

## President's Message

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

**Julie Garden-Robinson**  
NEAFCS President



## January 2023 President's Message

Please click the image above or visit <https://youtu.be/zzH0el2HBM8> to watch this month's President's Message.

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

Try This Quiz about the Coldest Days of

Winter: <https://www.ag.ndsu.edu/news/columns/prairie-fare/prairie-fare-try-this-quiz-about-the-coldest-days-of-winter>

Vitamin D is a Nutrient of Concern: <https://www.ag.ndsu.edu/news/columns/prairie-fare/prairie-fare-vitamin-d-is-a-nutrient-of-concern-in-winter>

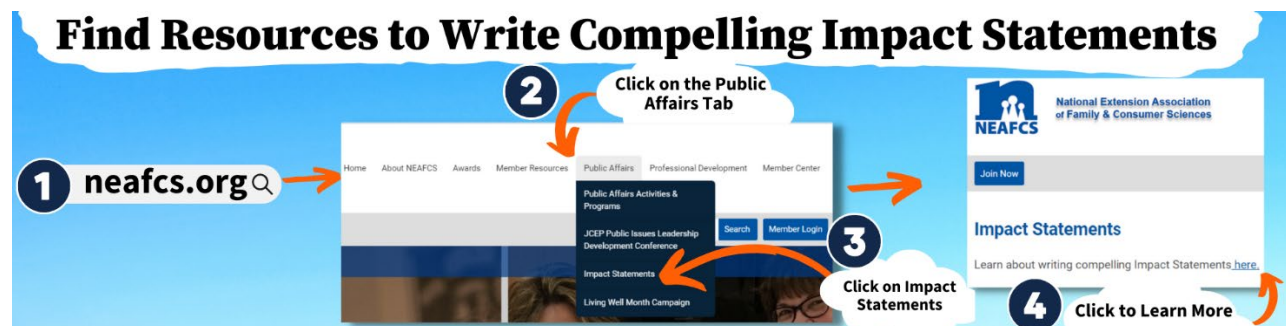
## What YOU Need to Know NOW in NEAFCS!

*National Office Staff*

- **January 31, 2023** - Call for Proposals Portal closes
- **January 31, 2023** – Deadline for Annual Session Reviewer Signup
- **NEAFCS Impact Statement Portal** - Now Open, Closes February 1, 2023
- **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?

Starting this year, we will provide a series of graphics on how to find information on our NEAFCS website quickly. This first month is focused on finding resources for writing impact statements. Here is a quick step-by-step. To go directly to the Public Affairs page on resources for writing compelling impact statements, [click here](#). Scroll down to "NEAFCS IMPACT STATEMENTS" once on the website.



# Building Meaningful Professional Development

*Marcia Parcell (IN), VP Professional Development*

Our conversation about professional development on December 20th yielded many fruitful ideas to pursue in 2023. Upcoming Professional Development Opportunities:

- ★ We will meet to reenergize Connecting with Colleagues and determine topics for these sessions! The sessions may even be renamed, so stay tuned for details regarding these sessions.
- ★ The Leadership Experience Marketing Subcommittee will provide an informational and question and answer session in February.
- ★ We are also planning a time to share ideas about promoting March Living Well month.



The Professional Development Program Committee is meeting on January 23rd at 12 EST to ensure everyone knows their roles and the action plan..

**WANTED: We are also looking for members to take action as writers and reviewers of proposals for annual session.**

Karla and Amber presented a webinar, "Submitting a Winning Annual Session Presentation Proposal" to guide members in submitting annual session proposals. Write your proposal submission today to be a presenter in Providence, RI. **Proposals are due by January 31st.** These proposals will be peer-reviewed in February. A webinar on February 1st at 1:30pm EST will be provided to assist members in understanding the process and ask questions regarding the proposal review process. Thank you, in advance, to those who submit proposals to provide outstanding professional development for the 2023 Annual Session.

**Of course, we always look for professional development to present to members virtually. If you have a topic or know someone else who has professional development to benefit our members, submit the information today.**

# Sharing Your Impact

*Amanda Dame (KY), Public Affairs Committee Chair*

## What does the Public Affairs Committee Do?

One of the primary responsibilities of the Public Affairs Education Committee is to create Impact Statements reflecting the work of our members. The statements are then shared with congressional leaders and NIFA program leaders as part of the [Public Issues Leadership Development Conference \(PILD\)](#).



