

President's Message

Julie Garden-Robinson (ND), NEAFCS President

Julie Garden-Robinson
NEAFCS President



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

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

Article: Music, good for body and mind: <https://www.ag.ndsu.edu/news/columns/prairie-fare/prairie-fare-music-good-for-body-and-mind>

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.

- **March 1, 2023** - Life Members Virtual Meeting
- **March 15, 2023** - NEAFCS Awards Program Application will close

- **April 1, 2023** - Journal of NEAFCS Article Submissions Due
- **May 15, 2023** - Endowment Project Grant Proposals Due

Where is that Again?

Considering apply for an award? Not sure what you need to include? Be sure to reach out to your state affiliate VP of awards and recognition. Another great place to look is on the NEAFCS website. Here is a quick step-by-step. To go directly to the awards documents/application page, [click here](#)

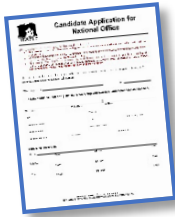
Want to apply for an award? Find awards documents/applications here!

The image shows a step-by-step guide to finding awards documents on the NEAFCS website. It includes a search bar for 'neafcs.org', a navigation menu with 'Awards' highlighted, and a dropdown menu with 'Awards Documents/Application Instructions' selected. The final step points to the 'Awards Documents/Application Instructions' page, which contains a list of award documents and application instructions.

It's your TIME to LEAD!

Susan Routh (OK), Immediate Past President

Yes, it's your time to lead! **The NEAFCS Nominating Committee seeks members with a desire and passion to**



LEAD. Members passionate about serving and being leaders of NEAFCS are encouraged to download the [Board Candidate Application](#) and consider applying to be a national board candidate.



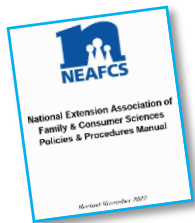
Positions that are open for election during the September Annual Business meeting in Providence are:

APPLY TODAY!

POSITIONS OPEN ON THE NEAFCS EXECUTIVE BOARD

- ✓ President-Elect
- ✓ Vice President for Public Affairs
- ✓ Vice President for Awards and Recognition
- ✓ Treasurer
- ✓ Central Region Director
- ✓ Southern Region Director

*TODAY A READER
TOMORROW A LEADER*



To learn more about these offices and all board offices, please review the [Policy and Procedures](#) document under the Member Center of the NEAFCS website. **IF you are curious about a specific office, don't hesitate to get in touch with the current Board member who holds that office and ask them your questions.** Serving on the National Board has been a highlight of many Board members' Extension career. ❤️

Please remember: It's YOUR Time to LEAD! Please do not let this opportunity pass by you. Now is the time to act!



Bringing it Home

Gina Lucas (MO), VP Member Resources

- ♥ I love NEAFCS and all the bells and whistles my affiliation with the national association offers to all its members.
- ♥ I love that we can serve in various leadership roles.
- ♥ I love the professional development opportunities that are too long to list but include participating in and presenting:
 - ✓ Webinars, studying, judging, and presenting scholarly journal articles
 - ✓ Attending the always exciting national sessions and networking in person or virtually with colleagues around the nation
 - ✓ Submitting my work or the excellent work of my peers for recognition through the NEAFCS awards, investing in the growth of early career FCS professionals through participation in the NEAFCS Leadership Experience, the list goes on and on



As president of my Missouri state affiliate, MEAFCS, I understand that many of our NEAFCS members are not particularly interested in involvement at the national level for various reasons. **I have had to re-evaluate my approach to show the value of membership in MEAFCS and retain and attract new members.** I decided it was time that I concentrated on *bringing it home*.

