

NEAFCS Network  
May 2021

**President's Message**

*Dianne Gertson (TX), President*



***Please click the image above to view this month's President's Message***

The first 5 people to [email me](#) with the location of the icon will be entered into a drawing for a free registration to the 2021 NEAFCS Annual Session.

**Annual Session - One Heck of a ROI (Return on Investment)**

*Michelle Wright (TX), Vice President of Member Resources*

Increase your member benefit power by attending Annual Session in 2021!! Registration information will be available very soon! We anticipate registration opening during the month of June. We would like to encourage everyone to mark their calendars! Annual Session is scheduled to be held November 2nd through the 5th in Grand Rapids, Michigan. [The 2021 Annual Session draft agenda is available here for your viewing.](#) When you register to participate in Annual Session, expect top notch professional development and fantastic networking opportunities. Do not miss this wonderful opportunity! Let us show up and show up STRONG! It has been perfectly designed to exceed your professional development expectations. As always, by being a member of NEAFCS, you can save on your registration fee! So, if you know someone who could benefit by being a member of one of the greatest associations in the nation, [ask them to join today!](#) Take care and if you have any questions or need to speak with me, don't hesitate to call (979-865-2078). My email is



[michelle.wright@aq.tamu.edu](mailto:michelle.wright@aq.tamu.edu). It is my privilege to serve as your Vice President of Member Resources.

### **Introducing Grand Rapids ArtPrize!**

*Danielle Melching (MI), 2021 Annual Conference Committee Planning Member*

Greetings from Michigan! My name is Danielle Melching, I am a member of the 2021 Annual Conference Planning Committee. I wanted to take a brief moment to introduce to you Grand Rapids ArtPrize!

What is ArtPrize you ask? ArtPrize is an international art competition that started out in 2009 as an experiment. Since then, ArtPrize has transitioned into a positive place to share art of all forms and celebrate artists from around the world. It is a place where anyone can come together to discuss art and its importance.



ArtPrize is a place to view work from independent artists from across the world. These artists submit their work for display at venues around Grand Rapids. By visiting the ArtPrize, the public has a chance to vote on which art pieces should be displayed throughout the city. An inspiring ArtPrize video can be found [here](#).

We are looking forward to seeing you at our Annual 2021 conference and hope you get some time to check out the ArtPrize!

### **Professional Development Update**

*Pat Brinkman (OH), Vice President for Professional Development*

We are six months away from seeing each other in-person at our 2021 Annual Session in Grand Rapids, Michigan. The program committee has completed getting concurrent session and Showcase of Excellence presentations in place for the conference. Many thanks go to Chris Kendle and Karla Belzer for completing this task. I know we will have an informative conference because of their work.



Many thanks go to Barbara Wollan for her webinar on “Roth vs. Traditional: Understand the Differences.” We have more webinars coming, just not sure on dates currently. If you want to view a past webinar or check to see if we have a webinar on a certain topic, you can find them [here](#). Do you have a presentation you could share? Complete the online proposal [form](#). Webinar proposals are peer-reviewed. We also have an evaluation form which will provide you with feedback after your presentation.

## **From the Treasurer: Audit and Taxes**

*Barb Wollan (IA), Treasurer*

The tax return which NEAFCS must file each year is IRS Form 990. And it is not the “postcard” easy version that small non-profits can file – it is a very complex and detailed report. Our association actually files TWO tax returns – one for the Association itself, and one for the Awards Fund, which is a separate corporation with a different type of non-profit status. I carefully reviewed the tax returns in draft form and, based on my recommendation, the President’s Council approved them for submission.



Every third year, NEAFCS financial records are subject to a full in-depth professional audit. In the other two years, the financial records are given a thorough review by the same professionals. A full audit was conducted in 2019, so for 2020 a detailed review was conducted by Carroll and Company, Certified Public Accountants, a firm based in Tallahassee, Florida.

The auditors’ report was presented to the board at the April 19 meeting, after being carefully reviewed by Treasurer Barb Wollan and Executive Director Danielle Jessup. I am pleased to report that the auditing firm concluded that:

*Based on our review, we are not aware of any material modifications that should be made to the accompanying consolidated financial statements in order for them to be in accordance with accounting principles generally accepted in the United States of America.*

This statement means that our year-end financial statement is both accurate and transparent. That’s what we are shooting for. 😊 It is an indication that the monthly reports received by the board are also clear and accurate. Given the complexity of our organization’s finances, which is a significant accomplishment, and the credit for that goes primarily to our management firm. Danielle and the accountants she works with do a great job of organizing and presenting our income, expenditures, and commitments in a way that the board can understand. As treasurer, I review their work; occasionally I ask a question that leads to an improvement in the reports, and once I even spotted something that was an error, but that is uncommon. I hope you will join me in thanking Danielle for keeping our finances so well-organized.