Each affiliate Vice President of Public Affairs or contact for the area will collect their affiliate data.

Once the data is collected each VP for Public Affairs or contact will compile and submit the data through the **NEAFCS Impact portal, which is open until February 1st**. Each affiliate contact should have received an email from Jennifer Bridge, NEAFCS VP of Public Affairs, and the national office explaining the process and how to submit.



**You are the key to the process.** Please let your local contact know about your great work this past program year.

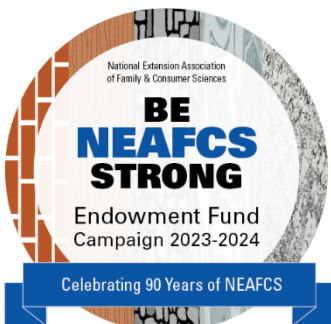
The Education Committee is looking forward to reading about the extraordinary work happening around the country!

# Be NEAFCS Strong: Join Us as We "Build" the Endowment

*Susan Routh (OK), Immediate Past President*

The NEAFCS Endowment offers many opportunities to NEAFCS members. Monetary grants sponsored by the Endowment to support Family and Consumer Sciences programs across the nation have been awarded for the past two years. The results from these programs are amazing! The first grantees presented the results of the programs during the 2022 NEAFCS Annual Session. Members who participated in these sessions walked away with resources and ideas of how these programs can be adapted and used in their state.

For the next two years, the NEAFCS Endowment committee invites you to become an Endowment donor and contribute to the "building" of the Endowment. In 2024, NEAFCS will be celebrating its 90<sup>th</sup> Anniversary. The Endowment Committee has created a goal to raise



\$90,000 in the next two years. Why should that be important to you? Your contribution will be added to the principal balance of the Endowment which is to be kept permanently in the fund. The income earned on the principal balance can be used to advance the mission of NEAFCS through awards, scholarships, and other projects and services. By donating to the Endowment, you are building the future of Family and Consumer Sciences and NEAFCS.

The Endowment committee has crafted a recognition program for donors which honors the "building of the Endowment." The following giving categories have been devised especially for this two-year campaign:

**Wood – Up to \$99**

**Brick - \$100-\$499**

**Stone - \$500-\$999**

**Marble - \$1,000 - \$4,999**

**Granite – Over \$5,000**

**As we prepare for the 90<sup>th</sup> 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.*

# A New Year, New Insights

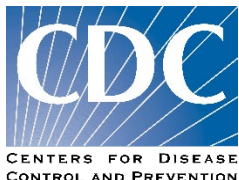
*Jane Henderson (VA), Diversity Committee Past Chair*

It's a new year and, once again, a time when we consider engaging in an activity that improves our lives. But wait, it's not that simple for everyone. As a woman, I am aware of disparities in our health care, everything from maternal health outcomes to differences in the diagnosis and treatment for heart health. While searching for chronic disease and prevention information, I came across a CDC blog post, "[Conversation in Equity](https://blogs.cdc.gov/healthequity/)". In it, the authors discussed differences that negatively impact life expectancy or medical care based on socioeconomic status, race, gender identity, and where people live to name a few.



In reading the various topics, I discovered that women were not the only marginalized community. How could I not be aware of the struggles of: the LGBTQ+ community, incarcerated males, older adults, and the uninsured?

**As an educator, we share knowledge that contributes to improving the environments where people live, work, and worship.** We engage in conversations that educate communities on providing access to nutritious foods and improving access to health screenings and educational resources. We work with groups to improve their interactions with their clients and programs that address chronic disease prevention and food insecurity.



**Fear and access to equitable healthcare should not be a factor in receiving a proper medical diagnosis and treatment.** According to the CDC, "for health equity, we must change the systems and policies that have resulted in the generational injustices that promoted racial and ethnic disparities." Let's continue the work to be part of the solution.

Resource: <https://blogs.cdc.gov/healthequity/>

# Annual Session 2023: Keynote Speaker Announced!

*Gina Crist (DE), Affiliate Liaison*

Opportunities to learn await you in Providence! It's hard to believe that we are only nine months away from next year's annual session.

To kick off the conference, our keynote speaker, Rita Landgraf, will set the stage for a week of learning on opportunities to continue partnerships in the community and individual-level change related to health equity and well-being.

