Keishon Thomas (GA), NEAFCS Southern Region Director

The first quarter of 2022 has begun with a stellar start for programming in the Southern Region! We are invigorated and helping our clients to modify behavior and impact their lives for the better. Here are a few Fast FACS from around the South:

Louisiana is providing education through The Vivian Family Dinner Nights program. This program was designed to provide families with nutrition lessons, skill building lessons for parents, and hands-on innovative activities for youth. This four-week series provided families with handouts and nutrition education incentive items provided by EFNEP staff. Door prizes and meals were funded by the National Recreation and Park Association (NRPA) Nutrition Hub grant awarded to the Town of Vivian.

Alabama is changing lives through The Walking Like a CHAMPION Program. This is an on-going statewide program that addresses Alabama's continuing challenges with obesity (39%) and physical inactivity (29%). Interactive nutrition and physical activity lessons are offered through social media, Zoom, and



face-to-face. For two years, over 7000 virtual and face-to-face participants have engaged in the program.

Kentucky is mobilizing to do service projects helping families all across Central KY in impactful ways! The KY Affiliate also unveiled a custom KEAFCS logo featuring the colors of both representative universities and they plan to use it for marketing the association. February saw most FCS extension agents across the state in training on new curriculums and USDA updates.

Texas is empowering members of their community to take the matter of their health into their own hands by teaching them how to eat better, be more physically active and effectively work with their health care providers. Through Extension Programs, agents are implementing educational health and wellness programs such as; Cooking Well with Diabetes; Strong People, Strong Bodies; Step Up, Scale Down; and Walk Across Texas.

North Carolina is busy working hard to plan the 2022 Annual Session which will be held in Raleigh, NC. We hope you will join us September 12-15 as we take flight to reach new heights.

Central Region Update

Cindy Thompson (IA), NEAFCS Central Region Director

Iowa/Kansas - As a direct result of our 2021 Virtual NEAFCS Annual Session, a fun collaboration has developed between Kansas State University and Iowa State University. Donna Krug, District Director and FCS Agent, led a concurrent session on fermentation at Annual Session, a topic extension educators in Iowa don't deliver programs on but get lots of questions in their other offerings. Jill Weber, Human Sciences Specialist in Food and Health attended the concurrent session and learned so much she shared the session with ISU Extension and Outreach's food preservation committee. With support from the committee, Jill reached out to Donna and invited her to come to Iowa to provide professional development to Food and Health specialists. Donna responded quickly and is excited about the opportunity. Plans are underway for Donna to travel to Iowa in April for a 2-hour presentation with the purpose of providing the team with a deeper understanding of the fermentation process so they are better able to answer questions.



Ohio - The Ohio State University Extension Tai Chi Team consisting of Lorrissa Dunfee, Misty Harmon, Roseanne Scammahorn and Ken Stewart began offering a virtual Tai Chi series starting in February. There are over 50 participants ranging in age from early 40's to mid-80's. It has been such a wonderful experience and the participants are so appreciative for this opportunity. The Team has another virtual series scheduled starting at the end of March.

Meet the Board

Glenn Sturm (VA), NEAFCS Treasurer

Greetings from Coastal Virginia! I joined the NEAFCS board as the Treasurer at the end of last year, and while I'm still learning the ropes, I've enjoyed getting to work with the other board members!

I was actually first introduced to Extension as an AmeriCorps VISTA in 2011, working with a Virginia Cooperative Extension (VCE) specialist to help finalize, introduce, and market the Master Financial Education Volunteer Program. After college, I initially had my heart set on a career in international microfinance and had intended for my VISTA year to be a resumé builder towards that career path. However, after working alongside Extension specialists and FCS agents, I came to love their work and their mission. After completing my VISTA year, I would join VCE as an FCS agent in Gloucester in 2012, where I've been ever since!

My main programming area is in personal finance and financial education, where I am an Accredited Financial Counselor (AFC), but I also provide programs in nutrition, physical activity, well water safety, and diversity and inclusion (D&I), where I currently serve as a D&I Fellow for VCE's soon-to-be Northeast District.

I am a proud Hokie, having completed my undergraduate degree from Virginia Tech in 2010 (Finance), and would complete my master's degree from the same university in 2016 (Education). As a Virginia Tech faculty member through VCE, I've been a Virginia Tech student or employee for virtually all of my adult life!

