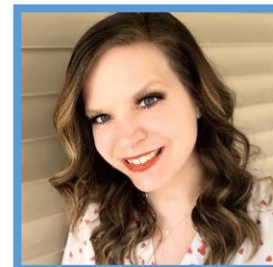


From the Desk of the Secretary: Changes to the Newsletter Starting Fall of 2024

Lisa Peterson (IL), Secretary

Thank you!

I am delighted to share some changes to our NEAFCS newsletter starting this fall. First and foremost, I want to extend my heartfelt gratitude for entrusting me with the role of Secretary for the past two years. It's been an incredible journey, and I'm honored to serve our vibrant NEAFCS community.



When I stepped into this position, my primary goal was to enhance our network newsletter, boost engagement based on your valuable feedback, and ensure that every member feels connected to NEAFCS each month. Over the past two years, we've conducted two comprehensive communication surveys, reviewed your insightful comments and suggestions from the NEAFCS strategic planning leadership survey, analyzed readership data, and formed an Ad Hoc Committee dedicated to improving our newsletter.

Thanks to our members' collective effort and input, the Ad Hoc Committee has devised a new plan to streamline our communications. We understand the importance of keeping you informed without overwhelming you with information. **Since July 2024, you've received a monthly update from the NEAFCS National Office titled "What You Need to Know," including essential deadlines and reminders. This email will be sent on the first Tuesday of every month and will be archived on the NEAFCS website for your convenience.**

A graphic of a green road sign with white text that reads "Changes Ahead". The sign is mounted on two metal posts against a background of a blue sky with white clouds.

Now, here's the big news: starting in October 2024, our network newsletter will transition from a monthly to a quarterly publication. This change comes after careful consideration, extensive data analysis, and your valuable feedback. The newsletter will be published in March, June, August, and December—months chosen based on past readership trends and busy periods for our association. And don't worry; you can still submit articles for the newsletter; your contributions are always welcome!

This new approach will be piloted and evaluated over the next two years. NEAFCS is a member-driven organization, and your voice is crucial. Our goal is to ensure you receive information in the most effective way possible. We truly hope to hear from members about the effectiveness of this change or the opportunities for improvement.

Thank you for your continued support and engagement. I know change can feel overwhelming, and I am happy to address any questions you may have. Please do not hesitate to reach out via email at lap5981@illinois.edu

Warm regards, and see you in Tucson with sunglasses, a bottle of water and sunscreen,

- Lisa



National Extension Association
of Family and Consumer Sciences

Under One Sky

Rick Griffiths (NM), NEAFCS President

It's hard to believe that it's been a year since we were last together in Providence, Rhode Island, exploring the "Oceans of Opportunity" NEAFCS has to offer. Serving as your President for the past year has been an honor and a privilege. I thank you for placing your trust in me to guide our Association forward. **As I reflect on my time as President, I believe now more than ever in the commitment of NEAFCS being a member-driven organization; without the work of our numerous committees, state affiliate leaders, and you being involved at all levels of our organization NEAFCS would not be the successful organization it is today, I thank each of you for your dedication and commitment to our Association.**



I greatly appreciate the dedicated members of our National Executive Board for all the time, thought and effort that they put into carrying out their duties throughout the year. I would also like to thank all the members of our National Committees and State Affiliates for their work moving forward the mission of NEAFCS. You truly are the heart and soul of our organization. As we come together "Under One Sky" I would like to recognize the dedicated work of the Arizona Affiliate led by the 2024 Annual Session Liaisons Debbie Curley and Rosie Stewart for planning and hosting this year's Annual Session. Through their combined work they have created an incredible Annual Session for us all to enjoy.



Last month we hosted the NEAFCS summer town hall, overviewing critical information on this year's Annual Session, **if you were not able to attend the meeting and have not already viewed the recording, I highly encourage you to do so before attending the 2024 annual session in Tucson AZ.** You can find a link to the recording on the 2024 annual session website, or by following this link <https://vimeo.com/986656502/e97e2cff05>.

I also like to encourage you to view the videos of the 2024 candidates for National Office <https://neafcs.memberclicks.net/2024-board-candidates>. There are several contested races this year, I encourage you to watch the videos from the candidates and to review their candidate biographies. Then, communicate your choice to your state's voting delegates so they may cast their ballots for the appropriate National Officers. I hope to see you in Tucson,

-Rick

What YOU Need to Know NOW in NEAFCS!