To view the 2020 auditors’ review and all past audits and financial reviews, login to the Members Only Website here - <https://neafcs.memberclicks.net/financial-statements>.

## **Connect Extension Weekly Digest Available from Extension Foundation**

*Kate Shumaker (OH), Secretary*

Are you aware of the amazing resource that is [Connect Extension](#)? It is tagged as “a hub for learning, professional development and collaboration.” The site offers a blog or chat room where members can post information, a learning events calendar for member to share educational opportunities, eBook versions of many field guides, and more!



Connect Extension is part of the Extension Foundation. The [Extension Foundation](#) (formerly eXtension) is a membership-based non-profit designed to be the engine fueling U.S. Cooperative Extension’s advancement in making a more visible and measurable impact in support of education outreach from land-grant universities/colleges located in every state and territory. Extension Foundation is embedded in the U.S. Cooperative Extension System and serves on the Extension Committee on Organization and Policy (ECOP).

All Cooperative Extension professionals are invited to join Connect Extension. To register your free account, click [here](#).

### What are Preferred Gender Pronouns & Why Do They matter?

*Caroline Everidge (IN), Diversity Committee Member*



We cannot know what someone’s gender is by simply looking at them. Asking and correctly using someone’s pronoun is one of the most basic ways to show respect for their gender identity. When someone is referred to with the wrong pronoun, it can cause them to feel disrespected, invalidated, and dismissed. While mistakes happen, sometimes people intentionally use the wrong pronoun to hurt individuals. This intentional, and repeated, misgendering can be a source of great distress.

A preferred gender pronoun is the pronoun that a person chooses to use for themselves. Gender pronouns can look like and are not limited to:

_____ laughed.	Ask _____!	That’s _____ pen.	That pen is _____.
He	him	his	his
She	her	her	hers
They	them	their	theirs
Xie	hir	hir	hirs
Yo	yo	yos	yos
Ze	zir	zir	zirs

So how do I know what someone’s pronoun is? Try asking! “What are your gender pronouns?” or “Which pronouns do you use?” or “Can you remind me which pronouns you use for yourself?” It might be awkward and uncomfortable at first but getting it wrong or making a harmful assumption is worse.

Mistakes happen. It may be difficult to adjust to using someone’s correct gender pronouns. If you accidentally misgender someone, just say sorry and continue the conversation using the correct pronouns. For example: “Sam is visiting from college this weekend. She – sorry, they said they were really looking forward to spending time with family.”

Still have questions? There are a lot of great resources out there – just ask!



## Member spotlight video



*Please click the image above to view this month's member spotlight: Ohio Affiliate member Bridget Britton!*

## PILD Reflections

*Mary Liz Wright (IL), Vice President of Public Affairs*

Attendees at PILD 2021 learned how to “Build our Future Together”. The second virtual leadership conference went off without a hitch and although everyone is looking forward to an in-person PILD in 2022, the virtual format has allowed many people to attend who might not have had the opportunity otherwise. The sessions were robust and both the keynote and capnote speakers were inspiring. Please take a minute or two and read the reflections of our scholarship recipients.

<https://neafcs.memberclicks.net/2021-icep-pild-reflections>



## **Awards and Recognition - News and Notes for Next Year**

*Julie Garden-Robinson (ND), Vice President of Awards and Recognition*

Congratulations to everyone who applied for an award. You and your teams have accomplished so much in your programming during the most challenging of times for all of us, as we continue to navigate a pandemic. Award announcements for individuals and teams are being emailed. Thank you to everyone for the time and energy spent on your applications. If you did not receive an award, we encourage you to consider the judges' constructive feedback and consider applying again next year.



We appreciate all the judges and the judging alternates who stepped up when "life happened" for some of the original judges. The judges had some difficult decisions to make, and they made thoughtful comments on your applications. We had many tie scores, so judging was not complete until all the ties were broken, and the winners were selected.

