

Under One Sky

Rick Griffiths (NM), NEAFCS President

Annual Session is fast approaching, and I look forward to our Association coming together Under One Sky in Tucson AZ, this September.

Registration is currently open, additionally, information on the conference schedule, hotel information and roommate matching are available at: <https://neafcs.memberclicks.net/2024-annual-session>.



As you are planning your trip to Annual Session, **I invite you to join the NEAFCS Annual Session Town Hall, July 18th at 12 PM Eastern Time**, registration is not required, and you should have received an e-mail invitation containing the zoom link and password previously to join the meeting. The town hall will cover important details and changes to this year's Annual Session. This year, we will have a modified schedule to accommodate the warm weather we're expecting in Tucson, AZ. So please check the Annual Session schedule as you're planning your week.

The Arizona affiliate has planned a memorable Annual Session that will begin with a Welcome Event under the Arizona stars, that will immerse you into southwestern culture. Additionally, the in-depth sessions will provide you with an opportunity to explore the unique culture and diversity of Arizona in many different ways.

I'd like to take this opportunity to thank the members of the Arizona affiliate for the outstanding work that they have done planning what will surely be a memorable and adventurous Annual Session.



Another important change that will be occurring at this year's Annual Session is that candidates for Regional and National offices **will not be** giving live speeches. At the recommendation of the Nominating Committee, each candidate has been provided with their speech question and recorded their nominating speech for you to view before Annual Session. **I encourage all members to view the National Officer Candidate speeches at:** <https://neafcs.memberclicks.net/2024-board-candidates> **and provide feedback to your voting delegates on your recommendations for who they should vote for in the regional and national office elections.** It is the responsibility of the voting delegates to represent their states collective choice in the voting process.

Again, I look forward to seeing all of you as we gather in Arizona to learn, connect and celebrate our accomplishments. I would also like to thank all the Committees across the Association that are currently working on making an incredible Annual Session for 2024.

-Rick

What YOU Need to Know NOW in NEAFCS!

National Office Staff

- [NEAFCS Annual Session Registration](#) - Early Bird Deadline is August 1, 2024
- **SAVE THE DATE - NEAFCS Summer Member Town Hall Meeting - All about Annual Session**
July 18, 2024 @ 12:00pm EST
- **2024 Annual Business Meeting Delegates** - Deadline to verify August 1, 2024
- **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.
- **90TH ANNIVERSARY AFFILIATE CHALLENGES:** Celebrating our 90th year at the national, affiliate and individual levels is one of the goals of the 90th Anniversary Committee. Visit the following link for two individual/affiliate level challenges available to NEAFCS members. <https://neafcs.memberclicks.net/90th-anniversary>
- **ENDOWMENT CAMPAIGN CHALLENGES:** We have some exciting challenges to help us jump-start this two-year campaign involving both individual donors and affiliates. Visit the following link for more information. <https://neafcs.memberclicks.net/endowment>



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

Meet the 2024 National Officer Candidates

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

Special thanks go to members of the nominating committee for their dedication in identifying a 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)



The committee worked hard to contact these candidates and provide the encouragement and information needed to secure their applications. We believe you will find them all highly qualified. **Please remember that we have a no campaigning for office policy!** The Eastern and Western Regional Director candidates will be elected by voting delegates during their respective Regional Awards & Business Meeting on Tuesday, September 17 from 12:30 PM - 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.

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

 Dianne Christensen President-Elect	 Cindy Jenkins Secretary	 Cindy Thompson Secretary	 Troy Anderson VP Member Resources	 Caroline Everidge VP Member Resources	 Lisa Peterson VP Member Resources	 Susan Moore VP Professional Development	 Jacqueline Amor-Zitzelberger Eastern Region Director	 Lisa Fishman Eastern Region Director	 Sheila Gains Western Region Director
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NEW THIS YEAR! Candidates have pre-recorded their three-minute speech to allow members, Affiliates and delegates time to watch and consider each individual for National Office. **These videos WILL NOT be shared onsite during Annual Session.** If you are a voting delegate for your Affiliate, it is your responsibility to read through these position statements and watch these videos before arriving in Tucson. Encourage others in your affiliate to do the same and decide as an Affiliate which candidate you support for office.

