

President's Message: Endowment Committee's 90th Anniversary Campaign

Rick Griffiths (NM), NEAFCS President

With the holiday season upon us, on behalf of the National Board, I would like to wish you, your family, and friends a Merry Holiday Season and a Happy New Year! I hope that you can take some time away from your busy Extension schedule to be with family and friends and reflect on the many blessings and opportunities that life brings us.

It's a busy time for the Association, with many programs launching for the new year. This month, I want to highlight one of those programs, the Endowment Committee's 90th Anniversary Campaign.

The Endowment Committee has set an ambitious goal for the 90th Anniversary to raise \$90,000 before the 2024 Annual Session in Tucson AZ. They have challenged each of us to donate \$90 to the Endowment in the coming year to meet their goal. All money donated to the Endowment is put into a perpetual investment fund that will issue NEAFCS grants and scholarships from the capital appreciation on the donations received.



Donate to the Future of NEAFCS

I highly encourage you to consider donating to the Endowment to support this committee's goal in the coming year. The Endowment is not only an investment in our future but also an investment in the next generations of FCS professionals' futures as the Endowment will continue to grow and fund innovative NEAFCS programs for years to come.



Apply for Grant Funding

But let's talk about the present. Do you have an innovative program that you would like to start but lack the funds to do so? **The NEAFCS Endowment currently offers grants ranging from \$300 to \$3000.** Proposals must focus on innovative ideas that benefit NEAFCS and its members and/or promote the profession of Family and Consumer Sciences in one or more of the designated areas:

- * **Leadership/Professional Development Awards & Recognition**
- * **Public Issues**
- * **Diversity**

Applications are due May 15th, and I encourage you to apply for this great member benefit. You can find more information at the Endowment website:

<https://neafcs.memberclicks.net/Endowment-grant>.

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.

- **Now Open:** [NEAFCS Endowment Grant](#). Deadline May 15.
- **Now Open:** [NEAFCS Impact Portal](#). Closes February 1.
- **Now Open:** [JCEP ELC Scholarship Portal Open](#)
- **Now Open -** [2024 NEAFCS Awards Application Portal](#). Deadline March 15.
- **Now Open -** [2024 Annual Session Proposal System](#). Deadline Jan 31.
- **Now Open:** [JCEP PILD Scholarship Portal Open](#)
- **January 15 -** 2024-2025 NEAFCS Leadership Experience Application Opens. Closes March 1.

**Be entered to win conference registration
by answering the question:**

**Unscramble the letters to the word hidden in the
newsletter and email your answer to Rick Griffiths.
The first five correct answers will be entered to win!
The letters for the answer are hidden throughout the
newsletter in **orange**.**

Meet Our New NEAFCS Program Manager

Justin Mischler

My name is Justin Mischler, and I am looking forward to working with NEAFCS as the new program manager! I have a beautiful wife and two young boys who know how to keep me on my toes. I am an avid fan of all sports, and I love my Florida State Seminoles. Previously, I worked with different associations within Partners as a Program Manager, overseeing the certification program, yearly renewals, continuing education requirements, and marketing opportunities.



NEAFCS is a special association to me and my values. In the NEAFCS creed it states, "As an Extension educator, my prime concern is people." This core value alone shows how impactful this group of individuals will be. People are the lifeblood of any team, company, and even society. The members of NEAFCS understand this and want to enrich people's lives and I am honored to be a small part in that. I am excited for what's to come and I look forward to working with you all!

Inspiration from your NEAFCS President-Elect



Jennifer Bridge (KY)

PP A leader takes people where they want to go.
A great leader takes people where they don't
necessarily want to go, but ought to be."

-ROSALYNN CARTER

Registration for JCEP Conferences: ELC & PILD Now Open

Julie Garden-Robinson (ND), Immediate Past President

As members of NEAFCS, you are automatically members of JCEP (the Joint Commission of Extension Professionals). Besides NEAFCS, JCEP includes all seven Extension associations:



Association of Natural Resource
Extension Professionals



Epsilon Sigma Phi
"The Extension Professionals' Organization"



NAEPSDP

National Association of Extension Program
& Staff Development Professionals



You may be a member of one or more of these, in addition to NEAFCS.

