

NEAFCS Network Newsletter

May 2022

President's Message

Susan Routh (OK), NEAFCS President



Please click the image above or visit <https://youtu.be/C85FIO6A-Us> 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

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

- **NEW** - [NEAFCS Corporate Sponsor Program](#)
- **Mid-May** - 2022 NEAFCS National Awards Program Applicants Notified
- **Late-May** - 2022 NEAFCS Annual Session Registration to Open

- **June 8, 2022** - NEAFCS Life Members Mid-Year Meetup. All Life Members are welcome and encouraged to join us at 4:00 pm Eastern. **[Pre-Registration is required.](#)**

NEAFCS – We Have You Covered!

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

Do you know that NEAFCS has you covered? NEAFCS has so many wonderful member benefits to offer our membership and we hope that you are taking full advantage of them! Because you have joined this great organization, these member benefits are at your fingertips! Without a doubt, you will get your money's worth by being a member!



As a member, you have.....

1. Access to a growing, nationwide network of nearly 1,800 Extension professionals actively involved in Family and Consumer Sciences programming in their communities.
2. Opportunities to develop and enhance your leadership and management skills by serving in a leadership capacity on the state or national level.
3. Forums for presenting research and program information and discussing common Extension concerns at the Annual Session (i.e., webinars, concurrent sessions, and poster sessions).
4. Opportunities to publish research in a peer-reviewed publication – the online Journal of NEAFCS.
5. Recognition for outstanding achievements through extensive awards and recognition programs.
6. Access to professional development opportunities on the state, regional and national levels. This includes free webinars for all members sponsored by NEAFCS, valued at \$50 each or more.
7. Discount on Annual Session registration packages for members.
8. Ability to earn continuing education credits through participation in the Annual Session and webinars.
9. Up-to-date information on the latest products, methods, materials, and technological advances to enhance the effectiveness of your programs.
10. Opportunities to obtain free programming information and network with vendors at Annual Session.
11. Opportunity to serve as External Reviewers for promotion and tenure as well as publication reviews. In addition, they assist members with their state's tenure and promotion process.
12. Opportunity to develop lasting friendships.
13. Access to creative networking opportunities through www.neafcs.org.

Finally, encourage FCS students to become student members because they are our future! (Don't forget your student interns because we have a place for them too).

In closing, take advantage of what NEAFCS has to offer you personally and professionally. Your member benefits are waiting! Be sure to check out the below membership document.
https://www.neafcs.org/assets/documents/membership-docs/neafcs_roi_web2.pdf

If you have any questions or need to speak with me, I am just a phone call away. My email is michelle.wright@ag.tamu.edu. It is my privilege to serve as the Vice President of Member Resources.

Award Winners Will Be Revealed SOON!

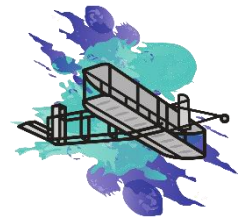
Samantha Kennedy (FL), NEAFCS Vice President for Awards and Recognition

Once again, I would like to thank everyone who took the time to apply for awards this year. We all have busy schedules and carving out time to submit your good work for recognition can be a challenge. However, it is so important that we not only toot our own horn, but that we celebrate each other. As a colleague of mine likes to say, "A rising tide lifts all the boats." The success of each individual contributes to the success of our profession overall. We are the tide; family and consumer sciences is the collection of boats.



Congratulations to everyone who won an award at their state affiliate level. All of those winners were submitted for regional and national consideration. Their applications have been sent out to be judged by NEAFCS colleagues across the country and the results should be in soon.

I know for some, travel support may be dependent on whether you won an award, so my goal is to have those winner announcements out by the middle of May – BEFORE early bird conference registration opens up. By the time you are reading this, we should be just about ready to send those announcements out.



Stay tuned and good luck!

Public Affairs

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

The 2022 Public Issues Leadership Development was a wonderful success and plans will soon be underway for next year's conference. Mark your calendars for April 16-19, 2023, at the Hyatt Regency Crystal City. Remember, you do not have to be an affiliate officer to attend!

Impact Statement Spotlight

Over the next few months Public Affairs will highlight parts of the 2022 Impact Statements. Our first spotlight is from the Childhood Obesity Prevention statement compiled by NEAFCS member Karen Ensle, E. Ed., RDN from Rutgers



Cooperative Extension. The section was submitted by the Arkansas affiliate and explains what, why, how many and impact results. Great job Arkansas!

