

# NEAFCS Network Newsletter

## October 2022

### President's Message

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



Please click the image above or visit <https://youtu.be/aMDxB8T5MZY> to watch this month's President's Message.

Bright Ideas and Suggestion Box/Prize Drawing: <https://forms.gle/Q7NrEFxPHsri2ikg7>

History of Extension (column referenced): <https://www.ag.ndsu.edu/news/columns/prairie-fare/prairie-fare-exploring-the-early-roots-of-cooperative-extension>

### What YOU Need to Know NOW in NEAFCS!

*National Office Staff*

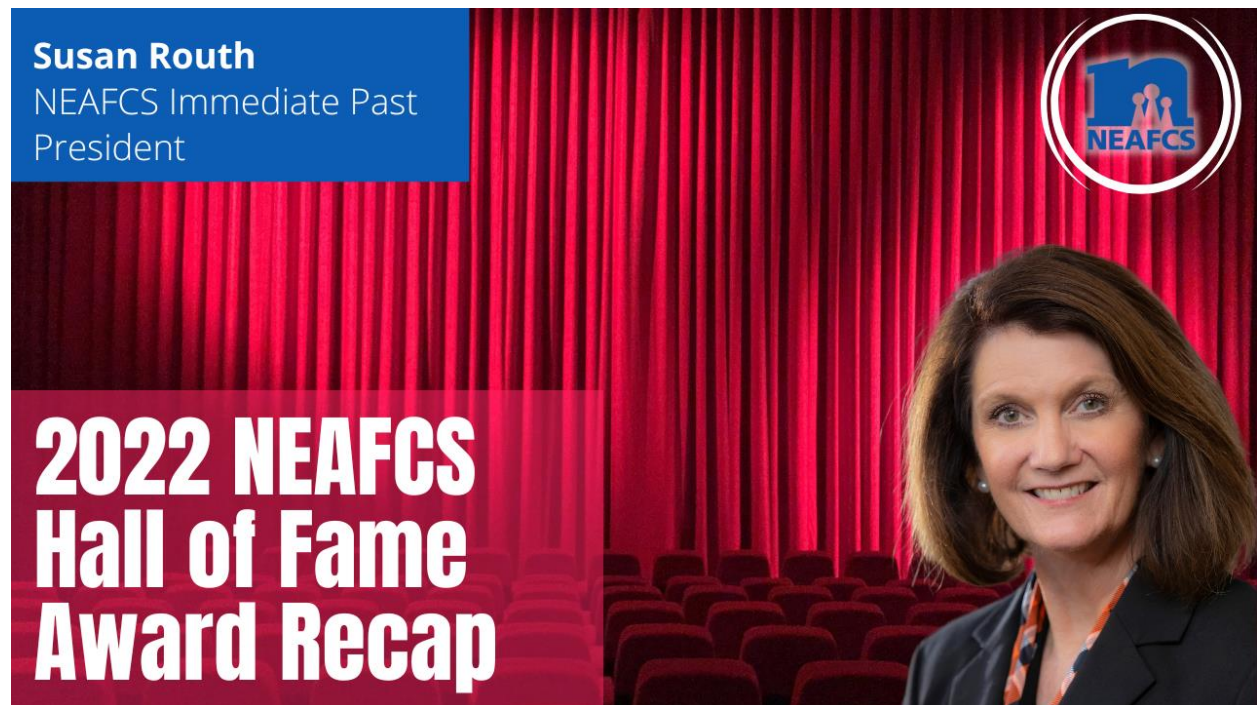
*This feature of the newsletter highlights current reminders of member benefits, programs, and approaching deadlines to keep you in the know.*

- [NEAFCS 2022 Healthy for Life Evaluation Results Report](#)

- **October 20 - NEAFCS Members Only Webinar:** [NEAFCS-Alzheimer's Association Partnership Webinar: Promoting Brain Health in Communities](#)
- **October 25 - NEAFCS Members Only Webinar:** [Safe Food = Healthy Kids: A Food Safety Curriculum for Childcare Providers](#)
- **November 15** - Guidance Documents Available for 2023 NEAFCS Awards Program
- **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

## NEAFCS Hall of Fame Award Recap

*Susan Routh (OK), Immediate Past Present*



*To watch the video message, please click the image above or visit <https://youtu.be/LALrvXDcmOc>.*

- Honoring: Cindy Schlenker-Davies (NM) & Kathy Farrow (TX)