JCEP board members, including our current president (Rick Griffith), past-president (Susan Routh) and I, recently attended a board meeting in Arlington, VA. Susan is the chair of the upcoming PILD (Public Issues Leadership Development) conference.

As co-vice chair of both conferences, I'd like to invite you to one or both JCEP conferences. Both conferences offer an opportunity to learn about year-round leadership and year-round advocacy, network with our Extension colleagues throughout the U.S., and interact with inspiring presenters.

- ✓ The Extension Leadership Conference (ELC) will be held in Tampa, FL at the Saddlebrook Resort on **February 14-15, 2024**.
- ✓ The Public Issues Leadership Development Conference (PILD) will be held in Arlington, VA on **April 15-17, 2024**. Many states send a delegation to visit the officers of their senators and representatives. Hill visits are coordinated through your state administration's office.
- ✓ NEAFCS provides scholarships that cover registration fees for each conference. We set aside two scholarships for NEAFCS members who present at the conferences. We hope to see some NEAFCS colleagues presenting nationally.
- ✓ Registration and reservation for accommodations are now open. See <https://www.jcep.org/> for details.

2024 Annual Session: Come early, stay late

*Hope Wilson (AZ), 2024 NEAFCS Annual Session Invitation,
Marketing and Promotion Subcommittee Chair*

As this year winds down and you begin planning for 2024, **save September 16-19 on your calendar for the NEAFCS Annual Session in Tucson, AZ** and include some extra time before and/or after to explore more of Tucson or other parts of Arizona.



*Sunset at Tucson Mountain Park,
Source: Jono Hay, Flickr, 2010*

The 2024 Annual Session will be held at the JW Marriott Tucson Starr Pass Resort & Spa, a beautiful oasis in the Sonoran Desert with views of Tucson Mountain Park. If you would like to add on to all the resort and spa has to offer, Tucson has many places to eat, play and visit such as Saguaro National Park, Sabino Canyon, Biosphere 2, Tucson Botanical Gardens, or Old Tucson just to name a few.

Check out: <https://www.visittucson.org/>

In September, the hot Sonoran Desert summers begin to cool, but if it is still too warm for you, there are many places near Tucson and southern Arizona where you can go to cool off, including Mt. Lemmon in the Santa Catalina Mountains just north of Tucson or travel southeast to the old mining town of Bisbee in the Mule Mountains or hike among hoodoo rock formations of Chiricahua National Monument. If you have more time, you might want to drive north to Sedona, Flagstaff or even the Grand Canyon.



Learn more at: <https://www.visitarizona.com/like-a-local/top-10-things-to-do-in-arizona/>

We encourage you to come early, stay late or both and enjoy all Arizona has to offer "Under One Sky."

Central Region Updates

Barb Wollan (IA), Central Region Director

The central region is at the starting line and excited about being the host region for the 2025 annual conference in Grand Rapids! We are excited to be able to build on the foundation established by the Michigan Affiliate in 2021, when COVID forced the shift to a virtual meeting. We've accomplished Step One: Identifying our leaders! (Drum roll....) Tri-Liaisons to the National Board for the 2025 annual conference will be:

Next Steps: forming committees and digging into detailed planning for a terrific conference! The next two years will be exciting and productive years in the Central Region.



2025 Annual Conference Tri-Liaisons

 Courtney Aldrich, MI 

 Samantha Roth, MN 

 Melissa Rupp, OH 

News from North Dakota!

Kari Helgoe, President- A team of NEAFCS members in North Dakota received the statewide "Program Excellence Award" at the states fall conference for the "Fit and Strong" program. Fit and Strong is an evidence-based physical activity self-management program for people with lower extremity osteoarthritis. NDEAFCS Extension team members are master trainers Shaundra Ziemann-Bolinske, Danielle Dinger and Rhonda Gripenrog; and trainers Metta Pfilger and Amanda Dahners.



News from Iowa!



Mackenzie DeJong, President- To build visibility and promote professionalism, Iowa members are being encouraged to display the NEAFCS Creed in their offices.

Member and state literacy specialist Dr. Connie Beecher will host a book club in 2024 for the affiliate. The group will read and discuss "The Power of Moments" by Chip Heath and Dan Heath.

News from Michigan!

Courtney Aldrich, President- We are excited that due to the popularity of a session presented by Michigan members at annual session, Short-form Video Content in Extension Education, our members have been asked to present an NEAFCS webinar on this topic.