National Office Staff

- **CANDIDATES:** Meet your 2024 Board Candidates. New this year, candidates have pre-recorded their 3-minute speech for members to view prior to Annual Session. Visit the following link to read their applications, position statements, and watch their 3-minute speeches. <https://neafcs.memberclicks.net/2024-board-candidates>. Contact your affiliate leadership/ voting delegates to share your thoughts on each candidate so they can make an informed decision prior to voting.
- **SIGN UP GENIUS:** Attending Annual Session and looking for a way to help out onsite? Keep an eye out for the volunteer sign-up to be sent in the coming week. There are many opportunities to help serve NEAFCS, so please consider signing up for at least one! Members like you help make the meeting a success!



Curious about what is discussed at the monthly Executive Board meetings?

Log in to neafcs.org and click document library in the member center tab to find monthly meeting notes!

Share comments, concerns, and questions about the eNEAFCS network newsletter with NEAFCS Secretary Lisa Peterson at lap5981@illinois.edu

NEAFCS Board Candidates Videos

Julie Garden-Robinson (ND), Immediate Past President & Nominating Committee Chair

Have you watched the NEAFCS Board candidate videos? We hope so! If you have not viewed the videos, there's plenty of time to do so before the annual conference. Candidate applications are available at <https://neafcs.memberclicks.net/2024-board-candidates>

The use of video was an innovation of the nominating committee to allow each of you to meet the candidates. **These videos WILL NOT be shared onsite during Annual Session, and we have a no-campaigning-for-office policy.**



Please let your state's voting delegates know your preferences.

NEAFCS – MEET YOUR BOARD CANDIDATES

Candidates have pre-recorded their three-minute speech to allow members, Affiliates and delegates time to watch and consider each of these individuals for National Office. These videos WILL NOT be shared onsite during Annual Session.

WATCH THEIR VIDEOS



WHEN CAN YOU VOTE?

- ✓ The Eastern and Western Regional Director candidates will be elected by voting delegates during their respective Regional Awards and Business Meetings on Tuesday, September 17, from 12:30 PM to 2:30 PM.
- ✓ All other candidates will be elected by voting delegates during the Annual Business Meeting on Wednesday, September 18, from 2:15 PM to 4:15 PM.

We appreciate the time and efforts of the nominating committee for their dedication in identifying a qualified slate of candidates:

Central Region – Beverly Doll (WI), Kate Shumaker (OH), Alternate-Kyleigh Brown (MO)
Eastern Region – Gwen Crum (WV) and Hannah Fincham (WV)
Southern Region – Ines Beltran (GA), Rhea Bentley (SC), Alternate-Lorrie Coop (TX)
Western Region – Abby Weber (CO) and Hope Wilson (AZ)

For any questions, please contact Julie at julie.gardenrobinson@ndsu.edu

NIFA Update: NIFA Invests \$4.5 Million to Build Nutrition Hub Network

NIFA has announced \$4.5 million in funding to establish three additional USDA Nutrition Hubs in communities across the country. The new Nutrition Hubs will provide tailored and scalable approaches to equitably advance food and nutrition security and help prevent diet-related chronic diseases, especially in historically underserved communities.



Image Courtesy of Adobe Stock

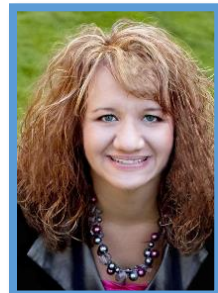
The additional Hubs will create a network that builds on the work of the pilot Nutrition Hub established last year in partnership with Southern University and A&M College under USDA's [Agricultural Science Center of Excellence for Nutrition and Diet for Better](#)

[Health \(ASCEND for Better Health\)](#) initiative.

With funding provided through [NIFA's Agriculture and Food Research Initiative \(AFRI\)](#), the Hubs will focus on providing science-based information tailored to priority communities of interest including Tribal, Hispanic and Insular Areas. [Read more](#) about this new funding opportunity.