Arkansas's 23,137 students participated in 5,275 sessions of "Extension Grows a Healthier You" classes. 20.6% of Arkansas youth are obese and benefitted from the classes. 84% intend to follow MyPlate, 54% ate healthy breakfast, 77% were more willing to try new foods, 63% ate more veggies, 61% are now more active.

Thanks to each of you who submitted information and I hope you've had an opportunity to read and share the 2022 Impact Statements. They can be found on the NEAFCS website under the Public Affairs tab. You do great work so make sure you share your impacts with others!

Professional Development Report

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

Are you ready to see each other in person? North Carolina has been very busy organizing a great conference for us with In-Depth sessions, a Welcome Event, Keynote and pre-conference speakers, and an Opening Session. Our program committee has completed getting concurrent session and Showcase of Excellence presentations in place for the conference. Many thanks go to Chris Kendle and Karla Belzer for completing this task. There were 115 proposals. Fifty-seven concurrent sessions and 16 Showcase of Excellence were accepted. Acceptance rate was 64% for Concurrent Session and 59.2% for Showcase of Excellence. It's going to be an informative conference as well as a great time.



We are in the process of scheduling two webinars and have one on the schedule for July already. If you want to view a past webinar or check to see if we have a webinar on a certain topic, you can find them [here](#). Do you have a presentation you could share? Complete the online proposal form. Webinar proposals are peer-reviewed. We also have an evaluation form which will provide you with feedback after your presentation. Also be watching for a webinar on our Impact Reports.

Endowment Winners for 2021 and 2022

Mary Ann Lienhart Cross (IN), NEAFCS Endowment Co-Chair

The Endowment committee makes recommendations to your NEAFCS Board about all aspects of your NEAFCS Endowment including but not limited to: promoting members awareness of the Endowment; Soliciting additional funds for the Endowment; and Providing appropriate recognition of donors; Disbursing funds for the benefit of members, through procedures outlined by the committee and approved by the board; and Providing input to the investment committee regarding endowment investment goals and decisions.



The amount available for disbursement each year is recommended by the Investment Committee in accordance with the NEAFCS Investment Policy Statement and approved by the board. Proposals for funding may be submitted by committees, affiliates or two or more individual members. Proposals must focus on innovative ideas in the areas of leadership/professional development, awards & recognition, public issues, and diversity, or other areas consistent with the NEAFCS vision and mission. The endowment committee solicits proposals annually through a process approved by the board, then reviews proposals and makes funding recommendations to the board.

The last two years your Endowment Committee has been working to make opportunities for members to apply for grants and awarding grants. The 2022 winners are teams led by: Western Region - Marsha A. Goetting, \$3,100.00, Using Storybooks to Teach Children and Adults about Alzheimer's Disease; National Committee, Kyleigh Brown - \$2000.00, NEAFCS Leadership Experience 2022; Central Region - Kristin Bogdan's - \$3,300.00, Illinois Extension Disaster Preparedness Workshops. The total awarded was \$8,400.00

Your 2021 winning teams were led by: Western Region - Julie Garden-Robinson - \$3000, Exploring Regional Extension Teamwork and Best Practices Project; Central Region - Margaret Jenkins - \$3000, Ohio Alliance for People-Centered Sciences Project; Western Region - Surine Greenway - \$3000, Smoking and Grilling Foods Train-the-Trainer; Central Region, Brenda Schmitt - \$1000, Remote Work Certificate Program Synopsis. The total awarded was \$10,000.00.

Please plan to give to your national president's, Susan Routh's charity which is our NEAFCS Endowment, the campaign if for each of you to donate \$22.00 or more in 2022. At our Annual Session we will celebrate the accomplishments of the present and ending this endowment, and begin a new one for NEAFCS. Plan to network with co-workers and apply for the grants on the NEAFCS website. You can learn more about the grants at Annual Session, on our web site, webinars, and by contacting committee members listed on our web site.

Indiana Health and Human Sciences Update 2022 Style

Marcia Parcell (IN), Indiana NEAFCS Affiliate President

After three years of Health and Human Sciences Update virtually, Dr. Angie Abbott welcomed a large group of educators to a two-day hybrid update. Dr. Jerome Adams shared his perspectives on health equity through insight gained as the Indiana State Health Commissioner, 20th U.S. Surgeon General, and the first Executive Director of Health Equity Initiatives at Purdue University. Darrell "Flash" Gordon challenged us to disrupt who we are to become who we want to be through transformational change using FLASH points.