IDEA TO ENGAGE MEMBERS AT A LOCAL & NATIONAL MEMBERS IN NEAFCS: The MEAFCS executive board members are working to offer four in-depth trainings based on the NEAFCS VP positions:

♥ Awards & Recognition	♥ Public Affairs	♥ Member Resources	♥ Professional Development
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These interactive sessions start with an overview of the opportunities available in each of these categories at the national level. Still, we drill down and look at the purpose of working in each of these categories and how it ultimately impacts the work we do in our communities and the people we serve daily.

Whether your state NEAFCS affiliate recognizes the excellent work of others in your community through local awards, shares the impact of your work and demonstrates Extension's value to local leaders. Provides continuing education to professionals in your community or identifies ways to invest in yourself and your colleagues in your local office; as an Extension professional, remember that our NEAFCS tools are adaptable.



Join me in communicating the value of NEAFCS and bringing it home to our members' daily work with the people, they know and serve.



Professional Development Opportunities

Marcia Parcell (IN), VP Professional Development

WANTED: I am looking for webinar proposals from NEAFCS members, who want to experience presenting professional development

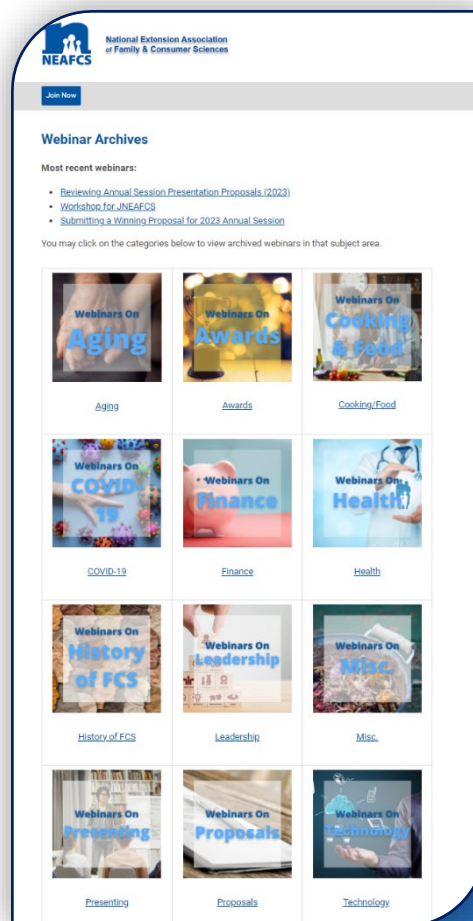
How do you present a webinar for NEAFCS? All you have to do is fill out the online form for a webinar proposal under Members Only Webinar section of the website. Then, the proposal will be sent to reviewers. At least three reviewers, review each proposal. I will provide you feedback from the reviewers. If your score is high enough, you will collaborate with Will Ferguson to set up a time to present. Will assists with the presentation and recording of the webinar too.



You may not want to present a webinar, but you know a non-NEAFCS professional, who can present a great professional development session. They need to be sponsored by a member – like you! [You will find a recruitment letter on neafcs.org inviting them to submit a webinar proposal.](#) In the letter, you will see the information you'll be asking them to provide, so you can submit the proposal on their behalf. Please help us expand the benefit of NEAFCS membership.

I know some members cannot attend annual session, but they want professional development. **Have you checked the recorded webinars on the NEAFCS website under the "Professional Development" tab?** Click the "Webinar Archives", you will have the topics with webinars available. If you do not find a webinar of interest, notify me of your professional development need.

Let's expand the number of archived webinars in 2023!



Are you Living Well?

Jennifer Bridge (KY), VP Public Affairs

Living Well month is just around the corner this March, and the Public Affairs Advocacy committee has done a phenomenal job of getting information to you for early access. Shout out to Christine Zellers, Advocacy committee chair, who has led this effort.



To access the Living Well materials:

1. Log on to [the NEAFCS website](#)
2. Click on Public Affairs
3. Click on Living Well Month Campaign to find:
 - A Press Release
 - Sample Proclamation to use with the local officials to declare March as Living Well month
 - Monthly calendar with suggestions for living well each day (PDF or Canva format) and space to personalize!
 - Weekly social media posts

What is Living Well Month?