A graphic featuring a portrait of Rita Landgraf, a woman with blonde hair, smiling, wearing a black top. The graphic includes the text "2023 Keynote Speaker" at the top. To the left of the portrait is a circular logo for the "Exploring Oceans of Opportunities" 2023 Annual Session, featuring a lighthouse, a compass, and the NEAFCS logo. Below the portrait, the text reads: "Rita Landgraf", "Director of the Partnership for Healthy Communities at the University of Delaware and is a nominee by President Biden for the position of Assistant Secretary of Aging and Administrator for the Administration on Community Living." The background of the graphic is decorated with blue and white nautical-themed items like seashells and a starfish.

**2023 Keynote Speaker**

**Rita Landgraf**

Director of the Partnership for Healthy Communities at the University of Delaware and is a nominee by President Biden for the position of Assistant Secretary of Aging and Administrator for the Administration on Community Living.

For more information on Dr. Landgraf's career, [read her bio](#).

Highlights of continued learning in this area include in-depth and pre-conference sessions on up-and-coming trends and programs in health equity and well-being, including an in-depth session on implementing the Cooperative Extension National Framework for Health Equity and Well-being. **The focus will be on building a deeper understanding of the and having practical tools to showcase how all of our work in family and consumer**

**sciences assists in achieving the national-level goals of the framework.**

Look for future articles on other opportunities that await you in Providence. We hope that you will be able to join in this week of learning and fun!

# Region Highlights: Western Region

## Western Region Enjoys Successful Membership Drive

*Dianne Christensen (NM), Western Region Director*

The Western Region had a successful membership drive during December. One of the smaller regions by membership, the hope is to build member numbers in the next several years.

**The addition of the Associate Member category has been well received to facilitate growth in membership and collaboration with colleagues statewide and nationally.** *Associate members are Extension employees working in any capacity within Family and Consumer Sciences programming with less than a bachelor's degree. (Membership dues are \$50.)*



To actively recruit this new category, state affiliates may want to update their bylaws to conform with the latest revisions in the national bylaws for consistency and clarity at the state and national levels.



**COLORADO STATE UNIVERSITY  
EXTENSION**

Colorado has done a fantastic job responding to the new membership category. Their bylaws committee acted quickly and had the necessary changes ready for their annual meeting. Abby Weber, the affiliate President noted, "I wanted to highlight that with new membership opportunities, Colorado was able to add 5 new members to our roster! We have 20 members who renewed their membership, 4 new members signed up, and one new retiree! I am so excited to grow our membership with new opportunities from NEAFCS to support that. Hopefully other states in our region are experiencing the same benefits!"



**UNIVERSITY  
OF WYOMING**

College of Agriculture  
and Natural Resources  
Extension

The Associate membership category will be of great value in Wyoming due to the way their FCS staffing is organized. They reported being hopeful to gain several new Associate members this year.

Oregon experienced a bump up in membership, reporting 33 members. It was noted that membership is stronger after affiliate members do well in regional and national awards, which highlights one of the best recruiting tools in reminding potential members of the many benefits NEAFCS provides to their career requirements.



**Oregon State University**  
Extension Service



**National Extension Association  
of Family and Consumer Sciences**

## Western Region Enjoys Successful Membership Drive

Kayla Wells-Yoakum in Washington has supported their affiliate and reported their membership stayed even with last year, with one new member.



WASHINGTON STATE UNIVERSITY  
EXTENSION



University of Idaho  
Extension

Idaho also reported a new member with strong member retention of 21 for the coming year.



BE BOLD. Shape the Future.  
College of Agricultural, Consumer  
and Environmental Sciences  
Cooperative Extension Service

New Mexico experienced a high level of staff attrition in 2022, losing four agent members. However, due to active recruiting, four new members were added. Their bylaws committee is working on the needed changes, and they are pursuing the ICAN educators in their state for possible membership next year.



Alaska also struggles with attrition but currently reports all five FCS agents in the Alaska Cooperative Extension Service are members with the addition of UAF SNAP-Ed Director.



THE UNIVERSITY OF ARIZONA  
COLLEGE OF AGRICULTURE & LIFE SCIENCES  
Cooperative Extension

Arizona leadership noted the Associate member category will be helpful as they have program specialists and managers that are currently not members but will now have the option to join. The smaller membership fee will assist those who have limited funds. The state affiliate saw a small increase in their membership, reporting 31 active members and 7 life members.

### Challenges with recruiting continue with agents:

- ✓ Involved in more than one association
- ✓ Obtaining reimbursement for membership dues
- ✓ Attrition of FCS agents.