We are Looking Forward to Seeing You in Tucson: Let's Talk About the Weather

Traci Armstrong Florian (AZ), Service Project Subcommittee Co-Chair & Invitation, Marketing & Promotion Subcommittee Member, 2024 NEAFCS Annual Session Planning Committee



Ah, September in Tucson—the desert sun will still be flexing its heat muscles! Let's make sure we are all dressed for success while navigating Arizona cacti and enjoying the southwestern sights. **Here's your guide for a stylish and comfortable stay in Tucson, Arizona during mid-September's NEAFCS Annual Conference:**

- **Lightweight Clothing:** Opt for lightweight, breathable fabrics. Linen, cotton, and moisture-wicking materials are your best friends. Loose-fitting tops, flowy dresses, and not wearing a blazer or suit coat will keep you fresh and cool.
- **Sun Protection:** The Arizona sun is intense. Pack a cap, visor, or wide-brimmed hat to shield your head and face during any outdoor activities. Sunglasses are essential, too—preferably ones with UV protection. And don't forget sunscreen! SPF is your desert BFF.
- **Swimsuit and related clothing:** JW Marriott Starr Pass Resort has a reflection pool, water slides, and a lazy river. These would be refreshing places to enjoy either as an early morning swim or a late evening winddown. Remember to bring your swimsuit and essentials so you can be sure to enjoy these features and cool off.
- **Layers for Cooler Evenings and Meeting Rooms:** While daytime temperatures can soar, evenings can surprise you with a slight chill. Bring a light jacket or a long-sleeved shirt for those sunset strolls. An additional note, while daytime temperatures soar, it means the AC is going full force, so a light cardigan or sweater could also come in very handy indoors.
- **Comfortable Footwear:** Strappy shoes and footwear made from breathable materials will be a cooling comfort to you. Additionally, if you plan to hike or just go general exploring, you may want to bring tennis shoes with good traction or invest in lightweight hiking boots—they'll save your ankles from unexpected desert terrain twists.
- **Keeping Hydrated:** Choose a refillable, insulated water bottle that can keep your water cold and you hydrated. If you have outdoor plans such as a hike, you may want to bring a hydration backpack with a built-in water reservoir for a handsfree experience.

One more weather-related item to note—the deserts in Arizona DO receive rain, and oh, what a show it is! Our monsoon season is officially from June through September. On many days, Monsoon clouds tend to creep over the desert landscape mid to late afternoon, and as the day cools and turns to evening, the thunder echoes and the lightning dances in the sky, wind kicks up dust, sometimes creating a "haboob". Then after all that, sometimes, torrential rain beats down on the dry desert landscape turning dry washes into roaring rivers in a matter of minutes. The weather can change quickly! Keep an eye on the weather through a weather app of your choice, especially if you have evening plans. If you do venture out during a storm, bring an umbrella, and wear sensible shoes that will help prevent any slips and falls on wet surfaces.

Remember, Arizona is all about embracing the elements—sun, sand, and saguaros. So, dress comfortably, protect yourself from the elements, and let your inner desert explorer shine! We are so excited to have you in our beautiful state of Arizona—expect a fabulous time!

Central Region Update

Barb Wollan (IA), Central Region Director

Central region leaders met via zoom in late June, with an opportunity to get a little bit acquainted with each other, learn how each state has engaged with the 90th Anniversary celebration (every state has been different), and most importantly, go over all the steps we need to take together in preparation for our annual session. It was terrific to be able to discuss all that in person, so we could clarify as needed and answer questions.



On August 22, all Central members who will be first-time attendees at the national conference are invited to a zoom gathering where they can ask questions and meet some people ahead of time. That way, they will find some familiar faces when they get to Tucson!

Highlights from our states:



Because SIX of the original 13 NEAFCS affiliates were states in the Central Region, we have enjoyed reading the "Past-Present-Future" articles that began running in the newsletter in April as part of the 90th-anniversary focus on history. We've seen input from Michigan, Illinois and Ohio, and I understand Missouri will be coming soon! Getting to know some of our Central Region colleagues from three different generations has been such fun!

✓ Wisconsin leaders are planning to survey members to learn more about what members most value in the association, especially regarding activities within the state.

- ✓ Indiana has been able to purchase copies of "The Secret History of Home Economics" for all members, with plans for book discussions in the months ahead!

Preparations for the 2025 Annual Session in Grand Rapids are quietly moving forward, with committees forming and all states finding ways to contribute. You will start hearing more about Grand Rapids during our time together in Tucson!

Please contact Barb at bwollan@iastate.edu with any questions or concerns.

Read about our 2023 National Award Winners Monthly!

