

NEAFCS Network Newsletter
March 2023

President's Message

Julie Garden-Robinson (ND), NEAFCS President

Julie Garden-Robinson
NEAFCS President



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

Bright Ideas and Suggestion Box/Prize Drawing: <https://forms.gle/Q7NrEFxPHsri2ikq7>

Take Steps to Reduce Food Waste: <https://www.ag.ndsu.edu/news/columns/prairie-fare/prairie-fare-take-steps-to-reduce-food-waste>

Now You're Cookin': <https://www.ndsu.edu/agriculture/extension/extension-topics/food-and-nutrition/food-preparation/cooking-basics/now-youre-cookin>

How to Compost: <https://www.ndsu.edu/agriculture/ag-hub/publications/how-compost>

Healthwise for Women: Colon

Cancer: <https://www.ndsu.edu/agriculture/extension/publications/healthwise-women-colon-cancer>

Healthwise for Guys: Colon Cancer: <https://www.ag.ndsu.edu/publications/health-fitness/healthwise-for-guys-colon-cancer>

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.

- **April 1, 2023** - Journal of NEAFCS Article Submissions Due
- **May 15, 2023** - Endowment Project Grant Proposals Due
- **June 1, 2023** – Spring Life Member Get-Together via Zoom

Where is that Again?

Have you missed a live webinar by NEAFCS? Have no fear! They are all archived and available to the membership! Here is a quick step-by-step: Visit neafcs.org, click on the professional development tab, and go down to the third link entitled “webinar archives,” you’ll be prompted to log in, and the website will automatically direct you to all the archived webinars!

Find Archived Webinars Here!

The diagram illustrates the process of finding archived webinars on the NEAFCS website. It consists of five numbered steps:

- 1** Visit neafcs.org
- 2** Click on the Professional Development Tab
- 3** Click on Webinar Archives
- 4** Log in
- 5** Find recordings of webinars here!

The diagram includes a screenshot of the NEAFCS website navigation menu, showing the Professional Development tab selected. It also includes a screenshot of the Webinar Archives page, showing a list of archived webinars.

Highlights from Mid-Winter Board Meeting

Lisa Peterson (IL), Secretary

The Executive Board met virtually on January 24 and 25, 2023. Throughout the two-day session, some highlights include:



- * Planning for Annual Session in Providence, Rhode Island, in September 2023
- * Committee Roles, Responsibilities, and Recognition
- * Financials

The board also brainstormed ideas using Google Jamboards focused on the following:

- * Methods for increasing newsletter readership
- * Revitalizing "Connecting with Colleagues"
- * Webinar ideas
- * Strategic planning
- * Communication at a state and national level
- * Improving communications


Lastly, the board participated in professional development. They learned about parliamentary procedure pointers-find resources under the Member Resources tab named "[parliamentary pointers](https://neafc.org/parliamentary-pointers)" at neafc.org. The meeting ended with learning about resiliency and nourishing the immune system. Interested in those topics? Contact Susan Routh (*Immediate Past-President*), Dianne Christensen (*Western Region Director*), and Julie Garden-Robinson (*President*).

Benefits of Presenting a Webinar

Marcia Parcell (IN), VP Professional Development

As I ponder the benefits of presenting a webinar, I remembered twenty years ago. At that time, I was obtaining a Master of Education degree from Indiana Wesleyan University. I kept hearing the message that education was going to change. I believe that the pandemic officially changed education. In extension, we are in the education business too. The events of the pandemic have changed extension!



There are many benefits of webinars. One benefit is that participants without transportation or living  thousands of miles away can attend professional development. In other words, **webinars expand our reach.**

As our reach expands, our networks grow. These networks often connect us with like-minded individuals who help create more impactful programs. If you need a prime



example, check out Walk-a-Weigh Plus. This program was a multistate award-winner at the 2022 NEAFCS Annual Session. In our webinars, we can promote programs such as Walk-a-Weigh Plus. Our promotion of other extension programs makes our work more impactful.