Living Well is a public service campaign of NEAFCS to raise awareness of Extension FCS services throughout the country. Take time to use these wonderful materials to promote the vital work we do. **We also ask you to share how you have used the materials throughout March on the NEAFCS social media page.** This is a great way to share ideas and inspire others!



The Leadership Experience: What's in it for me?

Lisa Peterson (IL), Secretary

Have you considered applying for the NEAFCS Leadership Experience? As Extension educators and agents, we spend a significant amount of time focusing on the needs of our community and the local people we serve. So, asking the blunt question: what's in it for me? How does being a part of the Leadership Experience benefit my community and me? Let's address these questions!



The idea of the Leadership Experience was to directly address the need for more leaders in NEAFCS. Based on key informant interviews and research conducted when building the program, one common struggle was self-doubt. **For our newer members, the Leadership Experience is designed to build confidence in leadership at a local, state, and national level and, for our more seasoned members, to inspire them to continue to grow as Extension professionals while incorporating a fresh perspective.** We also hope the mentors feel an incredible amount of self-worth for the value and knowledge they have to offer. Professional development may impact your work as a community leader and help build confidence in reaching out to new partners or starting a local coalition!



The program offers professional development on:

- * Leading Yourself
- * Leading in Your Community
- * Leading in Family and Consumer Sciences
- * Leading in NEAFCS

One of the most tremendous personal benefits of joining the Leadership Experience is having dedicated time to build your professional network!

Have an idea for a program? Considering pursuing a state or national leadership position? Looking for a program designed for a targeted audience? You now know people outside of your state who can help! This program not only offers optional bi-monthly "conversations to connect" over the course of the program but mentors and mentees are matched based on interests and ideally in a different region of the country. Extension has always felt like a giant extended family. From personal experience, it's fantastic to have developed these relationships across the country with people who understand what we do and why it matters.

Still unsure or have questions? **Join us on Feb. 15 from 1-2pm CST. for a live webinar on the NEAFCS Leadership Experience.** Apply for the Leadership Experience by visiting the [NEAFCS website](#). Let NEAFCS help "Light Your Way" with the Leadership Experience. Applications close March 15, 2023.

Proof, Proof, Proof Your Applications

Judy Corbus (FL), Awards Training Committee Chair

You've just finished your award application for that stellar program and are ready to submit it. **But wait! Have other eyes looked at it?** After you've composed and re-read your application multiple times, it's easy to miss grammar, syntax, and punctuation errors.



Enlist the help of *at least one other person with an editor's eagle eye to review your application before uploading it.* Include a copy of the award application guidelines and judging criteria so the reviewer(s) can compare your application against them.



Questions to ask yourself:

- ✓ You know what you want to say, but have you expressed that clearly in your writing?
- ✓ Have you addressed each item in the Program Outline clearly?
- ✓ Can the reader understand the program and the results?
- ✓ Do the supporting documents, if required, further tell your story?

Your reviewer(s) can identify areas needing tweaking to strengthen your application.

Remember the Three Cs – make sure your application is clean, clear, and concise! In addition to a colleague, consider asking someone outside Extension, such as an English teacher, to review your application. If they can understand your program from your application, chances are the judges will understand it, too!



Budget plenty of time for a review before your affiliate's submission deadline. This extra step to polish your application will reflect you and your hard work in the best possible light!

Building a Strong NEAFCS Endowment

Mary L. Blackburn (CA), Endowment Committee Member

"It's not the size of the gift that matters, it's the heart that went into it"



Last month the Endowment Committee shared with you the Endowment Campaign planned for the next two years and why it should be important to you as a member of NEAFCS. You also learned about the grants, awards, scholarships, projects, and services funded from the interest earned from the endowment funds. So, you will know how your Endowment dollars work for you.



