

President's Message

Julie Garden-Robinson (ND), NEAFCS President

Julie Garden-Robinson
NEAFCS President



Please click the image above or visit https://youtu.be/Xpg9La_myIY to watch this month's President's Message.

Bright Ideas and Suggestion Box/Prize Drawing: <https://forms.gle/Q7NrEFxPHsri2ikg7>
[Scandinavian Foodways Extension Handout](#)
[Thanks to the Historical and Cultural Society of Clay County and the Hjemkomst Center](#)
[History of the Viking Ship](#)

What YOU Need to Know NOW in NEAFCS!

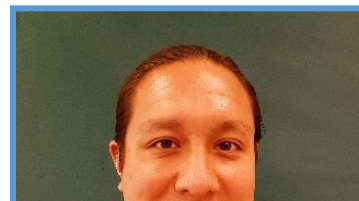
National Office Staff

- **NEAFCS Impact Statement Portal** - Now Open, Closes February 1, 2023
- **November 15, 2022** - 2023 NEAFCS Awards Program Manual and At-A-Glance Document available
- **December 1** - 2023 NEAFCS Awards Program application opens
- **December 1** - 2023 NEAFCS Annual Session Call for Proposals (CFP) Opens
- **December 31** - NEAFCS Membership Renewals are due at the National Office

Don't Forget to Renew Your Membership!

Glenn Sturm (VA), Treasurer

While everyone is getting ready for the holidays right around the corner, we wanted to send you a quick reminder to be sure you renew your membership!



WE STILL WANT TO HEAR FROM YOU!

Let us know what you think about the NEAFCS

- ✓ Go to neafcfs.org and log in with your username and password on the top right (there are "forget password?" and "forget username" options if needed)
- ✓ Go to the member resources tab and click dues renewals
- ✓ Update profile information, if necessary
- ✓ Send your confirmation form and dues to your affiliate treasurer

In addition to sending your dues to your affiliate treasurer (or

the designated person to send association dues to in your state), do not forget to complete the online renewal. See the instructions below.

Online Renewal



National Extension Association
of Family and Consumer Sciences

If you're on the fence about renewing, here are reasons to remain a part of NEAFCS, the only professional association serving the unique needs of family and consumer science educators working in the Extension system!

National Membership Perks

- ★ Network opportunity with over 1,800 FCS Extension professionals
- ★ Countless leadership opportunities at both the state and national level
- ★ Opportunity to present programs and research to a national audience
- ★ National recognition for outstanding achievements through NEAFCS's awards program
- ★ Opportunity to publish research in the peer-reviewed Journal of NEAFCS
- ★ Access to free or discounted professional development opportunities, including the Annual Session and free webinars throughout the year, and so much more!



Leadership as an Experience

Gina Lucas (MO), VP Member Resources

A professional association has three primary purposes, to further:

- 1) The industry
- 2) The interests of those engaged in the profession
- 3) Public interest in the industry

This is what we do at NEAFCS! It is our work to further the industry, the understanding of family and consumer sciences, and our interests as family and consumer sciences professionals.

As your professional association, it is our goal to make YOU successful!

An important component of any professional promotion

process is the demonstration of leadership. Fortunately for you, our association abounds in leadership opportunities! As you work to grow your curriculum vitae, we encourage you to participate in the following opportunities to grow your leadership experience:

Each of these opportunities is available to you as a member of NEAFCS! More information on these leadership opportunities is available on the NEAFCS website, or feel free to reach out to me as your national VP of Member Resources!



- ✓ Accept leadership positions within your affiliate
- ✓ Pursue leadership opportunities within each of the committees
- ✓ Consider leadership positions at the national level
- ✓ Participate in the NEAFCS Leadership Experience



Working to Meet Our Members' Professional Development Needs

Marcia Parcell (IN), VP Professional Development

Does one type and kind of professional development meet the needs of all NEAFCS

members? Currently, the committees and subcommittees are working to address multiple types of professional development. The program committee has presented conference tracks for board approval for the 2023 Conference. The Program Executive Committee has also looked at revising the rubric for reviewing proposals, but they decided that the full committee needs to provide input. Watch your memberclicks for the announcement of the professional development subcommittee meeting.

The affiliate Vice Presidents of Professional Development will meet on November 9 at 3 PM. They will be learning about what has changed in professional development. They will also be encouraged to promote professional development opportunities to their members and recruit members to share their talents by presenting nationally for NEAFCS.