We are also excited that Michigan's Bay Mills Community College was represented on the panel of 1994 Land Grants for the NEAFCS Diversity Committee webinar in November. Brainstorming is beginning for the 2025 Annual Session in Grand Rapids.



Professional Development's Many Purposes

Marcia Parcell (IN), VP Professional Development

The Professional Development Subcommittees are presenting webinars for many purposes such as what members need to know, the structure of our land grant institutions, and hot topics that members are inquiring about or need to know about to address our changing world.

Read on to learn about the webinars addressing these different purposes as well as ways to provide input for 2024 webinars.

The Program Development Subcommittee demonstrated and showed how to submit a successful proposal on December 5th. If you missed this webinar, log onto NEAFCS website under Professional Development and view the recorded webinar to compose your proposal to present at the 90th Annual Session. On **December 19th**, you can learn what you need to know for 2024 award season. On **January 31**, a webinar will be presented about reviewing proposals. These webinars address what members need to know to participate in membership opportunities.

In November and February, Kyleigh Brown is facilitating webinars about the contributions of our 1994 land grant institutions and the 1890 institutions. These webinars allow us to learn about the impacts of land grants that serve diverse communities. We can gain an appreciation for where we have been and hope for the future of impactful programming.

Additionally, the professional development team will host the first follow-up Hot Topic webinar because of their session in Providence. The webinar will be on AI (artificial intelligence). We are seeking additional hot topics for 2024.

PROVIDE SUGGESTIONS FOR HOT TOPICS!

Follow this Qualtrics link to submit your idea of future hot topics for webinars. https://purdue.ca1.qualtrics.com/jfe/form/SV_eu1LkWpGIQgW202
We are working to meet your professional development needs!



SCAN WITH A
CELL PHONE
CAMERA TO GO TO
THE LINK

Make Sure Your Work Doesn't Go Unnoticed-Write an Impact Statement for NEAFCS

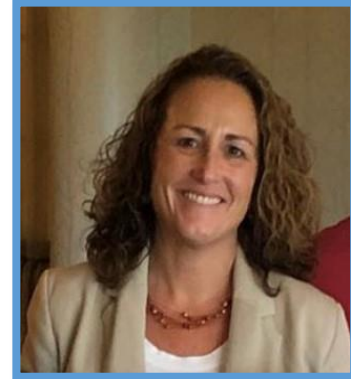
Chris Zellers (NJ), VP Public Affairs

Have you ever told a friend what you did as an FCS educator and had them reply with,

"wow, I had no idea"

OR

"I didn't realize Cooperative Extension did that"



If so, it's time to start writing your impact statement!

Don't let your hard work go unnoticed; don't let Cooperative Extension in your state be the best-kept secret. Our state offices are often asking for our impact statements this time of year, so take a minute and put it into the NEAFCS impact statement so we can show stakeholders our collective worth as FCS Educators!

The portal is open now and will remain open until February 1, 2024.

Your submissions can be for individual programs and need not be the entire state report, so please include those local programs that are so impactful in your community!

We look forward to reading your submissions and taking them to Washington DC to show our national leaders the great work FCS does as a group.

It's Not Too Late: Time is on Your Side!

Michelle Wright (TX), Appointed VP Member Resources

While renewal time is ending soon, the doors of NEAFCS are always open for the recruitment of members.

NEAFCS is the only professional association serving the unique needs of family and consumer science educators working in the Extension system.



NEAFCS would appreciate

you sharing this information with those just starting in their FCS careers as well as former NEAFCS members. To become a life member, **it's \$330.00**, and that one-time payment is made payable directly to NEAFCS. We would truly appreciate you encouraging your peers to become Active members as early as possible to get more bang for their money. You can find the active and life member applications on the NEAFCS website. Go to:

1. Visit neafcs.org
2. On the top tabs click "Member Resources" and you'll see a list
3. Click "Join NEAFCS" and scroll on that page to all the application OR for those reading this virtually [click here](http://neafcs.memberclicks.net/join-neafcs) to get there quickly or type in neafcs.memberclicks.net/join-neafcs

Unfortunately, dues cannot be prorated, but NEAFCS member benefits are priceless! [Check out](#) an infographic related to NEAFCS member benefits (ROI) for you to share or find it at neafcs.org! **NEAFCS would like to connect with all members and any potential members in your state affiliate; please ask a non-member to join today.** Remember to encourage your peers to be involved on the state and national level. As an FCS professional, we are better together!