Our webinars can be more impactful as they are recorded.

This means webinars can have long-term value due to the opportunity to access the content and materials again for some time. The participants can review the presentation repeatedly as a reference and enable them to apply the content to their situation. In conclusion, presenting a webinar has many benefits for you as a member and additional benefits for the membership.

Leading the Way

Gina Lucas (MO), VP Member Resources

The NEAFCS Leadership Experience will always have a special place in my heart. So, when I encourage others to apply as the [Applications are open](#), I understand that I may be biased. The NEAFCS Leadership Experience offers a plethora of opportunities to plug in.



1. **Join the Committee:** Join the Mentoring & Leadership Committee and join the team that creates and delivers this fantastic program in 2023.
2. **Present:** Watch for an opportunity to apply to present at one of the NEAFCS Leadership Experience learning sessions.
3. **Apply to be a Mentee:** The Leadership Experience was designed to offer its mentees a career-changing experience. Apply to be a mentee to participate in excellent leadership learning sessions and to be matched with a mentor who will work with you to establish your unique goals and develop plans to meet those goals.
4. **Apply to be a Mentor:** If you desire to pour your experiences into a NEAFCS colleague, apply to be a mentor! Wherever you are in your career, we all have something to learn and something to teach! [APPLY TODAY!](#)



March is Living Well Month

Christine Zellers (NJ), Public Affairs Advocacy Committee Chair

March is Living Well Month, and the Public Affairs Advocacy Committee hopes you will take advantage of the wonderful resources available from NEAFCS. To support Living Well Month, materials are located on the association's website under the Public Affairs tab, making sharing the work FCS does easy.



Adding the colorful Living Well Month calendar to social media will help your community live well, and this year the calendar is broken down by week so that you can make posts each week to share ideas about living well in March.



Eight videos focus on the Dimensions of Wellness and are available for use by NEAFCS members. Adding the Living Well Month logo to your signature will bring awareness to our profession and Living Well Month.



Pick the materials that best support your work at <https://neafcs.memberclicks.net/living-well-month-campaign> and let us know how you are using the resources!

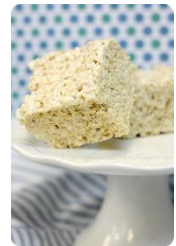


Lights, Camera, Action! JCEP Extension Leadership Conference Recap

Cindy Thompson (IA) and Keishon Thomas (GA), Central and Southern Region Directors

On February 7 and 8, members from the various Extension professional development organizations across the country met in Kansas City, Missouri, to *Engage, Inspire, and Achieve* around leadership topics. Hands down, our NEAFCS members had the best time!

At the JCEP Extension Leadership Conference, time is set aside for each association to gather to network, plan, and learn. In true Cooperative Extension fashion, NEAFCS used this time to conduct several activities. Members enjoyed a quick Rice Krispies Treat snack and learned how the Rice Krispies Treat relates to our work in Family and Consumer Sciences today.



Then attendees were divided into groups to create 5-minute skits, complete with props, to answer two important questions: *What do you find most valuable about being a member of NEAFCS?* and *How would you like to see the organization grow?* **Networking, professional development, and resume/CV building topped the list of benefits. Cross-state collaboration, innovation, and financial resources were examples of areas members would like to see our association grow.** Our time together wrapped up with a brainstorming session on how to support our areas of potential growth. The information was invaluable and will be submitted to the NEAFCS Board for review.



Were you not able to attend JCEP ELC? Feel left out? We want your input as well!! Reach out to your Regional Director and share what you value most about NEAFCS, areas you'd like to see our organization grow, and ideas you have to make it happen!