As I reflect on year 2 in my role as Vice President of Awards and Recognition, I have some suggestions to share. I think these will help future applicants, judges and the next person in the Vice President for Awards and Recognition role.

- When applying, read and follow the directions carefully. Check out the scoring rubric in the back of the manual, which the judges use to score your applications.
- Let your team members know you included them on your application. We had some surprised judges who needed to opt out of judging when they learned they were on a team they were assigned to judge.
- Be concise with your words. We had several applicants who sent five single-spaced pages of narrative, instead of five double-spaced pages. That meant their application had twice as much content as was the requirement. In the interest of fairness, the judges were instructed to judge accordingly.
- Please help future judges by labeling the categories in your application narrative according to the directions in the awards manual.
- Be aware of the judging deadlines. If you agree to judge, be sure that you have the time to complete your task in the timeframe. Please plan your time accordingly. If you know that you will not be able to complete the task, let the VP know at least a week before the deadline.

Finally, I thank Will Ferguson again for his help in completing a monumental task in a fairly short time frame. We look forward to celebrating all your successes at our conference, whether or not you receive a certificate. You are all doing great work in Family and Consumer Sciences, and you are making a difference.

## 21 Tips for 2021

Lorrie Coop (TX), Southern Region Director

Working from home this past year, I found that the lines were quickly becoming blurred between work and life. I felt exhausted, both mentally and physically, at the end of the day but did not feel like I had accomplished much. Regardless of where we are working from these days, I think we can all relate to those feelings from time to time.

The following tips are two that I still struggle with but actively work on. I hope you find them useful as well.

1. Focus - start each day with a commitment to being productive and not just busy. One study I recently read stated that multitasking can reduce productivity by as much as 40%. Make a realistic plan and prioritize what you want to accomplish each day. Be mindful and give each task a certain amount of time before setting it aside to move on to another task. You might find you actually get more done.
2. Relax – Know when to step away. Set work hours and stick to them as much as possible, especially if your office is also your kitchen table. Schedule regular breaks and never skip them- come what may, especially when working at the computer. It is important to get up and move around, stretch your muscles, and stay hydrated. Also, do not forget to exercise your eyes using the 20-20-20 rule, which says to focus your eyes on an object 20 feet away, for at least 20 seconds, every 20 minutes to relieve eye strain.



## Meet the Board

Julie Garden-Robinson (ND), Vice President of Awards and Recognition

I have been honored to serve our organization in two national Vice President roles: Public Affairs, previously, and Awards and Recognition, currently. I have learned so much in four years on the board, and I am happy to see the strides made, especially during these challenging times. I am excited to see the mentoring programs, the ongoing networking, and the “leadership ladder” as we all shape the future of our profession.

I grew up in rural Minnesota, in a town that probably has about 200 people these days. My world was quite small, and I had no idea where my education could take me. I am a registered dietitian with master’s and doctorate degrees in food science/cereal chemistry/biochemistry. I have a minor in music, and that background helped pay many years of college as I played/sang in many weddings and banquets. This summer I will begin my 22nd year as the contemporary music coordinator at my church.

I have been a food and nutrition specialist for more than 25 years for North Dakota State University Extension. Along with my colleagues throughout North Dakota and beyond, we have carried out projects in youth/adult nutrition and health, and food safety/preservation. I welcome you to our website at [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) to check out some of our program materials. My



family members have been frequent “stars” of my weekly column, *Prairie Fare*, in the nearly 24 years I have written it.

My career as a food and nutrition specialist/professor has involved travel all over the U.S. I especially enjoy networking with people from neighboring and distant states. I have gotten to know so many of you through my role on the board and participation in conferences. I especially enjoy sharing information about your successes.

I had many hobbies B.K. (before kids) and I am starting to rediscover previous skills, such as my recent remodeling of a prom gown. I also enjoy drawing/painting, and I am back playing flute in a community band. My husband and I are master gardeners, and we work with personnel in community gardens as well as in our own yard. Oh, yes, I like to cook and bake, too! That goes without saying, I guess.

My husband of 28 years and I technically will be empty nesters by Fall, because our three children (a son and two daughters) will be ages 18 to 26. We also have three “senior” dachshunds who still think they are puppies. I have a backyard filled with lots of entertaining birds and squirrels that we feed and observe (and sometimes post on social media).

Life is an adventure every day, and I think it is important to savor every moment.