Read about our 2023 National Award Winners Monthly!

Learn more about the award winners at <https://neafcs.memberclicks.net/2023-award-winners>

"Grown Up U: Facts for Success" Podcast Program

Tristin Bolton & Team
University of Arkansas Extension

Grown Up U: Facts for Success is an "adulting" podcast specifically designed for older teens and young adults to help them gain critical life skills needed to live independently.

The 10-15 minute episodes are hosted by a team of 12 FCS agents across Arkansas and communication specialists from University of Arkansas Division of Agriculture.



1st Place National Winner: Communication Award
Radio or Podcast



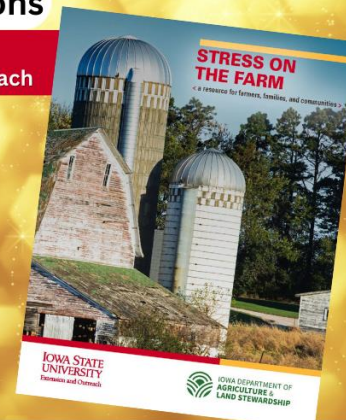
Farm and Ranch Wellness: Key Educational Publications

David Brown & Team
Iowa State University Extension and Outreach

The Farm and Ranch Wellness Project provided outreach to farmers, farm workers, families and their advocates.

Three developed educational publications also offered stress assistance and mental health resources and information:

- Stress on the Farm
- Farm Stress and Mental Health
- ESTRÉS EN ÁREAS AGRÍCOLAS



1st Place National Winner: Communication Award
Educational Publication



Feeding My Baby From Cradle to Table

Jenna Smith & Team
University of Illinois Extension



Food is for fun from 6 months to age 1!

go.illinois.edu/FeedingMyBaby

Illinois Extension



Baby-Led Weaning

Allergies

Best Newborn Foods

Starting Complementary Foods

Signs of Readiness

Parenting Resources

Making Homemade Baby Food

Best Foods to Feed Your Baby

Frequently Asked Questions

Feeding My Baby from Cradle to Table website focuses on feeding infants approximately six to twelve months of age complementary foods. The interactive website includes fact sheets, videos and covers topics such as:

1st Place National Winner:
Internet Education Technology



Work Well - Workforce Wellness Newsletters

Rachel Tansey & Team
Rutgers Cooperative Extension

The goal of Work Well Workforce Wellness Newsletters encourage employees to live longer, healthier productive lives and reduce chronic disease risks by promoting nutritious eating and active lifestyles.

Survey results showed 68% of participants finished the full 12 week Work Well-Workforce Wellness program.

Of those who did respond, 91% of the participants felt that the newsletters and resources were helpful for them to make positive changes to adopt a healthier lifestyle.



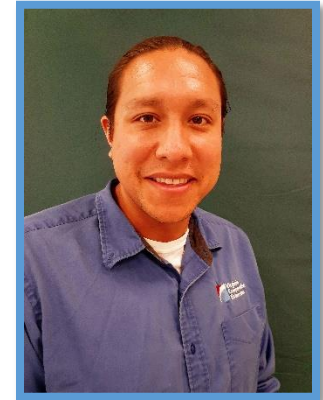
1st Place National Winner: Communication Award Newsletters



NEAFCS Diversity Scholarship

Glenn Sturm (VA), Diversity Committee Member

Did you know that NEAFCS offers annual session scholarships for presenters on topics related to diversity, equity, and inclusion? To provide more diversity-related professional development sessions, as well as increase diverse representation among members attending the NEAFCS Annual Session, **the Diversity Committee provides a scholarship opportunity for members presenting diversity-related concurrent sessions at the NEAFCS Annual Session.** Up to 4 scholarships of \$250 will be awarded to NEAFCS members.



All NEAFCS members accepted as presenters of diversity-related concurrent sessions are welcome to apply. Preference will be given to members of racial/ethnic minority groups, individuals of the LGBTQIA+ Community, persons with disabilities, neurodivergent, and faculty/staff of 1890 land-grant Extension programs.