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



A grid of 12 circular award medals on a gold bokeh background. Each medal contains a name and a state abbreviation. The names are: Sharon Allen Haynes (AL), Maria Portelos-Romero (FL), Elizabeth Brunscheen-Caragena (KS), Natalie Taul (KY), JoAnn Vann (AK), Karen Richel (ID), Rebecca Reid (KS), Hayley Cowell (NC), Joy West (AK), Diana Stone (IN), Angie York (KY), and Olivia Patchel (NC).

2023 Distinguished Service Award Winners:
The award recognizes Extension FCS Educators for leadership, outstanding programs, and personal & professional growth & 10+ years in NEAFCS.



A grid of 12 circular award medals on a gold bokeh background. Each medal contains a name and a state abbreviation. The names are: Christina Masich (ND), Lamanda Weston (TN), Lynette Babcock (TX), Dana Wright (WV), Robin Maille (OR), Sara Poole (TN), Cindy Nelson (UT), Carol Bralich (WI), Heather Smith (TN), Jennifer Trufan (TX), and Glenn Sturm (VA).

2023 Distinguished Service Award Winners:
The award recognizes Extension FCS Educators for leadership, outstanding programs, and personal & professional growth & 10+ years in NEAFCS.



A grid of 12 circular award medals on a gold bokeh background. Each medal contains a name and a state abbreviation. The names are: Lori Wheeler (AL), Kathleen Tiff (ID), Cecelia Hostilo (KY), Shannon Smith (KY), Leigh Ann Bullington (AK), Chelsea Richmond (KS), Mindy McCulley (KY), Linda Law (NY), and Annie Wallau (FL).

2023 Continued Excellence Winners:
The award recognizes active involvement in professional improvement programs, promotion of professional development, and leadership & 12+ years in NEAFCS.



A grid of 12 circular award medals on a gold bokeh background. Each medal contains a name and a state abbreviation. The names are: Beth Stefura (OH), Lynda Latta (OK), Karen Franck (TN), Kimberly Edmonds (VA), Marie Economos (OH), Dea Rash (OK), Stacey MacArthur (UT), and Jackie Carattini (WI).

2023 Continued Excellence Winners:
The award recognizes active involvement in professional improvement programs, promotion of professional development, and leadership & 12+ years in NEAFCS.

Have a question about awards or previous award winners? Contact the VP of Awards and Recognition, Donna Jung, at donna.stangl@okstate.edu

Under One Sky is Exciting!

Marcia Parcell (IN), VP Professional Development

In less than a month, we will be developing personally and professionally, celebrating the excellent work of our members.

As a lifetime learner, I am excited to attend the 90th Anniversary of NEAFCS Under One Sky! Each day is packed full of unique personal and professional development opportunities built by Debbie Curley, Rosie Stewart, and their committees.



Monday begins with an array of events. There are pre-conferences for professional development as well as the first-timer orientation and affiliate officer meetings. For all members, a desert animal display will begin introducing you to the desert. The annual session will open with more cultural exposure expressions in the opening. The welcome event will showcase the region's beauty, art, and culture with a Navajo jewelry maker and weaver, a cowboy poet, hoop dancers, a mariachi band, and Mexican food on the patio with the Arizona sunset for a backdrop.

On **Tuesday**, we will have school pride day as you attend morning in-depth sessions. Upon returning, each region will have their business and awards luncheon followed by concurrent sessions. This evening will be time for state photos and night out.

On **Wednesday**, you will have a marketplace to shop, concurrent sessions, an in-person Showcase of Excellence (12:30-1:30), the annual business meeting, exhibit forums, a service project, and a silent auction. Two invitation events will be a reception for the Leadership Experience participants and a catered leadership event at the Tucson Art Museum.

Finally, **Thursday** will close the action-packed session with exhibit forums, concurrent sessions, committee meetings, President's Reception, and the awards banquet.

In less than a month, we will be developing personally and professionally, to maximize our resources, challenge ourselves to improve in the face of ever-changing needs, and celebrate our contributions to our communities and the nation today and over the past 90 years. See you in Arizona!

Don't hesitate to contact Marcia at mparcell@purdue.edu

What Does the Public Affairs Committee Do Nationally?

