

NEAFCS Network
July 2020



President's Message

Roxie Price (GA), President

In just two short months we will be making history with the first-ever NEAFCS virtual Annual Session. Make sure you are a part of this history [by registering](#) as soon as possible. The excitement is growing as the Executive Board members, the Annual Session Liaisons, planning committees, and the management company collaborate to paint this new picture.

Thank you to those members who have emailed me with suggestions to make our newsletter more user-friendly. We have listened and you will see new features in the newsletter. If you want to see a change or improvement, [email me](#). Remember, your thoughts and opinions matter, but only if you share them. Your volunteer work on national committees provides you with the same opportunity. The chair of the committee communicates with the Vice President overseeing that committee. As a member of that committee, you can share ideas with the VP and chair to present to the Executive Board during their monthly meeting. The next Executive Board meeting is August 17th - don't miss your opportunity. [Join a national committee](#); we want to hear your voice.

We hope you have found the NEAFCS Affiliate resource page beneficial. It's a great time to NOT recreate the wheel, but join together to save time and have the resources in the hands of the public ASAP. I see many of you posting on social media your virtual trainings. Please remember to post these on the [NEAFCS Facebook page](#).

Don't forget the [YouTube channel](#). Share your technology tips and tricks. Please record 1 to 2 minute videos to help members avoid potholes in technology or grab the latest greatest App. Send those short videos to Will Ferguson via this simple file request link:

<https://www.dropbox.com/request/0Vt0Y4LnFGD2gkszsHq0> (no DropBox account or login required to use)

NEAFCS members are continuing to push forward in the midst of what some see as chaos. You all have embraced this as a challenging opportunity. You have grown professionally with technology, your flexibility has been unmatched, and the researched based education you provide to thousands of people daily has met needs like never before. Congratulations to all the award winners! It was obvious that teleworking did not slow you down.

Please know myself and the executive board are thinking of you during this time and are proud to know you chose to be a member of NEAFCS. Our association only shines as bright as you do. We want to help you shine. Please help each other shine, lift each other up, and try to find life balance in each day. Thank you for all you do.

WE ARE FCS!

Sincerely,

Roxie Price
NEAFCS President



2020 Nominating Committee Report

Karen Munden (VA), Immediate Past-President

Although we have gone through a world-wide pandemic and "Stay in Shelter" orders, the 2020 Nomination Committee continued to work through all barriers that came our way. Words cannot express how grateful I was to have a group of individuals that were involved with the process from the beginning until the end. I was also very fortunate to have had several individuals who had previously served on the committee to provide consistency. I would like to personally thank the committee members for your teamwork and suggestions to help complete all required tasks and to ensure NEAFCS had a qualified slate of candidates. Special thanks go out to the Nominating Committee:

Central Region: Amy Peterson, Rita Ussatis, and Chelsey Gerstenecker

Eastern Region: Hannah Fincham, Beverly Jackey, and Linda Law-Saunders

Southern Region: Jill Harris, Lora Lee Howard, and Melanie Thomas

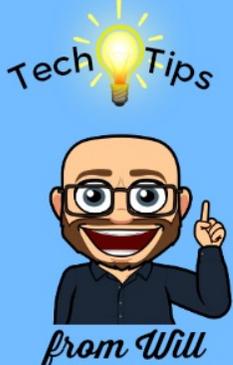
Western Region: Darcy Dixon, Kayla Wells, and Ashley Dixon

Partners Management Company: Danielle Jessup

On behalf of the NEAFCS 2020 Nominating Committee it is my pleasure to present the candidates for the 2020-2021 slate of officers:

President-Elect: Susan Routh (OK)
VP for Member Resources: Terri James (AR) and Michelle Allen Wright (TX)
VP for Professional Development: Pat Brinkman (OH)
Secretary: Samantha Kennedy (FL) and Kate Schumaker (OH)
Eastern Region Director: Lisa McCoy (MD)
Western Region Director: Rick Griffiths (NM) and Holly Miner (MT)

Please look for the candidates' application coming soon on the NEAFCS website.