### **Central Region Update**

*Vanessa Hoines (ND), Central Region Director*

Greetings from the Central region! Michigan is planning an Annual Session that you won't want to miss. Read on to find out about what is happening in the Central region. Affiliates have great ideas to connect with their members.



### **Ohio – Cheryl Spires**

- Ohio affiliate members were matched up with Ohio lifetime members and they were sent a letter or card thanking them for their past and continued support of our organization. It was well-received by lifetime members and affiliate members were happy to let them know how much they are appreciated. They were able to update the lifetime members on current programming efforts.
- Margaret Jenkins, FCS Educator in Clermont County, is this year's Ohio Association of Family and Consumer Sciences President and she is working very hard to connect our two organizations to build, support and promote the Family and Consumer Sciences profession in all areas including Extension. We are looking forward to the Annual Session in Michigan and connecting with colleagues from around the world.

### **Iowa – Sara Sprouse**

- April has been another busy month! The Iowa Affiliate held a Virtual Spring Social Event on April 27th. The event included a virtual afternoon tea party, virtual tour of the Brunner Art Museum on campus at Iowa State University, social time and prizes. A formal invitation with tea and a Scone for One recipe were sent to members prior to the event.



Twenty-two members attended via Zoom, including four life members. A big SHOUT OUT to Iowa Affiliate Executive Board members Barbara Woods, Mackenzie Johnson, Danielle Day, Jill Weber, Lori Korthals, and Joy Rouse for their role in making the spring event a success! We appreciate your dedication and contributions!

- The Iowa Affiliate Executive Board has prioritized engaging our life members this year. Thirteen life members are now receiving the monthly affiliate email update and, as stated above, four attended the Virtual Spring Social Event.

### **Minnesota - Suzanne Driessen**

- The Minnesota's Public Policy and Public Relations committee created a fact sheet with all of Minnesota's impacts that were submitted to the national portal. The Minnesota impact statement was shared with Extension administration and shared with Minnesota congressional representatives via Zoom session as part of the Public Institute Leadership Development Conference in April.
- The 2021 NEAFCS Minnesota Affiliate Professional Development Day is August 4, 2021 via Zoom. The theme is: Over the COVID Rainbow: Silver Lining and Sifting Through the Pieces. Presenters will highlight the silver lining and the gains made during COVID during the Over the COVID Rainbow session Zoom session. Topics will focus on the things we learned and relationships we built that maybe would not have happened had we not had COVID. Watch for registration details soon.
- The bylaws ad hoc committee is reviewing and updating the bylaws to be consistent with national NEAFCS bylaws.

### **Michigan - Georgina Perry and Kylie Rymanowicz**

- Mindfulness A to Z: Kylie has written a book on mindfulness for kids and families. You can read more about the article here: <https://www.canr.msu.edu/news/mindfulness-a-to-z-book-helps-support-social-emotional-health>.
- Talking with Kids About Race: Vivian Washington and Kylie are in the process of developing a training for parents/caregivers on "Talking with Kids About Race." They are currently piloting the program.
- Keeping Kids Safe Resources: The SAFE team (Kylie, Christine Heverly, Jodi Schulz and Janelle Stewart) is doing a lot of great work on creating resources for parents about how to prevent child sexual abuse. You can see the resources here: <https://www.canr.msu.edu/creating-safe-environments/resources>
- Heads In, Hearts In Family Engagement Materials: Jodi Schulz and Kylie have created several sets of family engagement resources. They've added sections on early childhood, social emotional development and mindfulness to go along with our sets on early childhood, healthy living literacy, and science. You can see these resources here: [https://www.canr.msu.edu/early\\_childhood\\_development/heads-in,-hearts-in/index](https://www.canr.msu.edu/early_childhood_development/heads-in,-hearts-in/index).

## Western Region Update

*Rick Griffiths, (NM), Western Region Director*

I would like to thank everyone who signed up to judge award applications and presentations for Annual Session, as well as all of the members working on NEAFCS committees this Spring.

Additionally, I have heard many great stories about the experiences members had at the JCEP ELC and PILD conferences this year and commend all those who worked on the planning committees. I encourage everyone to take advantage of the NEAFCS scholarship opportunities to attend these great conferences in the future.