Christine Zellers (NJ), VP Public Affairs

In past articles I have answered the question, what does the public affairs committee do? Many affiliates have public affairs committees and being a member at your local affiliate is a great idea, as is becoming involved on the national public affairs committee. If you are interested in meeting some of the great folks already involved in Public Affairs stop by the committee meeting. **If you are curious about what public affairs does here is a brief overview:**



- ★ We have three committees for Public Affairs Advocacy, Education and Marketing. Because government agencies, such as Extension, are prohibited from lobbying the committees of public affairs work to legally share information about the impactful work we do as FCS professionals.
- ★ We promote our programs and projects using educational strategies and impact statements. If you haven't had a chance to read the 2024 impact statements you may access them here: <https://neafcs.memberclicks.net/impact-statements> The impact statements were distributed at the Public Issues Leadership Development (PILD) conference in April and used to educate representatives and stakeholders about the collective work of NEAFCS members.
- ★ In addition to impact statements, the Public Affairs Committee has numerous resources on the NEAFCS web page that are ready-made for members to use in their own states. If you haven't used the resources for Living Well Month or the NEAFCS Creed check them out on the website under the Public Affairs tab.

If you want to learn more about Public Affairs or join one of the three committees, please stop by the meeting at annual session or feel free to email me or one of the committee chairs. I look forward to meeting new members at the conference and seeing friends too!

If you have questions, concerns, or comments about the awards, contact Chris at zellers@njaes.rutgers.edu



Support NEAFCS: Donate Now to Empower Future Leaders and Programs!

Mary Evans (WY), Endowment Committee Member

The 90th Anniversary of NEAFCS is just around the corner. The Annual Session will be held September 16th—19th in Tucson, Arizona. **Does this mean it is too late for you to donate to the “Be NEAFCS Strong” Endowment Fund Campaign? Absolutely not!**



What does your donation do?



This year we were able to not only award four programming grants but 12 Annual Session scholarships, too. We realize how important it is for our members to be able to experience the NEAFCS Annual Session, therefore we were excited to bring back this scholarship as an endowment fund member benefit. The learning opportunities are endless from the meetings, the concurrent sessions, the in-depths or just talking to a fellow member during lunch. The four Grant Project awards will allow our membership to continue their great work in their states and communities. Most importantly, Terri Mayhew, Endowment Committee Chair, stated that donating to the endowment “is like life insurance for our organization”.

How to donate:

You may make your donation online at <https://www.neafcs.org/endowment-for-the-future> or visit the Endowment booth in the Exhibit Hall during the Annual Session.

We will see you soon “Under One Sky”.

Meet the 25 Ambassadors Shaping Your NEAFCS 2024 Experience in Tucson!

Jessica Trussell (MO), Ambassador Committee Member

We want to wish a very special congratulations to the 25 outstanding Ambassadors selected from across the United States! These incredible volunteers have been trained to guide you through our time together, ensuring that every moment is as enriching as it is memorable. They are beyond excited to welcome you to the 2024 Annual Session of NEAFCS in the vibrant city of Tucson, Arizona, where we'll unite "Under One Sky".



Keep an eye out for our Ambassadors—they'll be easy to spot with their distinctive octagon badges on their lanyards. These are no ordinary volunteers; they are passionate individuals dedicated to making your experience both professional and enjoyable.

Our ambassadors will be with you every step of the way, from registration to pre-conference activities, concurrent sessions, and in-depth workshops. Whether you're exploring the exhibits, attending the fantastic events, or just soaking in the atmosphere, our ambassadors will ensure your journey is smooth and enjoyable.

So, as we gather "Under One Sky," remember that you're not just attending a conference—you're becoming part of a shared experience, supported by a network of dedicated professionals. **If you need anything, don't hesitate to reach out to one of our Ambassadors—they're here to help you make the most of every moment in this unique and inspiring setting.**

Cultural Diversity in the Early Childhood Classroom

Alicia Boatwright (AR), Diversity Committee Member

Each year, Family and Consumer Science agents across Arkansas offer professional development hours to childcare providers within their counties. This year, the lessons included the topic of cultural diversity and inclusivity in the early childhood classroom. Cultural diversity in early childhood classrooms provide a range of opportunities for children and families to celebrate their differences. Below are some culturally responsive strategies that childcare providers can use.



Learn about children and families. Teachers should learn about each child and their family and intentionally adapt to those children's strengths and needs. Make ways to learn more about the child's family life and incorporate it into their classroom experience.