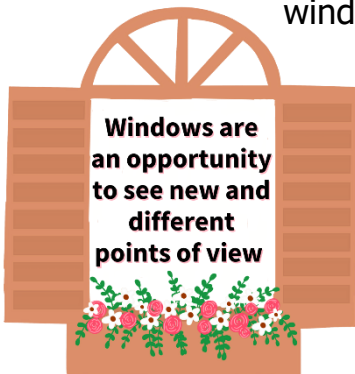
Windows and Mirrors

Laura M. Stanton (OH), Diversity Committee

Regarding diversity, I often refer to a 1988 article by Emily Style called [Curriculum as Window and Mirror](#). Style explains the important role windows and mirrors play in diversity, equity, and inclusion efforts in the article.



What are windows and mirrors? Style suggests that windows serve as an opportunity to see new and different points of view. At the same time, mirrors allow us to see ourselves reflected in books, artwork, and other educational materials. In other words, mirrors provide the opportunity to see ourselves and our reality, providing a sense of personal validation. Windows, on the other hand, allows us to see differences and learn about other people's experiences.



How can we put this into practice as FCS Educators?

Imagine you are teaching a nutrition class. During your presentation, you should include familiar dishes and recipes your audience is familiar with (mirrors) and diverse recipes that might be more common in other cultural or ethnic groups (windows).

As educators, we need to provide both windows and mirrors. Doing so provides our participants with a balanced understanding of themselves and others. **The mirrors we offer help people in our communities understand themselves better, while the windows we provide help people better understand the diverse world around them.**

So, the next time you create a new workshop or teach a new class, even if you teach in a homogenous community, provide both windows and mirrors!

Reference:

Style, E. (1988). *Curriculum as window and mirror. Listening for All Voices. Oak Knoll School monograph, Summit, NJ.* <https://nationalseedproject.org/Key-SEED-Texts/curriculum-as-window-and-mirror>

Members at Work Reviewing

Marcia Parcell (IN), VP Professional Development

February & March are busy months for the Professional Development Committee.

- After management company members reviewed the proposals to ensure NEAFCS members were part of the submission process.
- The proposals were forwarded to the committee Co-Chairs. The Co-Chairs prepared proposals to be sent out to members to review. Thank you to Amber Allen, our Junior Co-Chair of Professional Development, for assigning five reviewers from different regions to the 109 proposals that we received for the 2023 Annual Session Exploring Oceans of Opportunities. Karla Belzer, Senior Co-Chair of Professional Development, updated the letter to be sent to reviewers regarding the review process.
- The letter and proposals were sent to members who volunteered to review the 2023 annual session proposals.
- Our members reviewed the proposals. Amber and Karla will determine the proposals that merit presentation at our conference. The reviewers have scored the proposals, so members can experience the best proposals at annual session.
Thank you to the members who volunteered to share their time and talent in scoring the proposals and determining the best!



I know that I am looking forward to the opportunities in Providence. Again, our members have evaluated these proposals to ensure members experience information from the best proposals submitted by members. Thank you to members for submitting and reviewing proposals so that we can learn from one another.

I encourage members to plan to attend annual session, to learn and grow professional friendships with NEAFCS members from around the nation to become resilient and thriving. Members make NEAFCS a powerful organization!

History of Living Well Month: 2003-2023

Christine Kneip (WI), Historian

NEAFCS President Jean Clarkson-Frisbie wrote board members in July of 1999, she was initiating a committee to look at marketing the association, starting with focus groups.



A Home Economist from the GE Company had told her, "*You (NEAFCS) need to do a major marketing campaign. There is a whole generation, my daughter's age, who don't know you exist*".

From the focus group to a contracted study by Elizabeth Gregory at Texas Cooperative Extension, The Texas A&M University System, Living Well, a PSA Campaign was born to promote Extension education in Family and Consumer Sciences.



Each state affiliate received a Living Well kit at the 2002 NEAFCS Annual Session in Kansas City.



The box contained a printed guide, a video, and set of 5 CDs. The NEAFCS External Marketing Committee, Chaired by Karen Ensle, NJ, with Jean Clarkson-Frisbie as Campaign Contact, had worked with Elizabeth Gregory to produce the marketing materials ready for member use. The guide featured a month-by-month timeline for the campaign, including tip sheets for making contacts, talking points for interviews, and evaluation strategies.