Thank you to the affiliate members for providing professional development opportunities in November. Check the member website to register for these opportunities. If you miss the opportunities, remember that the webinars are archived. Have you missed a professional development session that could enhance your program in 2023? Have you checked the archives?

I close with two calls to action:

1. Would you like to provide input into professional development? Join the Professional Development Committee today.
2. I encourage all NEAFCS members to participate or view an archived webinar before December 31! Professional development comes in many forms.

Making an Impact through Impact Statements

Jennifer Bridge (KY), VP Public Affairs

As your Vice President of Public Affairs, one of my primary roles relates to impact statements and sharing the successes of our members with elected officials and decision-makers. Together, with volunteer writers and education committee members, we create the annual NEAFCS Impact Statements using the information submitted by you, our members!

We need your help! Some of you do an outstanding job relaying the vital work you do on the affiliate level. We need all members to participate to accurately highlight the life-changing programs and information you do in your state!

We are asking affiliate public affairs representatives to diligently reach out to you to gather the best, most accurate information to be submitted via the impact portal. Based on feedback, we have eliminated or combined some of the impact topics while others remain the same.

Share your numbers! These numbers will be used to create infographics on the front of the statements as attention grabbers to draw in readers. The success of our impact statements rests on you, our members.

Please communicate your accomplishments to your affiliate representative so they can submit them to the national office.

The portal is now open and will close on February 1, 2023.

I can't wait to learn how you are making a difference in your community!

On another note, Will Ferguson is working magic on a template for interested members to use to promote their work locally. When the marketing committee approves, we will release it for use. Please be on the lookout for a webinar announcement to learn more about this helpful tool.



The Power and Impact of Gratitude

*Theresa Mayhew (NY), Life Member and
Endowment Fund Committee Chair*

Those of you who know me know how much I love words. I'm always searching for the right word to use at the right time. When I think of NEAFCS's Endowment Fund, the first word that comes to my mind is gratitude. It's a straightforward word but can pack a lot of meaning and power.

It's especially fitting to talk about gratitude as we get ready to celebrate Thanksgiving.



Miriam Webster defines gratitude as being appreciative of benefits received. Benefits like kindness, help or generosity. Gratitude enables someone who's been on the receiving end of those benefits to pay it forward.

When I first joined Cornell Cooperative Extension, I was fortunate to have a supervisor encourage me to join NEAFCS. I'd only been on the job less than a month when I attended my first meeting and was elected district secretary!

That decision was the beginning of a relationship that has continued beyond 30 years of active membership and into retirement as a Life member. To say that my involvement in NEAFCS has helped shape and better define the work I did in my community is an understatement, not to mention all the terrific individuals I encountered along the way. And while I have personally thanked those individuals that supported and mentored me, along with having had the privilege of serving this organization on the national level, contributing to the Endowment Fund is another way I've been able to show that appreciation and give thanks.

So, as you reflect upon the many blessings in your life this holiday season, both personally and professionally, I hope you'll take advantage of donating to the NEAFCS Endowment Fund as one way of expressing your gratitude for an organization that has your best interests and our profession's at heart. ❤️

NEAFCS Endowment Grant Summary: Working Regionally

Julie Garden Robinson (ND), President

My NEAFCS colleagues and I were pleased to receive one of the first NEAFCS Endowment grants. We appreciate their trust in us to contribute to the organization with the funding provided. Our team completed the grant objectives this fall, so we are now ready to share the various materials we have created.

Our project, “Exploring Regional Extension Teamwork and Best Practices,” resulted in three handouts and three modules featuring voiceovers by three NEAFCS members who are part of the North Central Food Safety Extension Network (NCFSEN). These materials are based on the activities of the 12-state NCFSEN and are designed to help others implement projects across borders, whether county or state-based. We have presented our materials at two conferences (NEAFCS and the Urban Extension Conference) to date.



The titles of the publications and video modules are *Getting Started*, *Getting Organized*, and *Getting Together*. The project materials were based on an interview study conducted with our network members, many of whom joined the NCFSEN group at its inception in 2016. Although our topic was food safety, especially concerning food preservation, this model could be used to forge regional networks on numerous topics throughout the US.

Engaging with others with common goals helps share the group’s strengths, connects group members, and provides mutual support and mentorship. Having a network allows for ongoing relationship building and collaboration. We hope you check out the materials. Feel free to reach out for additional information.

See <https://neafcs.memberclicks.net/endowment-grant-resources> to view the materials. Additional NCFSEN materials, including several new food preservation handouts, are available on the NCFSEN website at <https://www.ncrfsma.org/north-central-food-safety-extension-network-ncfsen>.