Candidate applications are available at

<https://neafcs.memberclicks.net/2024-board-candidates>



Watch candidate videos by clicking here or visiting...

Leadership Inspiration for July

Jennifer Bridge (KY), NEAFCS President-Elect

Traditionally, the President-Elect does not contribute an article to the newsletter, but since I was already in the habit, I thought, why not continue?

Like almost all of you, my day is packed with opportunities, challenges, and everything in between. Most importantly, sandwiched in the middle is family, all the while trying to be active in the community, trying to maintain friendships, and somewhere in there is the need for physical activity, mental rejuvenation, and professional development.

Hence, the purpose of the articles, well, not really articles, just quick thought-provoking quotes from other leaders who, like us, have experiences that mirror our daily lives and struggles. We are in this together! Thank you for all you do and see you in Tucson! I will leave you a quote this month and a great book recommendation!



The challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not bully; be thoughtful, but not lazy, be humble, but not timid; be proud, but not arrogant; have humor but without folly

- Jim Roth

My book recommendation but not endorsement! If you are looking for a quick way to feel somewhat normal and gain transformational insight, read *Master Mentors: 30 Informative Insights From Our Greatest Minds*, Scott Jeffery Miller (2021).

Jennifer Recommends..



Share comments, concerns, and questions with Jennifer at jennifer.bridge@uky.edu

Support Arizona Youth with Essential Hygiene Kits

Debbie Curley, Traci Armstrong-Florian, and Rhegan Derfus (AZ), NEAFCS Annual Session Affiliate Liaison and Service Project Subcommittee Co-Chairs



A 7th grader hides in the bathroom and uses a paper towel as a makeshift toothbrush. A high schooler is teased for unpleasant body odor. An ER nurse treats another teen for infection related to prolonged use of menstrual products: the teen says "it was the only one I had, I wanted to make it last."

These are very real situations and experiences for youth, with 1 in 5 girls missing school due to lacking menstrual products (UM School of Public Health) and 34% of low-income families reporting challenges affording essentials like soap, deodorant, and toothpaste (Feeding America).

This annual session allows you to transform the lives of Arizona youth struggling to meet their hygiene needs. We are assembling hygiene kits tailored for young individuals

who may lack regular access to essential items like menstruation products, oral health care supplies, and body cleanliness tools. These kits are crucial and will be distributed to Extension offices, schools, and libraries. They will help prevent unsafe practices, such as using toilet paper or reusing products, promote health and well-being, ensure education is uninterrupted, reduce social anxieties, and boost teens' confidence in managing their hygiene. Make your trip to Arizona even more meaningful by participating in this impactful service project.

Order Products Online: Purchase items from [our Amazon Wishlist](#) and have them shipped directly to our offices in Arizona.

Bring Items with You: Order products to be shipped to your home and bring them with you to the annual session.

Assemble Hygiene Packs: Throughout the week of the annual session, join us in the Exhibit Hall to help assemble the hygiene packs.



Link to Amazon Wishlist: <https://tinyurl.com/azserviceproject>

For any questions, please contact Rhegan Derfus at rhegan@arizona.edu.

Annual Session is “One Heck of a ROI (Return on Investment)”

Michelle Wright (TX), Appointed VP Member Resources

Increase your member benefit power this year by attending Annual Session!! This high-profile event offers a great return on your investment and the benefits are extensive! When you participate,

you can connect with colleagues, experts, and leaders in our field!

Registration for Annual Session is now open!



Return on Investment

A green rectangular sign with white text that reads "Return on Investment". The sign is mounted on two metal posts against a blue sky with white clouds.

The event is scheduled to take place in the Sonoran Desert at the JW

Marriott Tucson Starr Pass Resort and Spa (September 16-19). Attending this session will provide valuable professional development and networking opportunities.

You do not want to miss it because it has been developed and tailored to meet your professional development needs.

Without a doubt, you will grow professionally, and this event will truly exceed your expectations! Register for the upcoming Annual Session and book your hotel today!


Please contact Michelle at michelle.wright@ag.tamu.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>.