Twenty years later, under the leadership of Glenda Hyde, VP for Public Affairs, the Living Well campaign has a new logo and resources are found on the website instead of in a box. **I encourage you to visit the Living Well website: <https://www.neafcs.org/living-well-month-campaign> . The campaign is supported with various ready-to-use resources to promote NEAFCS and our profession.**

**Happy Living Well Month - Raising Kids, Eating Right,
Spending Smart, Living Well!**

Apply for the Leadership Experience Today!

Carrie Elsen (MO) and Kristin Miller (MO),
Mentoring and Leadership Committee

What word do you think of when you hear LEADERSHIP?

Integrity, inspiring, motivational, bold, passionate, transparency, flexible, compassionate, purposeful, benevolent, helper, humble, dedicated, communicative, etc.,

Time is running out to sign up for the NEAFCS Leadership Experience, Applications due March 15th!

By joining the NEAFCS Leadership Experience as a mentor or a mentee, you are investing in the future of our profession and the success of your organization. **The Leadership Experience seeks leaders who desire to share their knowledge and passion for NEAFCS, FCS, and the Extension land grant mission.** The



Leadership Experience is set up for valuable networking opportunities by getting to know other outstanding FCS agents & educators across the nation. The program encourages personal and professional growth by outlining practical and valuable leadership skills and can help you feel confident in your abilities to lead locally, statewide, or nationally. A mentor will be matched to a mentee to work through these layers of leadership discovery. The relationships will be crucial to collaborative work moving forward through your career.

The Leadership Experience is designed to provide insight into the profession and organization. **The program gives guidance, support, encouragement, and empowerment.** It provides opportunities for skill development in self-confidence, self-esteem, job satisfaction, work-life balance, and many more.

The program participants gain a broader perspective of NEAFCS and encourage individuals to identify and achieve their career goals. [Join us as a mentee or mentor to learn from some of the best in the business!](#)

What does tax time mean for the NEAFCS Endowment? What *could* it mean?

Barb Wollan (IA), Endowment Committee

One person's giving story:

Giving. It's one of three core options we have for our resources: we can USE them (spend); we can SAVE them; or we can SHARE them (give). Unlike the other two, giving is optional. A person can be financially sound without giving.

Lucky for me, I was brought up to give. I call it "lucky" (or blessed) because I LIKE giving. I LIKE having a regular monthly routine of giving. A portion of my giving goes to the same places each month, and a portion of it is available for me to *choose* where to give each month. I've enjoyed being able to give more as my income has grown over the years, and especially after my children were launched.

And then there is tax time! That is an especially fun time, because I have "bonus money" to give, thanks to my tax refund. I don't give away the *whole* refund; some of it goes to pad my savings, but I enjoy choosing where to give "extra" donations!

Do you have a tax refund? What "bonus giving" might you do with that refund?

Consider the NEAFCS Endowment.

If 1,000 NEAFCS members gave just \$90 each (\$45/year this year and next), our "Be NEAFCS Strong" campaign would reach its \$90,000 goal in time for our association's 90th birth

Does your tax refund provide the opportunity to donate \$45 (or \$90) to the NEAFCS Endowment? Do it now and take pride in knowing that you are playing a part in making NEAFCS strong! To contribute to the Endowment, please visit the [NEAFCS website](#).



Southern Region Highlights: Annual Board Report from the Georgia Affiliate

Susan Moore (GA), Affiliate President

As President of the Georgia Affiliate, the following GEAFCS/NEAFCS Business was completed in 2022:

- ✓ Represented GEAFCS at the 2022 JCEP Extension Leadership Conference in Kansas City, Missouri in February 2022
- ✓ Represented NEAFCS by working our booth at the IFHE International Conference in Atlanta in September
- ✓ Attended NEAFCS President's Meeting at the NEAFCS annual conference in North Carolina as well as other business meetings, events, and concurrent sessions
- ✓ Attended Leadership Event at the National Meeting in North Carolina
- ✓ Prepared state report for regional business meeting
- ✓ Created a Why Join GEAFCS flyer to encourage more agents/specialists/leaders to join GEAFCS and NEAFCS.