NEAFCS Raleigh Reflection: Concurrent Sessions Address Many Tracks of Professional Development

Marcia Parcell (IN), VP Professional Development

The Annual Session in Raleigh, NC provided over 100 sessions to Take Flight Reach New Heights through professional development sessions, which were broken into 11 track topics. In other words, I hope you took advantage of exploring new heights by investigating tracks that are a priority for your professional development. These sessions included eleven award-winning concurrent sessions that were designated with gold ribbons. The award-winning concurrent sessions were spread throughout Tuesday, Wednesday and Thursday, so I hope that you visited at least one award-winning concurrent session. The concurrent sessions also contained sessions to learn about the NEAFCS Endowment Grant projects, which were designated with blue ribbons. The grant funds have been awarded for various projects from North Central Food Safety Extension Network to Smoking and Grilling Foods. If you optimized the sessions, you would have participated in Ignite Sessions, Committee Sessions, Exhibit Forums, and more. The sessions offered me many new ideas!



My takeaways were varied. One idea was a new opportunity to celebrate October's Breast Cancer Awareness using "Healthwise for Women" programs. Another idea was to engage youth as consumers at Junior Farmer's Markets. Similar to this idea was a Farm to Table session about improving cooking skills in preparing fresh produce. I will be incorporating these takeaways into my programming

Share your takeaways with educators in your state. By sharing your ideas gained, educators learn the value of NEAFCS Annual Meeting. They will want to explore oceans of opportunities in 2023 and beyond!

Region Highlights: Eastern Region

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



Greetings from the Eastern Region! This is one of the more beautiful times in our region as the leaves on the trees radiant in different colors. Small towns host fall festivals featuring apple butter. It reminds me of the important work many of our educators do with food safety and preservation. It takes me back to the days of helping mom prepare food for canning. Such great memories.

I thought I would take this opportunity to provide a brief introduction. It is interesting how life moves you in different directions. Prior to my work in Extension, I worked about twenty years in student affairs on university campuses. My work involved supervising residence halls, leading wellness initiatives, and dealing with student behavior. Then I found Extension! My primary role is to teach financial programs in my area. Given my wellness background, I am also involved in health insurance literacy and farm stress management. I have enjoyed the transition and look forward to being a resource for the Eastern Region.

The highlight for the Eastern Region was the Multi-State Professional Development Session coordinated by the Pennsylvania Affiliate at the end of October. It was a wonderful event that highlighted many programs throughout the region. Many thanks to the Pennsylvania Affiliate for putting it together.

Region Highlights: Southern Region Fast FACS

Keishon Thomas (GA), Southern Region Director

The Southern Region is off and running with great programs that impact lives and the communities in which we serve. It was a pleasure meeting many of you at the Annual Conference in Raleigh. Here are a few highlights of the extraordinary work being done. #SouthernStrong



Texas

Joanne Ureste (TX)



We thank our District 3 for hosting the Texas State Conference in Decatur Texas. There were 155 in attendance. There were wonderful educational presentations from Culinary Medicine, Interior Design on a Budget, Connecting Agriculture and Health, creating a Podcast, Planning for the Future, Re-creating Your Calendar, and more!

29 affiliates from Texas attended the National Conference. It was an honor serving as one of the seven voting delegates. If you have the opportunity to attend a NEAFCS National Conference, I recommend that you do, as well as I encourage you to volunteer as a voting delegate.

So now, we say hello to Fall! It gives us time to reflect that change is always good. It allows us to move forward and experience new and exciting things. It can bring adventures and excitement to life and allows one to get rid of the monotony in life. Our agents are planning their program implementation and collecting ideas that were learned and shared at the state and national conferences.

Kentucky

Leslie Workman (KY)



KEAFCS will host their Annual Session in Bowling Green, KY on November 17 & 18, 2022. ReVamp~ReTrain~ReStart with KEAFCS! is this year's theme and we will focus on member and officer training, as we have over 30 new agents in Kentucky this year. A special first-timers event is planned to welcome our newest agents. Nov 16 will feature an optional in-service day. "Building Recovery Capital" & "Healing Your Inner Eater" will be offered for in-service credit.

KEAFCS held it's annual Fall Board Meeting on Tuesday, September 20th in Leitchfield, KY.

This year's NEAFCS Annual Session was amazing! (Thank you, North Carolina affiliate!) The Kentucky affiliate had 53 members in attendance, and we took full advantage of the entire meeting. We cannot wait to return to North Carolina and already looking forward to next year's session in Rhode Island!