Tech Tips

Accidentally closed a tab? Simply press Ctrl + Shift + T to reopen the most recently closed tab and get back to what you were doing (Cmd + Shift + T on Macs).

from Will



NEAFCS ANNUAL SESSION 2020

Tips for Attending the 2020 NEAFCS Annual Meeting

Sheila Gains (CO), 2020 Annual Session Tri-liasion

- **Review Agenda and Set Personal Goals –**
Examples:
 - I will learn about at least one program that I will replicate in my county within 12 months.
 - I will gather enough information to write two blogs/articles in 2020.
 - I will meet at least three new people (presenters, exhibitors, or attendees). I will add them to my contact list and/or Linked-In network and connect with them within 30 days.
 - I will participate in at least two interactive elements of the conference.
- **Dedicate Time in Your Schedule** –Ask staff and family members to help you stay focused by not expecting you to be available during the hours of the online meeting. Turn off notifications and setup out of office messages.
- **Check Your Time Zone** – Do not miss live events! Take note of the meeting schedule time zone and make any needed adjustments.



- **Plan for Meals and Snacks** – If you were in Utah, you would not be cooking for yourself or your family. Go out for dinner, order-in, or pull a meal out of the freezer for a quick reheat. If you want some meal inspiration, Utah is famous for its scones, honey, cherries (the state fruit); funeral potatoes (creamy potato casserole topped with cornflakes), beef, ice cream treats, and Jell-O. Utah consumes more Jell-O per capita than any other state.
- **Sign-In and Test Your Technology** – No need to download any software or apps to participate. Once registered, you will receive a web link via email. You will then create a username, password, and login into the site. NEAFCS has created a FAQ document on its website.
- **Connect with Online Exhibitors and Vendors.** They contribute to this meeting financially because they support our mission and believe they have a product or service that can enhance our programming.
- **Schedule Time to View Sessions Again** – Presentations will be available for later viewing, reducing the need to take frantic notes or agonize over picking between multiple breakouts. There are no limits on how many can attend a particular session, eliminating the need to get to the room 10 minutes early to get a seat or a handout. Schedule a viewing session on your calendar as soon as possible after the meeting. Access to these recordings is only for 30 days following the meeting.



Award-winning Application Team Leaders: RSVP by August 3

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

Congratulations again to *all* of our applicants for the 2020 NEAFCS awards program! A pandemic did not stop our hard-working judges from their tasks, and I thank them again for their service. They had difficult decisions to make with all of the great applications they judged.

All of the applicants have been notified of their application status by email from the national office. The state affiliate vice president for awards and recognition also received a list of your state's winning entries. Your state VP may have reached out directly to the team leaders to confirm receipt of the emailed message from the national office.

If you received an award, please note that the team leader for your award needs to RSVP on behalf of the team by **August 3**. If you or your team received a scholarship because of a winning application, be sure that one of your team members uses the discount code that was included in your winning notification when you register for the conference.

Again, pat yourself on the back from me, whether or not you won an award. Please [email](#) me directly with questions

Stay well and we hope to see you virtually at the conference in September!



More Details from the Silent Auction Committee

Melissa Wyatt (AZ), Silent Auction Chair

You may have heard this year's Silent Auction has gone virtual, just like our Annual Session. We are still looking forward to having a great time and raising funds for Awards through the Auction.

Here is what you need to know about the Virtual Silent Auction

Donating to the Silent Auction

- Please use the official [Donation Form](#).
- We need a picture of your donated item.
- You are asked to consider the shipment in your donation.
- The donator will ship directly to the auction winner
- You may choose to include the value of shipping in the overall donation value.
- Please submit all donation paperwork and photographs by **August 31, 2020**
- Submit the Donation Form & a photograph of the item(s) to Will Ferguson via email: WFerguson@executiveoffice.org

Suggested Items to Donate

- Food items that represent your state, for example
 - Muffin mixes
 - Hot sauce
 - Jellies or Jams of fruits that are found in your state (e.g. Prickly Pear for Arizona)
- Gift Cards
- Hand-made gifts
 - Cutting boards
 - Quilts
 - Wood carvings
- Jewelry

Keep in Mind

Donations will be shipped directly to the winners by the person or Affiliate donating the item at their cost as part of the donation.

- Please do not donate alcohol because shipping can be complex and subject to state rules.
- Consider using USPS Flat Rate Boxes where you pay for the box and as long as the item fits in the box it can be shipped
- If you choose to donate food products in glass jars, pack it with plenty of cushion

If you have questions, please [email](#) Melissa Wyatt, Chair.