Develop and teach expectations. These expectations should be linked to the values and culture of children, families, and teachers.

Develop and teach empathy. Teachers can model empathetic behavior by showing warm and responsive actions and can use books, games, and music to teach empathy.

Use self-reflection and take perspective. Teachers should question themselves to make sure that they aren't holding any biases against their families and students. In addition, teachers should try to understand how someone else's view of a situation is different from theirs.

The information in this article was sourced from the National Association for the Education of Young Children. For more information and additional resources, visit www.neayc.org.

Please contact Michelle, VP for Member Resources at michelle.wright@ag.tamu.edu with any questions or concerns.

Consider Submitting an Abstract to JCEP ELC

Julie Garden-Robinson (ND), Immediate Past President

Let's have our organization represented at JCEP ELC!

That stands for the Joint Commission of Extension Professionals Extension Leadership Council. All members of NEAFCS are also members of JCEP.



Save the Date & Submit an
Abstract for
2025 Extension Leadership Conference

Abstracts due Oct. 11, 2024

Proudly represent NEAFCS!

The graphic features a dark blue background with a light blue and white document icon containing a green checkmark and a yellow pencil. The text is in white and light blue.

The JCEP Extension Leadership Conference will be held Feb. 19-20 in Savannah, GA. **The abstract submissions are due Friday, Oct. 11.** Submitters will be notified by Nov. 5 whether their abstract was selected. Conference registration opens Nov. 6.

See www.jcep.org/elc for details.



Year-Round **JCEP**
LEADERSHIP

2025 Extension Leadership Conference
February 19-20 | Savannah, GA

The graphic includes a large red curved arrow pointing right, a red dotted line, and the JCEP logo (Joint Council of Extension Professionals).

Voices from the Past – Present – Future

Christine Kniep (WI), Past President & Historian

On June 29th, 1933, in Milwaukee, WI, during the annual meeting of the American Home Economics Association, the National Home Demonstration Agents' Association became a reality. Twenty-one home demonstration agents from 13 states were present: Alabama, Illinois, Michigan, Minnesota, Missouri, New Hampshire, New Jersey, New York, North Dakota, Ohio, Vermont, Virginia, and Wyoming.



The 90th Anniversary Committee has asked each of these 13 states to collect stories of their work and membership in NEAFCS from a retired or life member, the affiliate president, and a "new" member – the start of an ongoing narrative history of NEAFCS. Between now and our 100th Anniversary, stories will be collected from all of the affiliates. These stories will be included in our newsletter, on our website, and in our historical records.

It is with great pleasure that I share the next set of stories from the North Dakota Affiliate, featuring:

* **Past-Anita Rohde, Life Member**

* **Present-Kari Helgoe-NDEAFCS President**

* **Future-Katie Henry-NDEAFCS Vice-President**

PAST

I am beginning anew. My original story is more interesting (to me, perhaps). On May 3, 1969, as a green graduate of North Dakota State University, I drove to Fort Berthold Indian Reservation (terminology of the Tribe). I had no home and knew no-one. The next day I reported to work at the extension office and met the ag agent, secretary and the recruiter who hired me. They left before noon with the advice to "just get started and have a little fun every day!" It was good advice, so I started by meeting the Expanded Food and Nutrition Education Program (EFNEP) assistants and the Native Americans that were to be our clients. I cannot tell you how many kind people welcomed me, even as they must have wondered what on earth this stranger could contribute.

We had many miles to travel as each EFNEP assistant worked from home and we were separated by 60 miles one way and 100 miles the other way. Each EFNEP assistant was required to have a telephone and a working car. Of course, cell phones did not exist at that time. Fort Berthold lacked infrastructure and was poverty stricken at that time. Thankfully much, much better times have come.

With very few culturally appropriate materials available at the time, our EFNEP program developed our own materials, with the help of the local USDA Commodity Program, our



secretary, the EFNEPs and our clients. What a team! The USDA "commodos" were the only major food source for low-income people who might live 30 to 50 miles from a grocery store. Foods stamps were not available to them at that time. This is called a food desert now.

Since the commodities were distributed monthly, we needed to help families stretch their food, and increase the use of USDA foods including powdered eggs and milk. These foods were not instant, had a distinct taste and did not work in standard recipes without adjustments. We met monthly and the EFNEPs returned to their areas and shared lessons that promoted nutrition, food preparation and food safety.