South Florida Haitian Creole Expanded Food & Nutrition Education Program
Jessica Alfonso & Team
University of Florida Extension

The South Florida Haitian Creole Expanded Food and Nutrition Education Program (SFHC EFNEP) aims to provide evidence-based, culturally relevant nutrition education to low-income Haitian Creole-speaking adults in South Florida.




1st Place National Winner:
SNAP-Ed./EFNEP Education Award




Teen Cuisine - School Wellness Award
Rhonda Peters
North Carolina Cooperative Extension

Teen Cuisine has helped improved school wellness by motivating students to make healthier nutrition and lifestyle decisions in rural North Carolina.



Nutrition Education
Physical Activity Education
Cooking Skills
Food Safety

1st Place National Winner:
School Wellness Award



Safe Plates Food Safety Information Center
Candice Christian & Team
North Carolina Cooperative Extension

Safe Plates utilizes a social media intervention to accomplish the mission of improving food safety knowledge and practices of consumers by providing science-based information that is applicable to everyday situations.



safe plates



1st Place National Winner:
Social Media Education Award



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

Professional Development the NEAFCS Way!

Marcia Parcell (IN), VP Professional Development

Now, our Professional Development has webinars, annual session, book clubs, QR Codes to collect feedback, and evolving virtual meet ups. What would our predecessors think of our professional development? Our predecessors helped establish some of these practices. For this, we are a supportive, resourceful organization for NEAFCS members. Hopefully, you are working on 90 Ways to Celebrate Our 90th Anniversary to appreciate our rich existence.



Education through annual session and webinars, Excellence recognized with scholarships and awards, Experience such as the Leadership Experience provide many opportunities for professional development as an individual. These opportunities allow us to learn from other FCS educators from all regions of our nation. I encourage each member to apply for an award to recognize your excellence in your profession or to participate in the Leadership Experience to grow yourself through this year long experience as a mentor or mentee. These professional development opportunities meet many needs.

Annual session, Awards, Ambassadors, and Advocacy are more ways NEAFCS members can gain professional development. Ask leadership or visit the NEAFCS, if you need to know more.

Focused on the mission and goals of the Land Grant University Extension System, the NEAFCS Board created a Strategic Plan to guide our organization for 2025-2028.

Celebrating 90 years in 2024 is a great professional accomplishment. We are headed to 100 years in 2034!

Sustaining our profession by adapting to our changing world is essential. I encourage NEAFCS members to use resources such as Share Your Story Template under Public Affairs on the NEAFCS website to let everyone know about the FCS profession. We are professionals with the NEAFCS creed in mind.

Don't hesitate to contact Marcia Parcell, VP for Professional Development, should you have questions or need assistance with this process. Her email is mparcell@purdue.edu

Make the Most of Your Education Experiences with these Presentation Tips

American Heart Association



As health educators, you provide educational experiences that can be vital to the success of your community. We know this work can also be challenging, so the American Heart Association and Aramark aim to help make your workshops run as smoothly as possible.

[Sign up](#) to access a wealth of free Healthy for Life educator resources designed to promote better community health and make your life easier!

Read on for some best practices that will help you help others!

1. **Be on the move**

As you speak, walk around the room to engage your participants. Plant yourself in one spot for a bit, move, and plant yourself again. As participants speak, move toward them to show you're listening.

Be mindful of your stance, keeping feet shoulder-width apart, resting hands at your sides and gesturing when appropriate. You don't have to stand at the front of the room but make sure you don't turn your back on participants!

2. **The eyes have it**

Scan the room as you present, stopping to hold eye contact with individual participants for about three seconds. Maintain a pleasant expression to show your passion and interest and be sure to smile. Avoid looking down or over the group you're speaking to, and don't make any stern facial expressions.

3. **Variety speaks volumes**

Talk with conviction and enthusiasm! Throughout your presentation, use vocal variety. This can include changing volume, speed and tempo. Avoid filler words (like "um"), acronyms and filling every second with talking. Silence gives participants time to digest information.

4. **Can you relate?**

Share personal experiences, examples and analogies throughout your presentation to connect with participants. Use “we” language by including phrases like “When we cook with family and friends ...” When a participant shares with the group, use positive reinforcement and validate the person’s answers. A simple “I agree” can go a long way. Take time to ask whether anyone has questions, and check for understanding frequently.