## Highlights of the Business Meeting

*Susan Routh (OK), Immediate Past President*



- Awards Fund Business Meeting: Voting delegates approved the 2021 awards fund audit and the 2023 awards fund budget
- NEAFCS Business Meeting:
  - Voting delegates approved the 2021 operational fund audit, and the 2023 operation fund budget was approved
  - Approval of changes to the bylaws to include an associate level membership in 2023-Developed to be inclusive of all extension employees who work in the field of FCS
  - Committee updates and officers reports were given and provided
  - New executive board officers were elected
  - Minutes from the meetings will be available on the website

## Let us *Mis en place* for Awards Season!

*Diandria Barber (GA), Awards Training Committee*

*Mis en place*...maybe you have heard the term before while watching your favorite cooking show or reading a cookbook. If you have heard the term before, you probably know it means “everything in its place and ready for use.” Yes, that means having your ingredients (measured, cut, peeled, sliced, etc.) and your equipment ready before you even start your recipe. Well, it is *mis en place* time for awards season. The portal may not be opened yet (it opens December 1<sup>st</sup>!), but you can start your prep now.



1. Visit the website - <https://www.neafcs.org/awards>.
2. Check out last year's awards manual (no major changes for the 2023 manual!).
3. Think about these questions:
  - a. Which program can you submit for an award?
  - b. Which award properly fits your program?
  - c. What are the requirements for this award application?
  - d. What are the judges looking for?



4. Check out some past awards and award winners for awards you are considering applying for.
5. Determine your affiliate's deadline (it will differ from the national deadline of March 15<sup>th</sup>).
6. Create a timeline for yourself, and do not forget to add some time for self-care!

*Mis en place*...everything in its place and ready for a successful award submission. Happy Awards Season!

If you have any questions, please contact your affiliate Awards & Recognition chair and/or Samantha Kennedy, VP for Awards & Recognition, at [skennedy@ufl.edu](mailto:skennedy@ufl.edu).

## **Don't Lose Your Enthusiasm from NEAFCS Annual Conference**

*Christine Zellers (NJ), Public Affairs Advocacy Committee Chair*

Following the wonderful 2022 NEAFCS conference in beautiful Raleigh, North Carolina, let's keep the excitement and enthusiasm for all we do as FCS educators moving into the next few months and beyond. The Public Affairs Advocacy committee has resources to make advocating for our profession easy.



December is FCS month which encourages us to *Elevate Family & Consumer Sciences* as a profession. AAFCS has resources, including social media posts, a tool kit, logos, and many other promotional tools to assist you with elevating FCS in your state during December. Each Friday, AAFCS will work to Elevate Family & Consumer Sciences, and you can join in by going to <https://www.aafcs.org/elevatefcs> to find tools and spread the word about all FCS does.



Mark your calendar now for March and *Living Well Month*. The



Advocacy committee has already started working hard to have resources available for easy use. Look for these resources along with the new *Living Well Month* logo and calendar coming soon! Start thinking about how you might promote *Living Well Month* by using one of the ready-made tools for a social media post or press release and consider adding the logo to your signature box. The calendar is a great tool to send to your contacts or to use as a post, it is ready-made, adaptable for personalization, and makes healthy recommendations for living well all month long.

To accompany *Living Well Month*, there are short videos about the 8 Components of Wellness to share as reminders of the importance of living a balanced life for optimal

well-being. Look for reminders from the advocacy committee about these useful tools and mark your calendar to promote *Living Well Month* and *Elevate Family & Community Sciences*!

## **Pull up a Chair and Join a Committee**

*Gina Lucas (MO), VP Member Resources*

I usually think of Spring when I think of new starts and fresh growth, but this October has delivered many changes to my life and career. As a brand-new member of the NEAFCS board, I seem to develop new relationships and connections almost daily. I love to listen to the stories of various FCS professional journeys across the nation. As you can imagine, each path differs greatly depending on the individual's role and state affiliation. However, one commonality in almost every story is the crucial part that joining a committee has played in each member's professional development.



My story followed this same course as I sat down at a committee table, not knowing the thrilling ride in store for me. Whether you pull up a real chair as I did at my first Annual Session or join a committee virtually from your own office chair, I invite you to join and engage with a committee and discover where this exciting path could lead you.

So, how do you join a committee? I am glad you asked!

- ✓ Go to [neafcs.org](https://neafcs.org) and sign in
- ✓ Select "Join A Committee!" under the Member Resources tab at the top of the page
  - After updating your member profile and current role information, you will see the committee options
- ✓ Join one or more of the following committees that are open to all members:

<ul style="list-style-type: none"><li>❖ Endowment</li><li>❖ Diversity</li><li>❖ Mentoring &amp; Leadership</li><li>❖ Journal Editorial</li><li>❖ Membership &amp; Life Members</li><li>❖ Program Development</li><li>❖ Webinar</li></ul>	<ul style="list-style-type: none"><li>❖ Marketing &amp; Communications</li><li>❖ Advocacy &amp; Education</li><li>❖ Annual Session Ambassadors</li><li>❖ Sponsorship &amp; Support</li><li>❖ Training</li><li>❖ Ceremony</li></ul>
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Not sure which to join? Review the descriptions of each committee by selecting the <https://neafcs.memberclicks.net/committees> link.