We also showed up at motley facilities to offer samples of nutritious foods and to recruit families. Our secretary did wonders with a mimeograph machine! (Remember those?) Eventually the USDA program asked for and funded the cost of printing a cookbook. At the beginning, we started with recipes and basic nutrition, and later editions grew with the times when the Food Stamp Program was made available in the nineties. There were eight editions. We shared it with other reservations in North Dakota and eventually across several states.

The first book was quite a project because our office had a small supply budget, and no kitchen or meeting room at the beginning. Most of the testing and meetings took place in our homes. The USDA program furnished commodities for our tasting, teaching and testing. I purchased a lot of kitchen equipment with my first paychecks! Nowadays this work seems quaint in view of modern technology and convenience that wasn't available to us then.

The challenges in my early Extension career were great but fulfilling. My National Association of Extension Home Economists (NAEHE) [the previous name of NEAFCS] colleagues are friends to this day. My invitation to join the association in 1969 was treasured, and valuable especially during my 31 years as an Extension agent in Fort Berthold. Our national meetings were great for connecting with others who had similar programs. There was also the support and patience of our North Dakota State Extension specialists who were also NAEHE members. These opportunities for growth were invaluable to me and my family.

PRESENT

My name is Kari Helgoe, and it is my privilege to be the 2024 North Dakota Extension Family Consumer Science (NDEAFCS) President. Within my first year of Extension work, NEAFCS was the first professional organization I joined. From the very beginning of my career it helped define me both personally and professionally. The networking and support, leadership experiences and professional development opportunities pushed me outside my comfort zone and energized me to deliver innovative family consumer science programming to not just my corner of the state but throughout North Dakota.



My favorite experiences center around the national conference opportunities from NEAFCS annual sessions to PILD to JCEP. Each conference has introduced me to new ideas, different ways of approaching leadership and exposure to amazing people who have generously shared their experiences and stories with me inspiring me to continue to want to strive to make an impact in others' lives. But most importantly, conferences have given me the chance to get to know my colleagues on another level and deepen relationships. My fellow attendees are not only my coworkers, but dear friends.

Serving as North Dakota's president has been an honor. I am so proud of our current and past members who are constantly pushing themselves to find creative and effective ways to bring the newest research-based information to improve the lives of North Dakota youth, families and communities. Each member brings their special gifts to their work but it's the teamwork that I have experienced that elevates our educational efforts within Extension. Wishing the NEAFCS another brilliant 90 years of service, professional development and enduring friendships.

FUTURE

I am the Vice President of the North Dakota Extension Association of Family & Consumer Sciences (NDEAFCS). I have been a member of NEAFCS for 3 years. The amazing mentor I was paired with through NDSU Extension, Kari Helgoe, encouraged me to join. As she went through the extensive list of benefits of being a member, it was an offer I couldn't refuse. Since then, I have learned so much and have benefited from the professional experiences I have encountered.

There have been many amazing experiences I have been able to be a part of because of my involvement with NEAFCS. Attending a national conference during the turmoil of going virtual and benefiting from other professional development opportunities are to name just a few. These experiences have opened my eyes to what the organization offers and how amazing, adaptable, and supportive members are. I look forward to digging deeper into the organization and learning more about how we have helped the world and how we can continue to do so.

As the Vice President of NDEAFCS, I have had the privilege of working with the amazing officers of our organization in a close manner. The amount of knowledge I have learned and experiences I have gained through committees and being our representative on the North Dakota 4-H Foundation Board, have not only benefited me, but also the organization as a whole. I am excited to continue to represent the organization as a result of the support and knowledge. I feel as though I have been welcomed with open arms. I look forward to being a part of the growth of our organization. The visions on the horizon are positive, uplifting, and achievable. The collaboration of our organization and the encouragement of others is insurmountable, and I wish to continue the positivity and growth.



Packing Tips from Your NEAFCS Executive Board

Lisa Peterson (IL), Secretary

Are you ready for 2024 NEAFCS Annual Session? Not sure what to pack? Check out this list below put together from NEAFCS Executive Board who are experienced conference attendees.