Face up to change.
Learn your capacity to change.
Adopt a plan of action.

Secure a support system.
Hold on to change.

These points are explained in his book, *CHANGE DOES NOT OCCUR IN A FLASH*. Educators engaged in networking, honoring Barb Beaulieu, HD Specialist on her retirement, enhancing video skills and discussing ways to support each other to reduce burnout and shift workplace culture.

My take away, "Are you willing to sacrifice who you are for who you can become?"

Fast FACS

Keishon Thomas (GA), NEAFCS Southern Regional Director

We are busy changing lives across the southern Region. I am continuously amazed at the creativity and passion in our region. Here a few highlights of the great work being done.

Submitted by Becky Sheffield Gartner, VA

The Virginia Affiliate co-hosted a virtual State Conference with VAFCS in March. The theme was, "Reflect, Recharge, Renew FCS." Members were provided the opportunity to present sessions on variety of FACS topics.



Submitted by Liz Espie, TX

Several Family and Community Health Agents (FCH) from Texas, presented at Texas Retired Teachers Association Annual Conference. Agents also had a booth for Walk Across Texas (WAT!) and Master Wellness Volunteer Program (MWV). Agents were also able to discuss Extension programming, such as the Master Wellness Volunteer program, and connect attendees with their local Extension Office.

Working with the Dallas and Northeast Texas Chapter of the Alzheimer's Association, FCH agents presented a cooking demonstration as part of Healthy Living for your Brain and Body. Agents demonstrated 3 recipes highlighting the Mediterranean Eating Pattern and health benefits associated with the eating pattern.

Submitted by Rachel Stewart, GA

Georgia is continuing its efforts along with NC State Extension, University of Idaho Extension, University of Kentucky Extension, Purdue Extension, Montana State University Extension, Prairie View A&M University Extension, Ohio State University Extension on the 30-Day Wellness Program entitled 30 for 30: Walk-a-Weigh. The program was designed to promote walking/moving for 30 minutes per day for 30 consecutive days. Program participants were asked to post daily pictures or descriptions of their 30-minute sessions of physical activity over a 30-day period. This program had a local, regional, and national impact as a collaborative program with 1,212 participants from 16 different states and 9 different countries. Program participants walked a combined 56,310 minutes in 30 days.

Submitted by Leslie Workman, KY

Three KY affiliate members attended PILD in Washington, D.C. A great time was had by all. Time was spent with other NEAFCS affiliates in an exchange of ideas! The public affairs update led by Jennifer Bridge (KY) was very educational and we all learned a great deal about how our association Impact statements are created and shared.

The Kentucky affiliate had our state board meeting on Tuesday, April 19th in Elizabethtown, KY. We have a lot of members who are expressing interest in attending NEAFCS in Raleigh, NC in September. At least 4 from our affiliate plan to present during NEAFCS.

2022 President's Charity

Susan Routh (OK), NEAFCS President



Please click the image above or visit <https://youtu.be/jX3wdPMoVcQ> to view this message from NEAFCS President, Susan Routh.

I'm encouraging each member to donate \$22 or more in 2022 to the NEAFCS Endowment. Donations of any amount will be accepted. Donations can be made online at <https://www.neafcs.org/endowment>. Let's work together to create a lasting imprint on NEAFCS, support targeted projects, champion our profession and support the profession we believe in. I truly appreciate each contribution to the 2022 NEAFCS President's Charity.

Tips to Prepare for a Great Annual Session Experience

Ivelisse Colón (NC), NEAFCS Vice President of Professional Development and Recognition



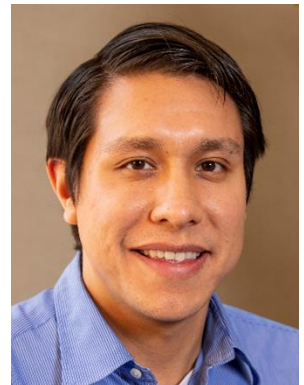
Whether you have previously attended the NEAFCS Annual Session or this is your first one, it's a good idea to prepare ahead of time so you can get the most out of the conference. Here are some tips for you:

- Clear Your Agenda – Try finishing tasks, deadlines, and projects while at home so you can clear your mind and focus on having a great experience in Raleigh.
- Set Up Away Email – Set your email ahead of time to respond automatically while you are away. In it, you could refer your customers to a colleague if needing immediate assistance.
- Dress Smart – We have two hotels for this conference and although I wouldn't advise wearing sweatpants and flip-flops, I would recommend bringing appropriate clothes and comfortable shoes for the days ahead. Also, don't forget the awards banquet. Bring your best to celebrate your and your colleagues' success!
- The Right Sessions for You– A week before the conference, check the agenda and select those sessions you're interested in attending. Remember, it's about using your time wisely and getting the most out of what's offered!
- Essential Free Time – In addition to the sessions, it's important to connect with friends and colleagues from near and far. So, plan some time to share with them, have fun, and experience what Raleigh offers you!

Make this event the best experience of the year! Embrace the time together, make new friends, learn new things, and celebrate the uniqueness of Extension's FCS!

From the Treasurer: Audit and Taxes

Glenn Sturm (VA), NEAFCS Treasurer



We are pleased to announce, that following the review of our financial statements by the auditing firm Carroll and Company, they concluded that:

Based on our review, we are not aware of any material modifications that should be made to the accompanying consolidated financial statements in order for them to be in accordance with accounting principles generally accepted in the United States of America.

Every three years, NEAFCS financial records undergo a full, in-depth professional audit. The last full audit was conducted in 2019. During the other two years of the three-year cycle, such as this year, our financial records go through a thorough review by a Certified Public Accounting firm. This year's financial review was presented to the NEAFCS board during the April 18th board meeting, after being reviewed, revised, and finalized by Executive Director Danielle Jessup and myself. In line with our goal of transparency, the past audits, and financial reviews, as far back as 2004, are available at <https://neafcs.memberclicks.net/financial-statements>.

For our taxes, NEAFCS files two tax returns (IRS Form 990), one for the association's operating accounts, and one for the awards and endowment accounts (which operates as a separate 501c3 non-profit). These 990s were reviewed, revised, and finalized by Danielle and me, and approved by the President's Council on April 13th. Previous NEAFCS 990s can be found on the IRS's website at <https://apps.irs.gov/app/eos/> (search by organization name – "National Extension Association of Family and Consumer Sciences", and both associated 501c3 organizations should appear, with previous 990 returns available to download and/or review)

Meet the Board

Susan Routh (OK), NEAFCS President

I challenged the Board this year to pick a favorite leadership quote. The Board has accepted that challenge by serving up wonderful quotes. Hopefully, you will see these at the Annual Conference. One of my favorite leadership quotes is by former President John Quincy Adams, "If your actions inspire others to dream more, learn more, do more and become more, you are a leader." I am certain that this quote defines NEAFCS members. Every day, you are inspiring, teaching, and leading others to dream, learn, and grow. I am surrounded by truly great leaders.



I have served as the Oklahoma affiliate President, Southern Region Director, Vice President for Awards and Recognition, President-Elect and now President. All these experiences have allowed me to partner with NEAFCS members to initiate new projects, engage with fellow members, and serve on teams to develop new member benefits. Thank you for inspiring, teaching, and encouraging me through these opportunities.

I look forward to seeing you at the Annual Session in Raleigh, North Carolina, in September.

Meet the Board

Julie Garden-Robinson (ND), NEAFCS President-Elect

When I attended my first NEAFCS meeting many years ago, I was inspired by the commitment of the leaders and members to our organization. At the time, I was not envisioning myself on the board, much less being president-elect, at some point in my career. I was busy raising my children and learning my own role as a food and nutrition specialist.

Then I went to a committee meeting for public affairs. I became "hooked" on NEAFCS leadership as I learned about the association, and I honed my leadership skills with the goal of making a difference. I later served as Vice President for Public Affairs and as Vice President of Awards and Recognition. I invite all of you to explore the options that NEAFCS provides for professional development, as well as leadership development. You never know where attending a committee meeting may lead!



I grew up in a small town in rural Minnesota. On the professional side, I went on to earn degrees in dietetics with a minor in music, a master's degree in food science, and finally, a Ph.D. in cereal chemistry and food technology. My wedding day was the same day as my Ph.D. graduation day, so I am used to multitasking. My first role was teaching food and nutrition courses at North Dakota State University in Fargo, where I remain as a professor and Extension food and nutrition specialist. I conduct research, work with students, and implement statewide Extension programs in nutrition, food safety and health for all ages. I have written a weekly column, *Prairie Fare*, for more than 24 years.