## **You've Reached new Heights in Raleigh, Get Ready to Explore Oceans of Opportunities in Providence**

*Lisa Fishman (ME); Alyssa Whittaker (DE),  
Member Invitation/Marketing Subcommittee*

We had a wonderful time learning and reconnecting in Raleigh, now it is already time to think ahead to Exploring Oceans of Opportunities in Providence, RI, next Fall 2023. If you missed us at the Regional Business meetings in Raleigh, check out Extension Professionals; Maria Pippidis, Terry Mayhew, and Lisa Fishman, as well as handmade shark, "Tooth Bader Finsberg" giving a sailor-worthy invite to Providence through the poem and photo.



**Insider tip:** "Tooth Bader Finsberg" could be yours as one of many items available for the Silent Auction 2023!

**"Hailing from Rhode Island, We are the Fishermen Three  
And we've traveled to North Carolina, to the city of Raleigh  
To invite you to come to the Ocean State in twenty twenty-three**

**We'll explore Oceans of Possibilities  
And fish out the best educational offerings  
We'll take deep dives into In-Depth Sessions  
And Chart a Course for Networking**

**We'll cast our nets wide, and navigate the waters  
to catch as many states as we can in twenty twenty-three**

**We'll SEA you in Providence from September eleven to fourteen  
And we will SAIL-a-brate, it will be a wonderful scene"**

You can review the 2023 Providence invitation video here:



<https://youtu.be/BxrQgSvTxuA>

Stay tuned for updates throughout the year in anticipation of Exploring Oceans of Opportunities Providence!

We'd also like to say a special thank you to all the Extension Homemakers in Maine for their dedication to making Providence-themed potholders to go along with our invite.

## **Central Region Spotlight:** **Webinars Successful Educational Delivery Method**

*Sara Croymans (MN), Affiliate President*



In the spring of 2020, University of Minnesota Extension Center for Family Development adapted in-person programming to meet the unique needs of individuals and families amid the COVID-19 pandemic through virtual programming. Sixty-three percent of our NEAFCS Minnesota Affiliate members presented webinars on financial capability, food safety, health and nutrition, and tenant education. Because of the success experienced in providing virtual education via webinars, they have continued to offer this type of programming while returning to in-person education.

The webinars have provided great opportunities for the Extension Center for Family Development to collaborate with specialists, graduate students, and extension educators across other UMN Extension Centers (Agriculture, Food, & Natural Resources; Community Vitality; and Youth Development). In addition, they have collaborated with extension educators and faculty from numerous other states, including:

- South Dakota
- North Dakota
- Michigan
- Montana

They have also engaged with local, state, and national partners, such as the MN Department of Commerce, FEMA, MN Housing Partnership, National Low Income Housing Coalition, Itasca County Housing and Redevelopment Authority, and more. This virtual programming has resulted in multiple requests to partner with new agencies and organizations across the state to provide education to their participants.

The University of Minnesota has recognized the value of our UMN Extension Center for Family Development webinars. The Office of Human Resources began promoting the webinars to retirees. The UMN Wellbeing Program, through the Office of Human Resources, began offering 200 well-being points per webinar for employees and spouses covered by the University's medical insurance.

From May 2020 through August 2022, a total of 194 webinars were offered, with 13,350 registrations and 6,596 participants. Registrants were from all 87 counties of Minnesota, 44 other states, the District of Columbia, and at least 15 countries.

They are currently planning their 9th round of webinars, which will be held from September through December 2022. Webinars are offered in the thematic series of Charlas en Español (Talks in Spanish), Finding Balance; Later Life Decision Making; Making Cents of it All; No Place Like Home, Recovery & Health; and What's for Dinner? [Find out more about these series and webinars related to each topic.](#)

## My Endowment Story

*Dianne Gertson (TX), NEAFCS Past President*

When I joined NEAFCS many years ago, I heard talk of the Endowment. I wasn't really sure what it was and I was pretty sure it didn't have much to do with me.