Member Spotlight Video

Please click the image below to view this month's Member Spotlight Video featuring Lindsey Stevenson, Affiliate President of Missouri (MEAFCS):





Serving our Members in 2020

Cindy Schlenker Davies (NM), Vice President for Member Resources

I know you've heard and most likely said, this is such a strange time!

Now that the decision has been made and registration is open for our first ever Virtual Annual Session, we are excited. Yes, we will miss the big hugs and catching up with old friends but we think there will be many great takeaways this year.

Some things on the Annual Session agenda to highlight; Wonderful Ignite, poster, and concurrent sessions, regional meetings, and awards, national awards as well as an excellent Key Note speaker and opening session.

You might notice on the schedule there are no affiliate officer or subcommittee meetings. It was decided to have these meetings after the Annual Session. There is no registration required for those meetings and all members can participate in the affiliate officer and subcommittee meetings. We are excited about the opportunity for all members to join these virtual meetings.

We will also be holding our Life Time Members event at a different time than during the annual session. This way all our Life Members can participate without registering for Annual Session. Who would have thought all these meetings and events could be done virtually?

I certainly hope you all jump in and join the fun with us at Annual Session. Sure, it will be different, but we will all remember the NEAFCS Annual Session of 2020!



Is "Privilege" a Dirty Word?

Glenn Sturm (VA), Diversity Committee Member

The word *privilege*, particularly as it relates to social equality and diversity, has become a polarizing word, but should it be? Privilege, in this context, is defined as unearned access to resources or benefits available to some people as a result of their advantaged social group identities. Often this takes the form of exclusion to barriers experienced by those belonging to social groups that are commonly the target of discrimination. It's also important that we talk about what privilege *isn't*, the existence of privilege does not mean that successes and failures are only due to privilege; it does not mean that work ethic isn't still a critical component.

Instead, privilege means that Thomas, a white male, would likely experience fewer barriers in life than Ebony, a black female, even if they worked equally as hard in school and their careers. For instance, Thomas is less likely to be turned down for a job interview because the employer assumes he won't be smart enough given biases about his assumed race, nor will he likely be passed over for promotions because of biases about his leadership quality given his gender. Sadly, several studies have shown the impact these biases, often implicit/unconscious, can have. This includes a [Harvard study](#) where 1600 Black and Asian applicants had their resumes "whitened", changing their name to one more commonly associated to a white individual, and removing any references to their race, resulting in the call-back rate for interviews more than doubling. [Princeton also conducted a study](#), in which 127 applications for a laboratory management position were sent to university professors. Applications were identical except for the name - half with traditionally male names, and a half with traditionally female names. Professors were asked to rate the competence, hireability, and merit for mentorship, along with a proposed starting salary. Male students were rated as significantly more competent, hireable, and deserving of mentoring, and offered a 14% higher starting salary. If we are to work towards a truly equitable society, the first step is to acknowledge that these inequalities and privileges exist; only then can we reduce or remove them altogether.

Professional Development Update

Jayne McBurney (NC), Vice President for Professional Development



Please click on the image above to access this month's message from Jayne McBurney, VP for Professional Development.



Eastern Region Update

Sharon McDonald (PA), Eastern Regional Director

Just like everyone else, here in the east our members have been adjusting to the “new normal” and doing phenomenal things to continue to serve our clients. Here are just a few snippets.

Maryland members continue to offer free webinars on a variety of topics such as Health Insurance Literacy, finance, nutrition, and food safety. They have been co-teaching so that those not as strong in using the webinar platform have a partner to help them with the logistics so that one person can focus on teaching.

The Maine and New Hampshire affiliate met virtually in the last month. In Maine, the very popular in-person food preservation classes have been converted to webinars that are being held weekly. These are live webinars and people can register for free to view the presentation and ask questions of the educators.

Early in June, Pennsylvania held its spring meeting virtually of course. The professional development portion of the program included a presentation titled "Impact of COVID-19 on the Food Supply System." This included brief presentations from a meat specialist, horticulture and dairy educators, and farmers market coordinator. They provided their expertise on the impact of the pandemic on these various commodities and changes they see as a result of this experience. Members from other Eastern affiliates joined in the presentation as well.