General Responsibilities:

- Attended JCEP Meetings in Georgia with association leadership, CAES Dean, and CAES Association Dean
- Prepared and submitted Officer Roster to National Office and Southern Region Director
- Assisted out-going President with presiding over the 2022 GEAFCS Annual Meeting
- Sent emails to members sharing updates from the national meeting, important dates, and other important information
- Communicated with GEAFCS Members regarding deadlines for Impact Statements, Concurrent Session Proposals, and national awards.

I have enjoyed serving as President Elect and President of GEAFCS over the past year. I have focused on making our members aware of the benefits of participating in and being a member of GEAFCS/NEAFCS.

The sky is the limit!

Scholarships through NEAFCS

Gina Lucas (MO), VP Member Resources

You asked – We delivered!

Scholarships have long been one of NEAFCS's many fantastic member benefits. **NEAFCS scholarships enable its members to attend:**

- \$ **Joint Council of Extension Professionals (JCEP) Extension Leadership Conferences (ELC)**
- \$ **JCEP Public Issues Leadership Development (PILD) Conferences**
- \$ **NEAFCS Annual Session**



A first-timers scholarship allowed me to attend my first NEAFCS Annual Session at Hershey, Pennsylvania, in 2019. I anticipated an opportunity to network with my Missouri FCS colleagues and perhaps gather tools from a broader scope. I didn't dream that attending this one conference would lead to my participation in the brand-new Mentoring & Leadership Subcommittee that would eventually lead to my participation on the NEAFCS National Executive Board.

In our conversations with the NEAFCS membership, the concern was raised that although the scholarships are excellent tools for enabling member participation in professional development opportunities, the procedure for utilizing the scholarship required members to pay upfront and then be reimbursed after the conference for the registration costs. Knowing this process could prohibit some of our members from utilizing the scholarships, **NEAFCS created a new process.**

NEW: When a member earns an NEAFCS scholarship, they will receive a code to waive the fee upon their registration.

As a NEAFCS member, watch for our yearly scholarships to participate in career-changing professional development opportunities!

GET TO KNOW THE NEAFCS EXECUTIVE BOARD

Hometown: Edgewood, NM



DIANNE CHRISTENSEN
Western Region Director
NEW MEXICO STATE UNIVERSITY

Why are you a part of NEAFCS?

I love investing my time and energy into NEAFCS because I enjoy the members and I strongly believe in its mission and vision. It's a rewarding privilege to be part of supporting and implementing each objective.

What advice would you give your younger self as a new educator?

"Pace yourself, balance your work and family life because burnout is an occupational hazard in this career."

What's your most used productivity tip?

Never open email first thing in the morning. Save your best most productive hours for projects and larger tasks. Set times to check email periodically so it does not drive your tasks all day. Easier said than done, however!

Three items you'd take sailing in Rhode Island:



+



Good Friends

+



Your work in Extension in one word:
Meaningful

NEAFCS

Network Newsletter

Question of the Month

Having read the March 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/1Pe2jkFGgjKvW7Dm6>

Additional News & Opportunities for NEAFCS Members

- [April FCCLA and HBA Industry Immersion Tour](#)
- HBA 2023 Educator Awards – Entry Deadline – **EXTENDED TO May 15, 2023**
NEW! Bake to Give – The Maddie Kruse Youth Award (<https://www.homebaking.org/maddie-kruse-award/>)
HBA Educator Award – <http://homebaking.org/educator-award/>
- Home Baking Association [March E-Newsletter](#), [Baking Calendar](#), [Blog](#), and [Baker's Spotlights](#)