Then, I became an NEAFCS Board member. Over the next couple of years, I began to see the importance of the endowment. At that time, endowment proceeds were being used to fund scholarships and special projects. I saw how that contributed to NEAFCS as a whole. As time progressed, the Endowment Committee developed the grant proposal system. I saw this as another great member benefit. Our members could utilize endowment funding for projects or programs they were working on.

Fast forward to my term as NEAFCS President. The President typically identified a charity in the city that's hosting Annual Session. Members would then donate to said charity. As I was thinking about the 2021 President's Charity – I had the idea to donate to our very own 501©3, the NEAFCS Endowment. Thanks to the generosity of our members we increased the Endowment by over \$10,000. Why did I choose the Endowment as the President's Charity? First and foremost, our profession is important to each of us, thus we should support it via the Endowment. Our contributions create a lasting impression as well as strengthen our Association.

Remember, only the investment income is available to be spent. The principal amount is never touched. As we grow the principal amount, the investment income will grow, increasing the amount available to our members as grants.

When you are thinking of how to spend your charitable dollars, remember the NEAFCS Endowment.



## **New American Heart Association report supports balanced, heart-healthy dietary pattern**

For nearly 100 years, the American Heart Association has worked to save and improve lives — and it's constantly keeping us up-to-date on the latest in healthy living.

The AHA recently released [a report](#) that highlights the 10 key features of a heart-healthy eating pattern. The report emphasizes the importance of dietary patterns beyond individual foods and the critical role of establishing heart-healthy dietary habits early in life. The new guidance also acknowledges systemic problems such as food insecurity and targeted marketing that may impact adhering to a heart-healthy eating pattern.

The good news is the guidance is customizable to meet personal, cultural and lifestyle preferences. It also emphasizes fresh, nutrient-dense foods while focusing on the big picture of healthy foods in our lives.



Here are some quick tips for achieving a heart-healthy eating pattern:

1. Achieve and maintain a healthy body weight.
2. Choose a variety of fruits and vegetables.
3. Eat whole grains and other foods made up mostly of whole grains.
4. Choose healthy protein sources mostly from plant sources (legumes and nuts); regularly eat fish and seafood; and substitute nonfat and low-fat dairy products in place of full-fat versions. If you eat meat, choose lean cuts rather than processed forms of meat.
5. Use liquid non-tropical plant oils such as olive or sunflower oils.
6. Select minimally processed foods rather than ultra-processed.
7. Minimize intake of beverages and foods that contain added sugars.
8. Select and prepare foods with little or no salt.
9. Limit alcohol consumption; if you don't drink, don't start.
10. Apply this guidance no matter where food is prepared or consumed.

[Check out](#) 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.

## **We Need Your Feedback!**

*Lisa Peterson (IL), Secretary*

In Extension, we thrive through evaluation! Why should our NEAFCS Network Newsletter be any different? Please take five minutes to fill out this quick 10-question survey to help us improve the newsletter and provide you with the information you want to read, see, hear, and engage with in NEAFCS!

**Take the Survey At:** <https://go.illinois.edu/NEAFCSNewsletter>



## GET TO KNOW THE NEAFCS EXECUTIVE BOARD

Hometown: Gary, Minnesota



### Thus far, top career highlight:

Becoming a tenured full professor was something that I aspired to be, and I have had that role more than 10 years. Becoming successful at grant writing/management and writing for all audiences is another highlight. Most recently, being elected president of NEAFCS is right up there in the top 3!

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

Don't be afraid to take risks and fail. You learn from (and remember) things that don't go well. Then you try again.

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

I like being part of synergistic groups that can make a greater difference than I can accomplish by myself. I enjoy working with people to help them make a positive difference in their lives and their families and communities. I think that is what NEAFCS and Cooperative Extension overall tries to do.



### Three items you'd take sailing in Rhode Island:



I'd bring my phone to take photos and text them to my family



**JULIE GARDEN-ROBINSON**  
**PRESIDENT**  
NORTH DAKOTA STATE UNIVERSITY EXTENSION

Your work in Extension in one word:  
*Fulfilling*



## NEAFCS Network Newsletter *Question of the Month*

Having read the October 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/9WJKMNQ8FefcLqEd8>.

### Additional News & Opportunities for NEAFCS Members

- [JCEP PILD Request for Proposals for Presentations](#)
- [Home Baking Association October Baking Calendar of Best Practices, Hacks, Hospitality](#)
- [Just for the Health of It: Home Edition - Call of Interest](#)



*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](#).*



[Freida Terrell \(NC\)](#) - Life Member

Freida worked for Clay and Graham Extension for 37 years. If anyone would like to send a personal card and needs the address, please reach out to Kim Terrell at [kyterrel@ncsu.edu](mailto:kyterrel@ncsu.edu).