This will be my last update as Eastern Regional Director. It has been a great pleasure and experience serving in this role and I am so grateful for the opportunity. I have made many friends that I otherwise would not have and hope that I have served our members well. Thanks for the opportunity and if it comes your way, say yes – you will not regret it!



Central Region Updates

Vanessa Hoines (ND), Central Regional Director

It is no surprise that the states in the Central Region have risen to the challenge of the past few months. Read on to learn about innovative programs, social media campaigns and fresh ideas to connect with citizens, that are happening in these states.

Lindsey Stevenson – Missouri

1. Programs that went virtual due to COVID:

- Taking Care of You- stress-management and self-care
- Stay Strong, Stay Healthy- low-impact strength training
- Chronic Disease Self-Management

2. New Program:

- Reducing Food Waste
- A collaboration between human development and family specialists with workforce and labor development, finance, and housing to provide a 3-part webinar series on cleaning, stress, emergency situations and decision making

3. Reaching an audience in new ways:

- Partnership with Missouri 4-H to offer daily cooking with kids videos and exercise Fridays, streamed on Facebook and uploaded to YouTube.
- Daily, intentional Facebook posts on the topics of food safety, physical activity at home, cooking with kids, healthy eating on a budget, and boosting the immune system. All specialists across the state joined one of the 5 categories to research sources and information to share on the state nutrition and health Facebook page.
- Home food preservation virtual Q&A

4. Fundraising idea:

-We held two virtual trivia nights that we opened to our state. It was a blast! We charged \$10 per team of up to 5 people and we made \$270 so far. The prize offered to winners was half the pot of all the registration money, but the winning teams always donated it back to the organization. We have a virtual scavenger hunt and virtual escape room planned for August or after. We took a break during the summer months because vacations seemed to be affecting availability to attend.

Katherine Brandt - Minnesota

NEAFCS-MN Affiliate has our Professional Development Day coming up on July 28 via ZOOM. This active committee had begun planning for an in-person meeting when the COVID-19 pandemic hit and, needless to say, plans for the day changed. NEAFCS-MN Professional Development Day will include information about vaping with a presentation from Liz Heimer, American Lung Association, as well as a presentation on substance use disorders by Laura Palombi, University of MN Associate Professor. Laura is one of our partners at the Department of Pharmacy Practice and Pharmaceutical Sciences.

Fun online activities will provide for interaction and Minnesota affiliate award winners will also be honored.

Sara Richie - Wisconsin

As for programmatic updates, we've been working to meet the needs of our communities in [response to COVID-19](#). Our Financial Security program has put together a [website](#) that is updated regularly with information for folks regarding the CARES Act, state benefits, budgeting and other resources. [Stay at Home Tips](#) were created for families and individuals on a number of topics including, food safety, cooking, social isolation, family caregiving and more. Our Life Span program has created a resource guide for educators to share with partners that can be customized to include local and state resources to combat the effects of social isolation and loneliness on older adults. Many of our parenting, caregiver support and financial programs have transition to an online delivery to continue to engage with folks when they need it most.

This is only a snapshot of what our amazing educators have done over the last 3-4 months. We have some very dedicated individuals that have gone above and beyond to support their communities and partners during this time.

Cindy Klapperich – North Dakota

NEWS from North Dakota: We are ZOOMING educational programs - everything from camps to contests! We developed mini messages about health, finances, nutrition, families, food preservation, and more, from all the sectors of FCS and are posting them as mini-messages on social media. Each mini-message has a fresh, trendy, well-branded look to it. "Social Eats" is an example of a new series.

Sarah Roberts – Nebraska

The Learning Child team at Nebraska Extension has offered over 22 professional development classes (1 to 2 hours in length) online from April – June. We have awarded 1,800+ certificates to early childhood educators during this time. These educators serve over 20,000 children and families. We have also reached participants in Ohio, Texas, Iowa and Kansas. We have absolutely loved teaching online, and plan to continue teaching online throughout the 2020-2021 school year. We successfully engaged participants through the use of chats, polls and breakout rooms. The Zoom format we utilized actually allows us to get more feedback from participants than we do in-person! Participants have been very pleased with the classes and that they have been offered online. Here are just a few of the comments we have received:

- Such a helpful class with soooo many great ideas! Thank you so much!