The following updates were provided by our Western Affiliates:

### Washington:

1. Washington State University recently published a new Pacific Northwest Extension (PNW) publication titled ***Fruit Pie Fillings for Home Canning***. The publication highlights the USDA fruit pie filling recipes and including recipes and instructions for preparation and processing. The design team included numerous photos to demonstrate several of the pie filling preparation steps. A special section addressing siphoning of pie filling was included to address one of the common problems encountered by consumers. You can find *Fruit Pie Fillings for Home Canning* Pacific Northwest Extension Publication PNW736 at <https://pubs.extension.wsu.edu/fruit-pie-fillings-for-home-canning>
2. Diane Smith, WSU Skagit County Extension, and her co-presenter, Claudia Avendano-Ibarra, presented a workshop on “Fostering behavioral health with Latinx community in Skagit County WA” at the National Health Outreach Conference on May 3, 2021. The presentation described the response to behavioral and mental health concerns of the Latinx community in Skagit County. Outreach, program delivery and participant engagement strategies to increase Hispanic family participation in a culturally appropriate way. Strengthening Family parenting program for families with youth ages 1-14 were described. The session presented resources developed, shared evaluation data demonstrating the value to families who participated and illustrated the need for adapting materials to be culturally sensitive to priority audiences to promote health equity.
3. Doreen Hauser-Lindstrom, State Program Leader for Nutrition, Health and Wellness at Washington State University Extension, (and team) received funding for their grant, titled *Community Information Campaign: Teen Voices in Vaccination Education in Their Communities*. The grant was funded by All in Washington in the amount of \$50,000. The grant will provide community teen leaders and their adult mentors with the resources, knowledge and training to deliver a vaccination campaign that is culturally relevant and utilizes linguistically appropriate messages that build confidence, reduce complacency and identifies convenience for obtaining vaccinations.
4. Safe Recipes Washington:

Multiple studies show that when consumers use recipes that contain food safety instructions written into the directions, they are more likely to use safe food handling practices in their home kitchens. Zena Edwards and Lizann Powers-Hammond, two WSU Extension county-based faculty have begun the Safe Recipes Washington project. The project utilizes the Safe Recipe Style Guide and associated materials published by Partnership for Food Safety Education with support from the Food Marketing Institute Foundation and based on academic research. Two workshops have been offered over zoom, with more to come.

The workshops include:

- The research on why the Safe Recipe Style Guide is needed
- Background on how the Safe Recipe Style Guide was developed
- How to use the Safe Recipe Style Guide
- Practice with sample recipes, report back/action plan for using
- Wrap up: How will you use the Safe Recipe Style Guide
- Resources

Additional workshops will be offered throughout local communities. Master Food Preserver volunteers are also being trained to expand outreach. Adding these simple, yet highly effective, food safety prompts in recipes provided to program participants, clients, consumers or the general public has the potential to make a huge impact when it comes to promoting consumer food safety practices and preventing foodborne illness.

## **New Mexico:**

Warmest congratulations to the following members who won our NMEAFCS (State Affiliate) awards this year!

***Excellence in Teamwork:*** *New Mexico Behavioral Health and Wellness Team* Amanda Benton, Karim Martinez, LaJoy Spears, Marcy Ward, Laura Bittner, Beatriz Favela, Desaree Jimenez

***Mary W. Wells Memorial Diversity Award*** Amanda Benton

***Past Presidents' New Professional Award*** Amanda Benton

***School Wellness Award*** Amanda Benton, Nicole Jacobs, Mindy Turner, Beatriz Favela, Desaree Jimenez, Robin Mack-Hayes, Laura Bittner, Katie Sharpton, Cheyenne Law, Trisha Chavez

***Family Health & Wellness Award: Slim and Strong: Crafting a Healthy Lifestyle*** Dianne Christensen

***Communications Newsletters Award*** Joy Czmyrid

***Communications Television/Video Award: Make Your Own Facemask*** Nicole Jacobs

***Innovation in Programming Award: COVID-19 Stress and Resilience: Thriving in Today's Demanding World*** Karim Martinez, Suzanne DeVos-Cole, Dianne Christensen, Karen Plawecki

**Community Partnership Award:** Gestational Diabetes Support Group Katie Sharpton, Daisy Arsenault, Marcia Monterrosa, Lisa Rodriguez



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](#).

Joann Wissinger (AL), Life Member

[Leanne Manning \(NE\)](#), Active Member -

*"Leanne has been a member of Nebraska NEAFCS since 1988. She has held many offices and roles in our organization and she will be greatly missed by all of us."*