Region Highlights: Southern Region Fast FACS

Georgia

Susan Moore (GA)



UNIVERSITY OF GEORGIA
EXTENSION

The Healthy Georgia Wellness Program Curriculum (HGWC) continues to be a successful program for the state of Georgia and beyond. *FACS Agents, Specialists, and PDC's involved: Rachel Stewart, Susan Moore, Georgeanne Cook, Laura Smith, Terri Black, Becky Collins, Jackie Ogden, Carrie Vanderver, Leslie Thomas, Lisa Jordan, Rachel Hubbard, Denise Everson, Kisha Faulk, Ali Berg, Joan Koonce, Leigh Anne Aaron, Ashleigh Childs, Keishon Thomas, Jamille Hawkins, Allison Eaddy, Nicole Waters, Pamela Turner, and Diane Bales.*

HGWC was featured in a poster presentation at the International Federation of Home Economics conference in Atlanta, Georgia (September 2022), Engagement of Scholarship Consortium at UGA (September 2022), NEAFCS poster showcase of excellence in Raleigh, NC (September 2022)

UGA Extension Emergency Preparedness Teams – UGA Extension received a \$150,000 grant from USDA NIFA to enhance our capacity to respond to natural disasters and other emergencies impacting Georgia to help staff be prepared to assist when our colleagues, counties, and communities need us most. UGA Extension utilized grant funds to train CEC's in all four districts to develop Continuity of Operations Plans for responding to emergencies, train small teams in each of the four districts on a variety of topics, including Community Emergency Response Training (CERT), 1st Aid/CPR/AED, FEMA ICS 100 Introduction to the Incident Command System training, and drone training.



UGA Extension launched a federally funded, 5-year program, ELEVATE, to improve the relationships of up to 2,250 committed couples across Georgia by 2025. To date, 440 couples from across 77 Georgia counties have participated in the 12-hour, evidence-based program.

UGA Extension Agent in Gwinnett County, GA provided five two-hour workshops in Spanish on a variety of tools parents can use at home to support their children's learning process and prepare them for school.

The Agent presented face-to-face and virtual workshops and utilized video demonstrations, visuals, knowledge testing polls, and discussion to enhance learning. The topics of the workshops were as follows: Play is a way to Learn; Implementing strong emergent language and literacy practices in preschool/pre-kindergarten; More Than Punishment; Learning Math in Early Childhood; The Use of Technology in Early Childhood. The FACS Agent reached 292 parents/guardians who attended the workshops virtually or face-to-face.

Region Highlights: Southern Region Fast FACS

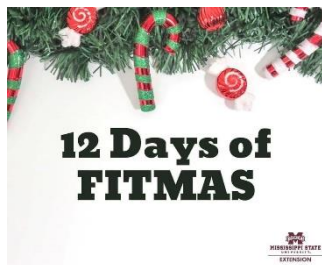
Mississippi

Pat Neal (MS)



The Mississippi Affiliate members have been busy promoting health, nutrition, and wellness programs. The Jr. Master Wellness Volunteer Program is a community health education and volunteer leader training program offered through the Mississippi State University Extension 4-H Program in partnership with the University of Mississippi Medical Center (UMMC) and the UMMC/Myrlie Evers-Williams Institute. This program partners with students in various disciplines such as the Health Science Courses, Family and Consumer Science Courses, and individually focused clubs or organizations to train and deliver health messages into the community.

Another health education program that recruits from the health science courses as well as health agencies is Gray for a Day. This program is a simulation experience that utilizes an empathic approach to educate individuals on the age-related sensory and functional challenges that some older adults might face.



Social media continues to be the new way to disseminate information to clients. Our nutrition specialist, Qula Madkin developed the 12 Days of Fitmas. FCS agents posted daily social media messages that highlight different vegetables as well as encourage fitness tips to help stay active during the month of December.

- Follow on Facebook at: [MSU Extension Nutrition and Wellness Facebook group](#)

The Food Factor is another social media show where host, extension agent Natasha Haynes, focuses on food, nutrition, and healthy lifestyles tips weekly.

Region Highlights: Southern Region Fast FACS

Tennessee

Aneta Eichler (TN)



Tennessee Affiliate members have been busy making a difference in their communities in 2022. I asked our members to share one program they are most proud of this year. Here is a brief overview of the responses I received:

I am working with our Sumner County Health Committee on collecting Community Health Assessments so that we can hear from Sumner County residents about what they feel are their top three health concerns in Sumner County. These responses will help the committee receive a grant that will aid in assistance to help address these issues. We are still in the process of collecting surveys but are excited to provide residents with the opportunity for their feedback.