In terms of timeline – **you must have already been accepted as a concurrent session presenter for the 2024 annual session to be eligible for the NEAFCS Diversity Scholarship.** Applications will open for the diversity scholarship in early spring, and scholarship recipients will be notified by late spring.

For any questions related to the NEAFCS Diversity Scholarship, please feel free to reach out to the Diversity Committee Chair, Caroline Everidge, at cneverid@purdue.edu.

Professional Development- Upcoming Hot Topic Session on AI

Amber Allen (MO), Professional Development Committee Chair

A great round table discussion at the conference brought the importance of AI to the forefront and how Extension agents can use it. **Mark your calendar for December 20th at 2 pm for the first Hot Topic Session on AI with Brock Turner, Purdue University.** This webinar will briefly overview various AI models and focus mainly on the Generative AI models and how they apply to family and consumer sciences.



Some potential ways Extension Agents can use the AI are:

- **Continuous Learning:** AI can assist with ongoing professional development and keep us up to date with the newest technology.
- **Quick Problem Solving:** AI can assist in brainstorming, providing ideas, and creating suggestions for various projects.
- **Time-Saving & Communication Resource:** AI can be a way to save time and also be used to enhance communication by making more clear and engaging.
- **To have fun:** I wanted to leave you a poem created by ChatGPT by inputting "create a poem a short poem National Extension Association of Family and Consumer Science". The finished poem can be seen below:

**NEAFCS, a beacon bright,
Guiding families with heartfelt light.
In knowledge's embrace, they stand strong,
With every moment, their impact prolong.
With wisdom woven, a tapestry grand,
Empowering homes across the land.
In every chapter, a story true,
NEAFCS, for families, thank you!**

Elevate FCS! and Living Well Month: Amplifying the Significance of Family and Consumer Sciences

Rosie Stewart (AZ), Public Affairs Advocacy Committee Chair

The Public Affairs Advocacy Committee strives to highlight the significance of our profession and programs for both internal and external audiences. Through two main campaigns—**ELEVATE FCS!** and Living Well Month—the committee empowers individuals to advocate for Family and Consumer Sciences (FCS).



ELEVATE FCS! Campaign (December):



Join the American Association of Family & Consumer Sciences (AAFCS) in celebrating the value and impact of the FCS profession throughout December. The campaign encourages FCS professionals, students, affiliates, communities, programs, and supporters to **ELEVATE FCS!** Utilize AAFCS resources, such as social media posts, toolkits, logos, and promotional tools available at <https://www.aafcs.org/elevatefcs> to spread awareness about FCS and commemorate AAFCS founder Ellen Swallow Richards' birthday.

Living Well Month (March):

Shift the focus to holistic well-being. Living Well Month, held nationally in March, promotes wellness across eight dimensions—mental, social, emotional, spiritual, financial, occupational, environmental, and intellectual. FCS professionals contribute to enhancing lives by educating people, families, and communities. Plan for *Living Well Month* and anticipate resources from the Advocacy Committee, including a logo, calendar, and short videos highlighting the eight dimensions of wellness.



Mark Your Calendars NOW:

Make a note to actively promote **ELEVATE FCS!** in December and *Living Well Month* in March. These initiatives are not just campaigns—they're opportunities to elevate the influence of FCS for a healthier and happier future for all.

What is the Public Affairs Committee?

Chris Zellers (NJ), VP Public Affairs

If you came back from the NEAFCS Annual Conference eager to be more involved with NEAFCS the Public Affairs Committee might be the perfect way to get started.



The Public Affairs Committee has three divisions that may be a great fit for you:

- ★ **The Advocacy committee** highlights our profession and provides ways to educate stakeholders about all of the great work we do as FCS Educators.
- ★ **The Education committee** gathers our impact statements into a collective document that highlights the wonderful work NEAFCS members are doing nationally for stakeholder recognition.
- ★ **The Marketing committee** provides resources and ideas to market NEAFCS membership.

To find out more about being involved in one of the Public Affairs subcommittees feel free to contact me at zellers@njaes.rutgers.edu or use the NEAFCS website to join the committee you are interested in.

It is a great way to network and learn more about what others in our professional community are doing.