On the home front, I am married with three young-adult children, including a son, two daughters plus three "senior" dachshunds. Two of my children are now college graduates (and employed!) and my youngest is completing her freshman year in college. My husband and I have entered the empty-nest phase of life, but we seem to be just as busy now as when we were dropping children at their events. I have been a music coordinator at my church for about 23 years and I play the flute in a community band. My husband and I are master gardeners and volunteer in our community.

I am looking forward to my year as president! I am following in the footsteps of our very capable and dedicated current and former presidents. If you have thoughts to inspire me as I begin my presidential journey next fall, please feel free to reach out to me at julie.garden-robinson@ndsu.edu or 701.231.7187. I look forward to working with all of you and helping navigate our journey.

Color Blind

Darlene Minniefield (AL), NEAFCS Diversity Subcommittee

How many times have we heard the phrase "I don't see color?" I find it interesting when I hear people repeat this phrase. I always wonder if these people see that the sky is blue or that grass is green? Do they not see the beautiful vibrant red roses or yellow daisies? Can't they see the deep brown of my eyes or coffee brown of my skin when they look at me?

I challenge us to all examine ourselves and ask why we don't acknowledge and celebrate our "color." Seeing color doesn't make us racist. Instead, seeing color can be an acknowledgement of the beautiful differences that exist between humans. Our difference should be celebrated and not ignored.

Let's all take a step back and for a moment in time celebrate our differences, instead of ignoring the differences. Our music tastes may vary and our food preferences as well. Yes, our bodies are shaped different, and our hair textures may vary. These differences make us unique, different and life oh so interesting.

So, I challenge you to see my color. Look at me and see this beautiful, dynamic Black woman.



Additional News & Opportunities for NEAFCS Members

2022 AAFCS Annual Conference

Dear FCS Friends,

Please join us in the Sunshine State for the [113th AAFCS Annual Conference](#) next month! There are in-person and virtual [registration rates](#) for both members and non-members, and a special rate for students!

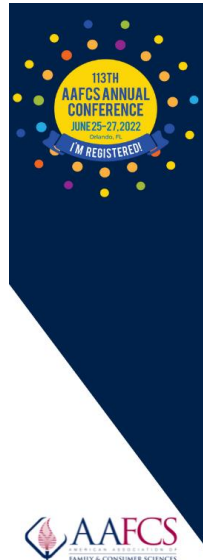
[Plentiful opportunities](#) for ALL participants to engage in FCS conversations amongst colleagues in our newly condensed meeting. There are also new sessions debuting in 2022 that you won't want to miss – such as the [EXPO/Hub](#), [SuperSessions](#), [Educational Experiences](#) hosted by the Annual Conference

Local Advisory Committee! The EXPO/Hub is *THE* place to be – from visiting exhibitor tables to FCS Fast Talk presentations to ATD Showcase and Poster Sessions! And, there are still [exhibiting opportunities](#) to share about your organization and resources!

We recommend book your conference travel soon as summer travel prices are increasing! The official conference hotel is the [DoubleTree By Hilton Hotel Orlando At SeaWorld](#). Aside from [professional development](#), an added bonus for students attending in person, with excellent negotiated guestroom block rates extending up to July 2 for those on a *workcation*! Now, that's an *#FCSsuccess*!

The AAFCS staff are committed to providing a safe and healthy conference atmosphere for our in-person attendees in partnership with the hotel. The latest safety guidelines and protocols will be followed on property.

Please email annualconf@aafcs.org if you have questions that are not addressed in our [registration website](#). You can follow us on our [social media](#), too!



SADIE HOOKER

Immediate Past Chair and Counselor Student Unit

"I'm excited to attend the AAFCS annual conference this year to connect with long-distance friends, learn more ideas for my classroom, and celebrate the Family and Consumer Sciences professionals!"

Home Baking Association Resources for May -

- Teaching Resource guide and ZOOM recorded ***Celebrations Take Cake*** with Chef Eleonora, Domino Test Kitchens and FCS Educator Award winner Elizabeth Hagan- <https://www.homebaking.org/cake-forum/>
- May Baking Calendar of Events, Hospitality and Hacks- <https://www.homebaking.org/wp-content/uploads/2022/04/May2022Baking.pdf>

- A Back-to-School Baking and Culinary resource forum will be provided by HBA with member Baker Bettie and FCS staff in August/September. We are available for virtual presentations too.



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](#).