NEAFCS ANNUAL SESSION PACKING LIST

Recommendation from your National Executive Board Members



- Sunscreen
- Reusable water bottle
- Comfortable shoes or sneakers to go explore



- Sunglasses
- Light jacket



- Personal address mailing labels to use when visiting exhibitors for door prize purposes, etc.
- Business cards



- A reviewed annual session schedule with sessions highlighted you want to attend!
- An open mind
- Portable phone charger



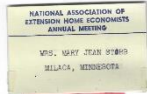
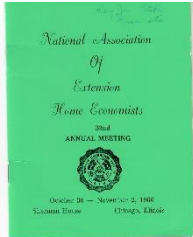
- Notepad & pen to take notes from each session
- Shorts
- A hat
- Light long sleeves to protect the skin



Annual Session – 1966 – 2024

Chris Kneip (WI), Past President & Historian

At the 2023 Annual Session NEAFCS was gifted with Mary Jean Stobb's program book from the 1966 Annual Session and her nametag with a First Convention ribbon - a historian's dream come true! The spring green covered program book (measuring 4.25 x 5.5") is filled with Mary Jean's notes about the conference – quotes from speakers, suggestions for Homemaker meetings, ideas from the fashion shows, menus, meeting locations, attendance numbers, and so much more.



The Meeting started on Saturday afternoon with a President's Workshop and dinner. Opening session was at 1:30 p.m. on Sunday with the keynote "It's Up to you, Jane Doe!" Following the "Performing Professionally" theme, programs included: The Many Roles of a Home Economist, How You Can Increase Your Horse Power, Don't Bother me with the Facts, What is a Virtuous Woman, and Beyond. Sponsored meals, style shows, and meetings went well into the night. The meeting concluded on Wednesday afternoon following the Recognition Breakfast,

Recognition Ceremony, and a Fashion Review.

Returning to 1966, think about our members' work, and what it meant to go to a national meeting. I'm pretty sure that if you were Mary Jean Stobb, living in rural Minnesota, the hometown newspaper reported on your meeting attendance something like this:



"County Home Economist Attends National Meeting in Chicago IL"

Mille Lacs MN: Mille Lacs County Home Economist Mrs. Mary Jean Stobb joined fellow Home Economists from across the country at their Annual Session, October 30-November 2, 1966. Mrs. Stobb, like many attendees, traveled by train to Chicago. The meeting was held at the Sherman House in Chicago, Illinois. This was the 32nd Annual Session of the organization and the convention theme was "Performing Professionally."



Mrs. Stobb shared this was the first National Association of Extension Home Economist Association (NAEHE) Annual Session that she ever attended and felt it was a worthwhile use of her time. She learned about programs to share with the Extension

Homemaker Clubs in the county, projects for 4-H members in foods and clothing, and fashion tips from McCalls. Over 1000 people attended the Annual Session.

As you plan your attendance at this year's Annual Session in Tucson, what story will you be "writing" about the meeting? A first timer? A presenter? An award winner? Will it be an opportunity to re-connect with colleagues from across the country, make new friends, see a part of the USA that you haven't seen before?

Mary Jean Stobb is the mother of Central Region Director – Barb Wollan, IA - a two generation Extension family!

Get Involved with the 2024 Silent Auction!

Silent Auction Committee

Hello NEAFCS members,

Many of you will be in Tucson in a few weeks eager to meet up with friends and colleagues for the first time or for a wonderful reunion. Practical information and the latest research will be shared. In addition to all the learning that will take place, the Sponsorship and Support committee has a great Silent Auction planned.

The money earned during the auction will help to fund honors for NEAFCS members who are award winners. Please plan on donating an item that will spark the interest of bidders and come take part in the in-person event by bidding on items to take home as gifts or souvenirs.

This is a fun event that comes with a little competition. The committee has received your feedback and has moved this year's event off the online platform. Bidding will take place on-site only via paper and pen. This will make it easier for those who have limited or no phone service and will add to the on-site last-minute bidding battles.

Choose a unique item from your state or from you individually that others would love to receive. Complete a [Silent Auction Donation form](#) for each item/group of items you plan to donate. Send Justin, jmischler@executiveoffice.org the completed form along with a digital photo prior to Annual Session. Drop off your donations at the La Estrella Room after you check-in.

Next comes the fun. Join us in the Exhibit Hall between 12:00 and 5:00 p.m. on Wednesday, September 18. Bid early, bid often and bid big. Winners will be notified and will pay and pick up their items on Thursday, September 19, between 11:00 a.m. and 2:00 p.m.