You now know the giving categories suggested for the two-year campaign ending in 2024. The levels speak of Wood, Brick, Stone, Marble, and Granite.

These categories seem to demonstrate levels of endurance from the least durable to the more indestructible or lasting manifestations of 'strong.' These choices mean the NEAFCS Endowment Committee offers you the opportunity to participate at any level that fits within your personal capacity to give. It is important that you feel you want to give and are comfortable at the level you give.

Now that you are aware of the goals of the Endowment Campaign, and the anticipated use of the funds, we urge you to consider being a part of the giving to help make NEAFCS stronger! I wish to call your attention to a quote from Leonardo da Vinci which speaks to what we do with what we know. He said, *"Knowing is not enough, we must apply. Being willing is not enough, we must do."*

The goal of \$90,000 in the next two years can be reached with – sticks and bricks – don't let the stone, marble, and granite discourage you --it is all about the number who choose to give! According to Jennifer Betts, *"It's not the size of the gift that matters, it's the heart that went into it."* We ask all NEAFCS members to 'put your heart into it' -- join with the Endowment Committee to make the campaign a success. Let us, think like Norman Vincent Peale who says, *"Shoot for the moon. Even if you miss, you'll land among the stars."*

As we prepare for the 90th Anniversary of NEAFCS in 2024, please join our "building" campaign and become an Endowment Donor. To contribute to the Endowment, please visit the [NEAFCS website](#).

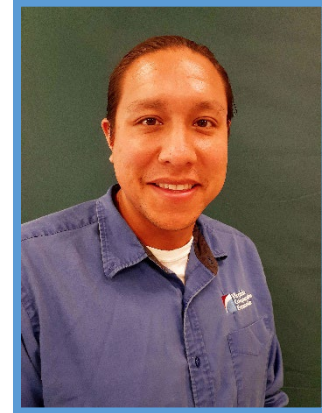
The 2023-2024 endowment campaign logo was designed by NEAFCS member Mackenzie DeJong, Iowa State University Extension and Outreach.



Saving your Way to NEAFCS 2023: SMART Goals Edition!

Glenn Sturm (VA), Treasurer

Who's ready for Providence in September! While we're all excited to get together, network, learn, and grow personally and professionally, the financial cost can be difficult for some. While some of us can have the conference covered by our employers, others are responsible for part or even all of the cost. **For those footing some of the bills, let's revisit SMART goals in preparation for Providence 2023!**



Specific – we all know the danger of savings without having a specific dollar amount in mind; often, we'll save too little or even too much and unnecessarily tighten our budget further. So, let's look at the specific costs. Here's an example:



Early bird registration - \$450.



Hotel - \$87 per person, per night (assuming two per room), before taxes. Let's round up to \$100 times five nights (Sunday through Thursday night).



Flights – from Virginia, for example, round-trip flights are going for right around \$300. Let's say your employer also covers up to \$600 of expenses. Total: \$450 + \$500 + \$300 – \$600 = \$650.

Let's add another \$50 for the buffer room, bringing the total \$700.

Measurable – we have just about seven months until the conference. While reaching \$700 right now may be a challenge for some, how about \$100/month over seven months?

Achievable – If you have a personal spending plan, let's see if that \$100 a month can fit! If not, are there expenses (particularly those flexible expenses) that you can reduce or remove (temporarily or long-term)? If you don't have a personal spending plan, now's a great time to practice what we preach as FCS professionals and develop a spending plan with room for that additional \$100!

Relevant – nothing more relevant than the national professional development conference for FCS Extension professionals! That said, to make sure you get the most out of it, consider what concurrent sessions are offered, what committees provide you opportunities for professional growth and meaningful national work, and when and where to network with other FCS Extension professionals throughout the country!

Time-bound – If we start saving this month (February) and save \$100 a month for seven months (until August), we'll have that \$700 to cover the expenses and/or replenish savings used to pay for flights, hotels, and registration!