Reaching out to newer agents with how NEAFCS membership will assist them in reaching their career goals continues to be a strong recruitment tactic. Also, finding ways to reimburse members for dues costs is proving helpful with the economic burden for many members.



National Extension Association  
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# JCEP Extension Leadership Conference Registration NOW OPEN!

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

Registration for the 2023 Joint Council of Extension Professionals (JCEP) Extension Leadership Conference (ELC) is now OPEN! Conference theme is *Engage, Inspire, Achieve* and all details can be found here:  
<https://www.jcep.org/elc/2023>.



## WHERE:

Kansas City, Missouri at the Kansas City Marriott  
County Club Plaza

## WHEN:

February 8 & 9

## REGISTRATION & HOTEL COST:

Conference registration is \$450, and hotel rooms start at \$129.

Over the two days, you will have opportunities to:

- ✓ Participate in interactive training sessions
- ✓ Skill building workshops
- ✓ Poster presentation
- ✓ Network with fellow NEAFCS members during dedicated time
- ✓ Attend our Association Night Out with a meal together in the Plaza District



**Consider attending this event that draws leaders from  
across Extension professional organizations together to  
learn and grow with each other!**

# Oceans of Opportunities Await You with the NEAFCS Leadership Experience

*Rick Griffiths (NM), President-Elect*

The Leadership Experience is NEAFCS's leadership development and mentoring program. It is explicitly designed for NEAFCS members to become more involved as leaders in their communities, state associations, and NEAFCS. The NEAFCS Leadership Experience is built with two primary purposes:

- ★ To develop the personal leadership skills
- ★ Facilitate building relationships to reach your goals, discover your passions, and find your success



**The Leadership Experience is an 8-part program designed to help identify the leader within, enhance**



**personal leadership skills, and gain confidence to lead in the community and profession.** The program will help build relationships and collaborate with other NEAFCS members and leaders across the country. Additionally, they discover personal leadership styles and how to use them effectively. Participants are given the tools to discover NEAFCS member benefits and leadership opportunities.

In the application process, mentees identify leadership interests. Based on these interests, mentees are paired with a mentor who has experience in that area and can help in growing abilities and confidence and on a path to success. The Leadership Experience accepts mentees who are in their first five years of NEAFCS membership and mentors who are experienced members who want to build collaborative relationships with new members and help them reach their full potential.

The second component of the Leadership Experience is a formal mentorship with a NEAFCS member who has experience within the leadership areas identified as being of interest to the mentee. Through the mentorship experience, mentees meet regularly with their mentor to explore the good, the bad, and, yes, sometimes, the ugly extension has to offer. Through the mentorship component, mentees will learn from their mentor's experiences the keys to their success and the pitfalls to avoid. Explore new ideas collaboratively and, most importantly, build a friendship that will last well beyond the Leadership Experience.

## Get to Know the Board Spotlight Image

### GET TO KNOW THE NEAFCS EXECUTIVE BOARD



**MARCIA PARCELL**  
VP Professional Development  
PURDUE EXTENSION

**Hometown:** Sunman, IN

Why are you a part of NEAFCS?  
I am a part of NEAFCS because I love to learn from others. I learn from others by working with them.

Advice for your younger self as a new agent/educator:  
Dream large and do your best!

Most-used productivity tip:  
Putting myself on a timer to focus on my work.

Three items you'd take sailing in Rhode Island:

 +  + 

*Your work in Extension in one word:*  
Blessed





*You're invited!*

### NEAFCS Life Member Event

**When:** March 1, 2023 @ 3pm ET  
**Where:** Zoom  
**Who:** NEAFCS Life Members & FCS Extension Retirees

- Invite your friends who are retirees but not Life Members
- Share updates on what Winter Activities inspire you and what you plan to do in Spring
- NEW opportunity for Life Members at Annual Session this year - come learn the details of an In-Depth Session inspired by your input





National Extension Association  
of Family and Consumer Sciences

# NEAFCS

## Network Newsletter

### *Question of the Month*

Having read the January 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/H6zsaawcgo4C4EZo9>

#### Additional News & Opportunities for NEAFCS Members

- [Home Baking Association January Baking Calendar](#)
- [April FCCLA and HBA Industry Immersion Tour](#)
- The 2023 [Consumer Food Safety Education Conference \(CFSEC\)](#)



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](#).