5. **Expand attention spans**

Keep your participants engaged by asking them to read slides or instructions to the group. You can also call on participants to answer questions or share their personal experiences. After asking the audience a question, repeat it and call on someone by name to answer. O, you can ask broadly “Does anyone at table seven have a thought?”

6. **Watch the clock**

It’s important to start your event or presentation on time, even if there are only a few participants in the room. Keep your time milestones in mind and be sure to check the clock often. Help participants stay on track by giving time warnings during breaks and activities.

[Healthy for Life](#) is a collaboration between the American Heart Association and Aramark providing nutrition and other health resources to community facilitators. Visit the American Heart Association Booth #1 at the 2024 NEAFCS Annual Session to learn more!



Winner, Winner, See You at the Awards Dinner!

Donna Jung (OK), VP Awards & Recognition

By now, all awards announcements have been sent out. **All winners and non-winners should have received an email from the NEAFCS national office.** If you have not, but are certain you should have, please contact me, and I will help sort it out for you.



I wanted to take a moment to congratulate all of our regional and national winners. Your applications were exemplary and the work they represented was stellar and impactful. Thank you for taking the time to submit your good work for awards consideration. I look forward to seeing all of you receive your well-deserved recognition at the annual conference in Tuscan, AZ.

RSVP emails were also sent out and the deadline has already passed. However, if you haven't submitted it yet, **please complete your RSVP today.** We want to help ensure every detail is correct for the banquet.

Some awards come with perks, such as a partial or full scholarship to the national conference and/or the opportunity to present a concurrent session or a poster during the Showcase of Excellence. If you are unsure if your award qualifies for any of these, please refer to the 2024 Awards-At-A-Glance document on the NEAFCS website.

I would also like to thank all the affiliate awards VPs or chairs for their help this awards season. Coordinating awards at the national level is an enormous task, and it would not be possible without all the collaboration and organization at the affiliate level.

A big thank you to all of the judges. Everyone who was utilized to be a judge really stepped up to the plate. I really appreciate all of you who set time aside in your busy schedules to support your colleges in this important way. And thank you to everyone who signed up to be judge but was not selected this year. I appreciate your willingness to serve and encourage you to sign up again next year.

A special thank you to Justin Mischler and Danielle Jessup. Awards could not happen without all of their help, guidance and never-ending patience.

If you have questions, concerns, or comments about the awards, contact Donna at donna.stangl@okstate.edu

Visit the Public Affairs Committee Meeting at Annual Session

Christine Zellers (NJ), VP Public Affairs

I hope to meet many new people at Annual Session in Arizona! If you are new to NEAFCS or just looking for something new to do, please consider coming by the Public Affairs meeting at annual session.



The Public Affairs committee has three individual committees that include:

- ★ Advocacy
- ★ Education
- ★ Marketing

Each committee gives NEAFCS members the ability to contribute their talents and skills while meeting other members. Joining the advocacy committee was one of the best professional decisions I have ever made. It has allowed me to find a professional connection to folks across the nation and association. I hope to meet you in person at the Public Affairs committee meeting or another event at Annual Session. Have a safe and fun summer!

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

A Reflection on the Spirit of Giving

Mary L. Blackburn (CA), Endowment Committee

What motivates us to give and what accelerates our spirit of giving? Robert Louis Stevenson said, *"Don't judge each day by the harvest you reap, but by the seeds you plant."* This month we reflect on why we might want to give to the NEAFCS Endowment Fund! In a study referenced in Psychology Today, 85% of the respondents said they gave just because someone asked them. Maybe we need to find better ways to ask that motivate the spirit of giving. This story is about **planting a seed** to try to open the hearts of more of our members to support the work of the NEAFCS Endowment!