The WITs Workout and Coffee & Conversation group come to mind. WITS Workout is a



brain health program for aging adults that incorporates games, puzzles, and educational information. I have 2 of these groups going right now. Coffee & Conversations is a group that to support Grandparents Raising Grandkids and/or Relatives Raising Relatives. We provide information on resources and educational lessons for these individuals. Right now, I have 2 of these groups going.

Water Aerobics runs in Johnson County in June & July. We had a total of 48 different participants. They reported that they had stronger muscle tone, better balance, and reduced depression. We had a reported weight loss of 10lbs.

I'm proud of the Yoga for Kids program. We've received nearly \$2,000 in grant money to purchase mats for all 9 schools in Marion County, and the program is being completely carried out by volunteers at the schools to make classes available to all students who wish to participate. I'm so humbled by the efforts that our volunteers and partners, including Coordinated School Health, have contributed to this school-based mental health project. It takes a village!

JCEP Extension Leadership Conference – Is Your Calendar Marked?

Cindy Thompson (IA), Central Region Director and JCEP/ELC Planning Team Member

JCEP, ELC, LMNOP! Alphabet soup, right? JCEP stands for *Joint Council of Extension Professionals*, and it is made of members of each of the professional organizations across the Extension system. So yes!

Myth or Fact: The Extension Leadership Conference is that only affiliate presidents or presidents-elects can attend.

Not true! While scholarship opportunities usually focus on those affiliate positions, any Extension professional can attend.

As a member of NEAFCS, YOU are a member of JCEP, and as a member you are invited to the upcoming JCEP Extension Leadership Conference (ELC) in Kansas City, Missouri, February 7-9. *Engage, Inspire, Achieve* is the 2023 theme.



Reflections of past NEAFCS participants can be found [here](#) and [scholarship opportunities](#) for affiliate leaders will be released soon!

American Heart Association defines and advises on nutrition security in new policy report

A trip to the grocery store can be stressful if a limited budget means you must opt for less nutritious choices. The American Heart Association believes in the right to healthy food for all people to live their best lives, yet it's estimated that one in 10 American households experience [food insecurity](#).

When you don't have enough food and must choose between food and other necessities, it can be difficult to achieve a heart-healthy dietary pattern, which can lead to an increased risk of heart disease. The COVID-19 pandemic increased awareness of the problem and its disproportionate impact on under-resourced communities.

To address inequities in nutrition and to help ensure everyone can be healthy, the American Heart Association recently released a policy [roadmap](#). In the statement, nutrition security is defined as having equitable and stable availability, access, affordability, and consumption of foods and beverages that promote well-being and prevent and treat disease.

Skipping meals repeatedly can lead to poor health, including an increased risk of heart disease, diabetes and some cancers. It can also lead to increased stress and deteriorated mental health, additionally poor nutrition can cause children and teens to have trouble in school.

The AHA has an array [of resources](#) for healthy eating with budget-friendly recipes, shopping guidance and budget-stretcher tips. You can also learn from our [science-based tools](#) to help discover, choose and prepare healthy meals to achieve a heart-healthy eating pattern. These Healthy for Life Educational Experiences were created by Aramark and the American Heart Association as part of our Healthy for Life® Initiative.

GET TO KNOW THE NEAFCS EXECUTIVE BOARD

Hometown: Kearns, Utah

Thus far, top career highlight:

Working with the NEAFCS Mentoring and Leadership Committee

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

Don't be as critical on yourself

Why are you a part of NEAFCS, or what motivates you to serve in the organization?

Being able to work with amazing people who share similar interests

Three items you'd take sailing in Rhode Island:



Planner to organize my life for the next year



+



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RICK GRIFFITHS
PRESIDENT-ELECT
NEW MEXICO STATE UNIVERSITY EXTENSION

Your work in Extension in one word:
Adventure



NEAFCS Network Newsletter *Question of the Month*

Having read the November 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/3SERUoprtLoZUZ6>.



National Extension Association
of Family and Consumer Sciences



In Remembrance



[Bonnie Ellenwood \(WY\)](#)



[Sue Stivers \(KY\) - Life Member](#)

Retired Adair County Family & Consumer Sciences Extension Agent in 2000 & University of Kentucky Hall of Fame Inductee