Pre-Conferences Options: Home Food Preservation and Tour & Dine at the Matunuck Oyster Farm

Shauna Henley (MD), Gina Crist (DE), Maria Pippidis (DE), Alyssa Whittaker (DE) Affiliate Liaison

National Center for Home Food Preservation

Join Drs. Carla Schwan and Kaitlyn Casulli from the University of Georgia. Their pre-conference will cover the



scientific principles, as well as the National Center for Home Food Preservation's recommended procedures for home food

preservation. It combines classroom presentations and video demonstrations on food preservation methods. Topics also include recommended resources, Extension curricula used by the University of Georgia Extension, and program delivery in food preservation. We welcome back the National Center for Home Food Preservation, seeing how their last Pre-Conference was during the 2014 Lexington, KY NEAFCS annual session.

Matunuck Oyster Farm Tour

Another fabulous offering is a tour of Matunuck Oyster Farm, beginning at Matunuck Oyster Bar with an introductory discussion about aquaculture and fisheries on a global and local scale. Guests are then invited to visit the shellfish farm in Potter Pond. Tours of the oyster farm are a unique feature of the Matunuck experience, where NEAFCS visitors see the different species of shellfish we provide at the restaurant in many different stages of growth.



Photo Credit: twitter.com/matunuckOyster



Central Region Highlights: Michigan State University Extension Affiliate

Holly Tiret (MI), Affiliate President

We are settling into our new board for 2023.

Updates from our state include:

1. We are working with our administrative team to help update membership bylaws to include Associate Membership.
2. We are working on updating our state bylaws.
3. Busy gathering impact stories and encouraging members to apply for awards.
4. Working to increase membership for 2023 by challenging every member to invite one friend.
5. Our VP for Public Relations, Georgina Guzman, perrygeo@msu.edu, will attend JCEP Extension Leadership Conference representing Michigan.



Meeting with our admin team to discuss plans to host National 2025 in Grand Rapids

Celebrating Diversity in the Workplace

Darlene Minniefield (AL), Diversity Committee Chair

Diversity, equity, and inclusion is a conceptual framework that claims to promote the fair treatment and full participation of all people, especially in the workplace, including populations who have historically been under-represented or subject to discrimination because of their background, identity, disability, etc. *Source: [Wikipedia](#)*



Celebrating diversity in the workplace should not wait for one month or a special day but every day we should celebrate the many diversities in our workplace with every chance we get.

As we promote our differences, no matter what they are, race, color, age, gender, religion, disability, social status, or national origin, we should look for the good in all of humanity and celebrate our diversity in the workplace.

Our commitment as NEAFCS is to cultivate a diverse and inclusive organization to welcome all members and to acknowledge, respect, and value all who would like to join our great organization.

NEAFCS Silent Auction

Dr. Roseanne Scammahorn (OH), Awards Sponsorship & Support Committee Chair

On behalf of the NEAFCS Awards Sponsorship & Support Committee, I would like to extend a sincere **thank you** to everyone who donated and purchased items at our Silent Auction in Raleigh, NC. Your generous contribution helps to fund the resources needed for quality awards and recognition activities.

From the beautiful handmade crafts to the baskets full of delectable goodies and everything in between, we were able to raise over \$3,300! By putting NEAFCS at the forefront of your cause, you have truly made a difference.

Many also supported their colleagues shining brightly at the awards ceremony by donating \$50 to become a Star Donor! The Star Donor program increased the funds raised to Just over \$4700 in 2022!

The 2022 efforts were profitable, and fun, and create a great opportunity for collaboration and team building. A heartfelt thank you to the members who donated their time in Raleigh to support the Silent Auction. Because of your hands-on support, the Silent Auction was a success.

Again, we are most appreciative of everyone's generosity and support of NEAFCS!

So, how can you help with the 2023 auction?