Submit Your Best to Celebrate at Our 90th Annual Session

Marcia Parcell (IN), VP Professional Development

“Under One Sky: Thriving in an Ever-Changing World”
the proposal portal for the **2024 Annual Session** officially opened on **December 1st**. We are looking for proposals to focus on methods to maximize our resources, to improve ourselves in the face of ever-changing needs, and celebrate our contributions to our communities and the nation. Stop. Think. What program could you submit as a proposal for the 90th Annual Session in Tucson, Arizona? **The proposals need to be submitted by January 31, 2024.** Are you unsure how to complete the process?



Check out the archived webinar, “How to Submit a Successful Proposal”, which Amber Allen and Andrea Haubner presented on December 5th. You can submit a proposal for professional development before 2023 ends. If your schedule is already filled, block time in 2024 to write your proposal for the special 90th Annual Session.

What are the benefits of writing a proposal?

1. You will be building your skills as a professional
2. You will be providing an opportunity for other professionals to learn from your work
3. You will receive feedback about your proposal
4. If your proposal is selected for presentation, you will be able to claim that you presented it at the 90th Annual Session

The Professional Development Committee thanks you in advance for submitting a proposal. We look forward to having relevant professional development to face our changing world!

Please reach out to Marcia Parcell, Amber Allen, or Andrea Haubner should you have questions about the proposal process.

Putting Your Impact to Work in 2024

Amanda Dame (KY), Public Affairs-Education Committee Chair

Hold tight to your calendars! It's time to get pumped for the 2024 JCEP Public Issues Leadership Conference in the buzzing capital of Washington DC! **Mark the dates of April 15-17 and gear up for a leadership conference like no other.**

The PILD conference focuses on advocacy and learning how to share the impact of Extension. The National Impact Statements developed from your state submissions will play an important role in advocating at the conference. The conference is open to any member of NEAFCS.

NEAFCS provides 12 Scholarships of \$475 to assist with the cost of attending the JCEP Public Issues Leadership Development (PILD) conference. Out of the 12 available scholarships, 10 will be granted to first-time representatives and 2 scholarships will be awarded to presenters of PILD (pending proposal acceptance). For more information on the qualifications and requirements for these scholarships visit <https://www.neafcs.org/jcep-public-issues-leadership-development-conference>



Let's Celebrate - 90th Anniversary Logo

Chris Kniep (WI), Historian & 90th Anniversary Committee Chair

Step by step the 90th Anniversary Committee is crafting their action plan for 2024 and are excited to announce and share the logo that was recently approved by the NEAFCS Board. You'll be seeing this logo on the website, on social media, in the newsletter and we hope that you will use it too! Ninety years of membership, accomplishments and so much more to celebrate!



Starting in January, we will be highlighting the 13 states that formed the organization, hearing from

members in those states. Who was at the table in 1933? Twenty-one home demonstration agents from 13 states: Alabama, Illinois, Michigan, Minnesota, Missouri, New Hampshire, New Jersey, New York, North Dakota, Ohio, Vermont, Virginia and Wyoming. Mrs. Anna Searl from Pontiac, IL became the first president.

Our association logo has changed a number of times over the years, reflecting both the connection with the Extension Homemaker

organization and the titles being used by members. The tagline added to our current logo for our 90th Anniversary shares the theme of the Anniversary Committee – CELEBRATE!



Register for the Extension Leadership Conference!

Jesse Ketterman (MD), Eastern Region Director

The Extension Leadership Conference (ELC) coordinated by the Joint Council of Extension Professionals (JCEP) is well under way. The call for proposals closed in October and we are finishing the selection process. Notifications should go out in the near future.



The conference will be outside of Tampa on February 14th and 15th. There will be an association meeting and night out for networking. We look forward to seeing everyone. More information is available at <https://www.jcep.org/elc>.

Meet a New Board Member!

GET TO KNOW THE NEAFCS EXECUTIVE BOARD

Hometown: Kingsville, TX



Thus far, what is your top career highlight?

Becoming one of 11 Distinguished Extension Agents in our agency

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

Always share what others need to know rather than what they want to hear. That will always take further professionally.

If you did not work for Extension, what career would you have pursued? Therapist

What's your most-used productivity tip?

Prioritizing your to-do list daily



MICHELLE WRIGHT
VP Member Resources
TEXAS A&M EXTENSION

Your work in Extension in one word:
Adventurous