What makes people *decide* to give? Some may want to help others, make our communities a better place, or maybe a family or religious tradition. For example, some may give to the homeless because there is compassion for people living on the street, or it makes them feel good to help the needy. Someone else may remember when their family received essentials and hope at a time of need. One may give in memory of a dear teacher, mentor, colleague, or a friend. Some driving emotions that motivate people to give could be empathy, sympathy, gratitude, joy, fear, guilt, and anger. However, others give simply **because someone asked them!**

Consider these meaningful thoughts from people you may or may not know on personal benefits of giving:

- "I have found among other benefits, giving liberates the soul of the giver". *Maya Angelou*
- "It is in giving that we receive". *Israelmore Ayivor*
- "No one has ever become poor from giving". *Anne Frank*
- "Sometimes those who give the most are the ones with the least to spare". *Mike McIntyre*
- "We make a living by what we get. We make a life by what we give". *Winston Churchill*
- "...The happiest people are not those getting more, but those giving more. *H. Jackson Brown Jr.*
- "Those who are happiest are those who do the most for others". *Booker T. Washington*
- "Service to others is the rent you pay for your room here on earth". *Mohammed Ali*
- "...It maybe a drop in the ocean... without it the ocean is missing something". *Mother Teresa*
- "It is ...an obligation to put back into the world ...what one takes out of it". *Albert Einstein*
- "No act of kindness, no matter how small, is ever wasted". *Aesop*
- "Think of giving not as a duty, but as a privilege". *John D. Rockefeller Jr.*

We hope to harness the power of your trust that the endowment funds benefit you, the members, through small grants and scholarships. We also hope you are motivated, for whatever reason or by any emotion, to give according to your ability. I have given this year more out of duty to give back. Now, I feel compelled to give again this year in gratitude and memory of a dear colleague we lost from our small California Affiliate. By our gift, we honor and remember Dorina Espinosa, PhD, for her many contributions to humanity, her kindness, warmth, generosity, and gentle spirit. In her legacy, we hear Ralph Waldo Emerson saying, *"The purpose of life is not only to be happy, it is to be useful, to be honorable, to be compassionate, and to make some difference that you have lived and lived well."* With Gratitude!

Consider Volunteering at Annual Session as an Ambassador for NEAFCS!

Already coming to Annual Session?

Apply to be an ambassador!

Apply at neafcs.org

...

Here's the Scoop:
We need you to represent your state as an NEAFCS ambassador!

Deadline extended until July 22, 2024



If you have questions, concerns, or comments about the ambassadors, contact Lisa Peterson, Secretary, at lap5981@illinois.edu

Inclusivity: How to be an Ally this Pride Month

Jacqueline Doucet (KY) Diversity Committee Member

An ally is an individual who stands up for and with marginalized groups (LGBTQIA+, people with disabilities, women, black and brown people) whether those groups are present or not. Some key points to being a good ally is:



- ✓ **It is not the responsibility of the marginalized person(s) to educate you or others about issues or definitions.**
- ✓ **Allies create inclusive environments** that give value and respect to everyone for their unique gifts, experiences, perspectives, and talents.
- ✓ **ALLY is a verb**, not just a noun. Being an ally means building trust with others through action and establishing mutual respect towards one another.
- ✓ **Start with Yourself:** Be aware of your social dynamics of power and privilege. How do you fit in?
- ✓ **Ask clarifying questions** and become an ACTIVE listener.
- ✓ **Explore outside your comfort zone.** Interact with different social and cultural groups.
- ✓ **Become comfortable recognizing and discussing "isms"** (racism, ableism, sexism, etc.) and "phobias" (transphobia, xenophobia, homophobia, etc.).
- ✓ **Actions Matter**, so listen harder to those from a different identity than you!
- ✓ **Recognize when and where** power and privilege can be used to support people with less power or privilege.
- ✓ **Words Matter.** If you're unsure of what is the correct term or word to use, just ask!
- ✓ **Remember to speak up** when you hear biased language being used against others.
- ✓ **Always keep learning** by accepting feedback or criticism, being aware of societal changes, and being ready to adapt to those changes.

**The information in this article was sourced from the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment Office of Diversity.*

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

JCEP Announces Dates & Locations for 2025 conference

*Julie Garden-Robinson (ND),
Past President and Co-Chair of PILD and ELC*



SAVE THE DATES!

The Joint Commission of Extension Professionals (JCEP) provides learning opportunities for Extension professionals. Mark your calendars for the 2025 conferences.

- ★ ELC (Extension Leadership Conference) will be held **February 19-20, 2025 in Savannah, GA.**
- ★ PILD (Public Issues Leadership Development) will be held **April 7-9 in Arlington, VA**, with April 9 reserved for Hill visits.

Details will be posted at www.jcep.org

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. Present were 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.