1. **Donate an item to the auction:** Share your creativity with a handmade craft, create a basket that displays what your state/county is famous for, or donate a "one size fits all" item. Nothing is too small.
2. **Volunteer in Rhode Island:** It takes many hands to create a successful silent auction. Once we have a schedule, an online sign-up system will be available.



3. **Serve on the committee:** I was asked by a friend to help volunteer... fast forward a few years and I am now the chair! Why? Because it is so much fun! The committee's responsibilities mostly take place at conferences and innately create the opportunity for you to network with fellow members. It is a wonderful opportunity to serve when you can only allot a limited amount of time.
4. Become a **Star Donor:** Our Star Donor Club (limited to 100 members) is a limited membership that shows your support to the NEAFCS Awards Program via a \$50 donation. In thanks, you'll receive an electronic badge to display as you wish and, if you attend Annual Session in person, you'll receive a gold star pin to denote your contribution to the success of the association!
5. **Bid, Bid, Bid!**

GET TO KNOW THE NEAFCS EXECUTIVE BOARD

Hometown: Elmo, MO

Why are you a part of NEAFCS?

This organization offers everything an Extension professional needs to find success at every stage of their career - from professional development, to mentoring, research, leadership, travel, building relationships - you name it. But it also offers so many opportunities for me to grow as an individual.

Most-used productivity tip:

To just get started, don't let perfection get in the way of making progress.

Thus far, what is your top career highlight?

Building the NEAFCS Leadership Experience as committee chair. However, the true gift has been the authentic connections that I have built with colleagues across the nation and what I have learned about my own capabilities as well as my limits.

Three items you'd take sailing in Rhode Island:



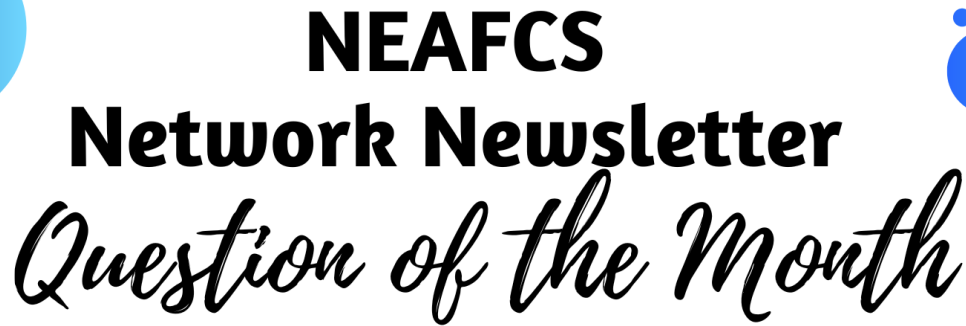
Extension Friends



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VP Member Resources
 UNIVERSITY OF MISSOURI EXTENSION

Your work in Extension in one word:
Satisfying





NEAFCS Network Newsletter *Question of the Month*

Having read the February 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/RQmSyQH3B289w6b6>

Additional News & Opportunities for NEAFCS Members

- [Home Baking Association February Baking Calendar](#)
- [April FCCLA and HBA Industry Immersion Tour](#)
- The 2023 [Consumer Food Safety Education Conference \(CFSEC\)](#)
- **Healthy for Life® Community Nutrition Grant Opportunity:** As a critical partner providing nutrition education in under-resourced communities, the American Heart Association is offering Cooperative Extension agencies a unique grant opportunity. Together, we will award up to 10 organizations \$2,500 each to implement the Healthy for Life community nutrition program. Deadline is Feb. 28. [Learn more and apply now](#)



In Remembrance



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](#).



[Brian Keith Routh](#) (OK), husband of Immediate Past President Susan Routh

Brian Routh of Tuttle, Oklahoma went to be with his Lord and Savior Jesus Christ on Feb 7, 2023. He was a man of faith, a man of community service and a leader admired by those who worked as a member of his team at OG&E. His place on Earth will be dearly missed, but all who love him rejoice that his is healed and whole in Heaven.