In my free time, I serve as a board member for the local Lion's Club chapter, and also as a co-board president for Literacy Volunteers of Gloucester, a 501c3 non-profit that provides tutoring services for adult GED, ABE, and ESOL learners.

2021 was a big year for me – I was married in July and my wife, and I adopted our two wonderful dogs, Tater and Biscuit, in October. Now much of my focus goes towards being as good of a husband as I can be and being the type of person my dogs think I am!

Looking forward to seeing you all (fingers crossed) in Raleigh in September!



Meet the Board

Lisa McCoy (MD), NEAFCS Eastern Region Director

I am in my second year serving as Eastern Region Director and it has been a great experience learning more about NEAFCS and getting to know other members in my region. I am a tenured FCS senior agent with the University of Maryland Extension. I cover the western region of the state (in the mountains) focusing on chronic disease prevention and management, mind-body medicine, food safety, nutrition for older adults, green cleaning, health insurance literacy and virtual program building. In addition to Region Director, I am active in the Leadership Experience as both a mentor as well as serving



on the planning committee. I have a strong interest in mentoring; I am doing research on our UME mentor program for my doctoral dissertation. I also serve as president of the Maryland Tau ESP chapter.

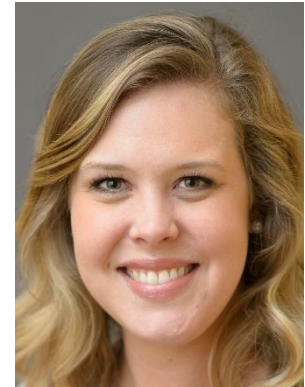
I have been a Registered Dietitian Nutritionist for over 40 years and received my B.S. and M.S. from Virginia Tech. My daughter Ashleigh also graduated from VT where she met her husband (just married in 2021) so Orange and Maroon run strong in our family. I am a proud doodle mama having survived my first year with my mini golden doodle puppy, Bailey. In my spare time, I enjoy reading, visiting wineries with friends, being outdoors and traveling. I look forward to seeing everyone in Raleigh at annual session and serve on the planning committee to make the 2023 annual session in Providence a great experience!

NEAFCS Journal Article

Meagan Brothers (IN), NEAFCS Journal Committee

As you consider submitting proposals for Annual Session and Awards, I invite you to also to consider submitting an article to the peer-reviewed Journal of NEAFCS. This is a wonderful way to showcase your efforts and share your successes and programming ideas with colleagues around the nation. We also need peer reviewers – what a great way to read about and provide feedback for those who submit articles. Submissions are due April 15, 2022. All the information you need to know is located on the website:

<https://neafcs.memberclicks.net/journal-submission-guidelines>. Contact Co-editors Ashley Dixon at adixon@email.arizona.edu or Rebecca Hardeman at rlhard@uga.edu with any questions.



Also, if you haven't seen it yet, be sure to check out the 2021 Journal of NEAFCS! <https://neafcs.memberclicks.net/journal-of-neafcs>. You can also view past publications as well.

Are You Your Colleague's Keeper?

Diandria Barber (GA), NEAFCS Awards Committee

Have you heard the saying – “my brother’s keeper”? In 2014, President Barack Obama launched the “My Brother’s Keeper” initiative to address opportunity gaps boys/young men of color face and to ensure all young people can reach their full potential. Or maybe you are familiar with the saying from the story of Cain and Abel in the Bible. Yep...that one...Cain kills Abel because he may or may not have been a little jealous. When pressed on Abel’s whereabouts (after...you know...he kills him), Cain responds “Am I My Brother’s Keeper?” In other words, am I responsible for the well-being of my brother/sister, and making sure they reach their full potential?



The answer...Yes! At least when it comes to applying for awards during next award’s season. You may work with individuals who are doing award worthy work but are afraid to apply for awards. It may be fear...fear of rejection, fear of the work it takes to submit an award, or fear of being laughed at. Be your colleague’s keeper...encourage them, act as a resource, support them. Help them to see their own full

potential and help them dive into next award's season with no fear. I'll ask you again, "Are you your colleague's keeper"?



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):



[Marian Anderson](#) (MN), Life Member - For a total of 33 years, Marian worked for the U of M Extension in both Big Stone and Rice counties.



[Dr. Jim Van Horn](#) (PA), Professor Emeritus and founder of Better Kid Care passed away at home in State College. Jim was a champion of family education programs at Penn State for a long, long time. He and his wife, Beth contributed immensely to Family and Youth Development programs.