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 Wyoming Affiliate, featuring:

* **Past-Denise Smith, Retired**

* **Present-Mary Evans-WEAFCS President 2024**

* **Future-Sara Olsen-WEAFCS President-Elect**

PAST

Name, years of Extension employment, years of NEAFCS membership: Denise Smith. I was an Extension Educator for 46 years and a member of NEAFCS for 46 years

Current job title and description of position/role: Retired
March 31, 2022

Description of one current program effort: Food Preservation education

Reason for joining NEAFCS: In 1976 when I was hired by University of Wyoming Extension it was an unwritten understanding that as a new employee you would join the professional association to learn more about your new profession. I was so glad that I did join as I learned a great deal throughout the years, met many wonderful people and traveled to places that I would not have gotten to see otherwise.

Memory from an NEAFCS event: When the national meeting was in Big Sky, Montana each state was asked to create a covered wagon that represented their state. The wagons were in a parade to introduce each state. After the meeting the wagons were donated to a local children's charity. Our wagon had a cover made from University of Wyoming brown and gold fabric featuring our bucking horse mascot. The three members from Wyoming attending the meeting drove the wagon and were outriders riding custom made stick horses. We had a great time and even won one of the prizes! At each of the national meetings I attended there was always at least one very memorable event.



PRESENT



Name, years of Extension employment, years of NEAFCS membership: Mary Evans, 9 years of Extension employment and 6 years as a NEAFCS member

Current job title and description of position/role: Snap Ed. and Community Vitality and Health Educator, Nutrition and Wellness primary focus.

Description of one current program effort: Walk Wyoming – Senior walking series and weekly speaker.

Reason for joining NEAFCS: When I joined NEAFCS, I was a SNAP Educator, and membership wasn't pushed. I submitted a proposal with a NEAFCS member, which was chosen for a concurrent session. I was able to attend and loved the networking and educational opportunities

offered. I renewed my membership, and lo and behold, I was elected President of our affiliate. I have now attended 3 in-person sessions and two virtual sessions. I still love the opportunity to network and the educational opportunities offered both in person and in webinars.

Memory from an NEAFCS event: My first National Annual Session and how I felt such a part of the Family and Consumer Sciences family.

A wish for the association: We hope that we continue to grow and thrive both at the affiliate level and the national level.

FUTURE

Name, years of Extension employment, years of NEAFCS membership – Sara Olsen, 1st year in Extension and first-time member to NEAFCS

Current job title and description of position/role - UW, Campbell County Extension, Community Vitality and Health Educator- Health and Wellbeing are my focus areas

Description of one current program effort- Offering DWD- first class had 11!

Reason for joining NEAFCS – Recommendation from mentor and other Extension Educators.

Memory from an NEAFCS event- excited to make some memories!

A wish for the association - Keep going another 90 years!! I am so excited to be attending the annual session once again!



The Early Bird Has an Advantage

Marcia Parcell (IN), VP Professional Development

Have you registered for the multiple professional development options at the 2024 90th Annual Session Under One Sky? I encourage you to register immediately to have the greatest selection of the preconference and in-depth sessions which have been thoughtfully planned for your professional development needs. **If you are a first timer, plan to attend a session on Monday.** I also recommend engaging in committee work as a NEAFCS member. We need members to gain experience to become the future leaders of the NEAFCS organization.



Map out a plan of sessions to attend before you go to tailor your professional development to your needs.

With a plan in place before you arrive in Tucson, you will be more relaxed and able to enjoy the beautiful environment. **Take advantage of the morning ritual, service project, and other daily activities that fit your schedule.** In your program book, record key thoughts from concurrent sessions. **Network with NEAFCS members and share business cards, so you can reach out easily upon returning to your home.** You might also plan to write an action step or two that you will implement in 2024-2025 because of the strategies you gained. Travel away from annual session with plans to maximize your resources, strategies to challenge yourself to improve your work in our ever-changing world, and gratitude for the contributions you and all FCS professionals make and have made for 90 years to communities throughout our nation and world. **See you September 16-19 in Arizona!**

Don't hesitate to contact Marcia Parcell, VP for Professional Development, should you have questions or need assistance with this process. Her email is mparcell@purdue.edu