- Thank you for offering free classes as our preschool budget took a big hit as we had to close!
- Thanks again for your time and offering these free classes to all of us during this time! You guys are great! Much appreciated!
- Great training thank you, hope you will host more trainings in the future.

We have created on-demand classes, taught a large amount of online hours, developed social media campaigns, and collaborated with our colleagues in other disciplines such as 4-H and Food & Nutrition. We are continuing with this work and gaining more and more momentum each day. Nebraska Extension is open and available to all!



Ohio Documented the Present as it Celebrated our 85th
Debby Mathews, (AL) 85th Anniversary Chairman

In the Ohio Affiliate report these two items from our 85 Ways to Celebrate got my attention:

- #31 - Take a photo of each affiliate member. Make a collage with the photos and post on your webpage (working with State Office Coordinator picture list).
- #39 - Prepare a photo display that highlights activities of your affiliate today and in years past for use at in-service opportunities and association sponsored events.

In these days of Facebook, we have become quite good at documenting both the milestone and everyday events in our lives. It's fun to see postings of such times electronically and immediately! However, our NEAFCS Historian and others who archive items for historical reasons will tell you that you must print/have paper copies of photos and documents for best preservation. We cannot count on the electronic versions of these items to be discoverable for future generations. So, hats off to the Ohio Affiliate for creating a photo display and a collage that can be archived. Please enjoy reading about all they did to celebrate NEAFCS!

Affiliate: **OHIO**

Did you have an affiliate 85th Anniversary Chairman/Committee?

- Ohio put together an 85th Anniversary committee with 13 members.

- Committee Members: Shannon Carter, Carol Chandler, Dennis DeCamp, Jami Dellifield, Donna Green, Misty Harmon, Candace Heer, Margaret Jenkins, Heather Reister, Melissa Rupp, Cheryl Spires, Courtney Woelfl, Lesley Workman

How did your affiliate celebrate the 85th?

- The 85th Anniversary Committee plans to have an 85th Anniversary Celebration table at the annual FCS State Conference in October 2019.

How did your affiliate use the NEAFCS history/archives information on our website? (Under **About NEAFCS**) Which resources did you use?

- The *Historical Archives* provided a review of NEAFCS beginnings and progression of 85 years and then was used for comparing objectives to current aspects of our association.
 - Please review the attached document titled – *NEAFCS 85th Objectives Comparison Ohio Affiliate*.

How did you use the NEAFCS Facebook monthly 85th Anniversary tidbits?

- Members perused the Facebook page!

How did your affiliate implement the **85 Things to-do** list as a group /individually?

- A hard copy of the **85 Ways to Celebrate the 85th Anniversary of NEAFCS** list was provided to members in January 2019. The list was then shared via email throughout the year.
- At this time Ohio NEAFCS Members have reported completing several items from the **85 Ways to Celebrate the 85th Anniversary of NEAFCS** list. These include 1, 6, 17, 21, 28, 30, 48, 63 – two Educators applied, 65, 66, 67, 81, 82, and 85.
- Ohio NEAFCS Members have shared what they plan to do from the **85 Ways to Celebrate the 85th Anniversary of NEAFCS** list. These include 2, 4, 10, 18, 45, 52, 74, and 77.
- The 85th Anniversary Committee identified 11 items from the **85 Ways to Celebrate the 85th Anniversary of NEAFCS** list that state would participate and complete together – at least five of them. The committee will share the list to members once items are finalized. These items include:
 - #15 - Donate at the FCS Blood Drive with the local goal to collect 85 or more pints of blood for a local blood center (still working out logistics for FCS State Conference) or #59 - Collect 85 nonperishable food items for a local food pantry (to take the place of the blood drive at FCS State Conference).
 - #27 - Have a relaxing lunch with some FCS colleagues you haven't seen in a while.

- #31 - Take a photo of each affiliate member. Make a collage with the photos and post on your webpage (working with State Office Coordinator picture list).
- #39 - Prepare a photo display that highlights activities of your affiliate today and in years past for use at in-service opportunities and association sponsored events.
- #48 - Take a .85-mile walk through a local park or another area to exercise your body, mind, and soul.
- #71 - Write a note to a colleague that is doing a good job and tell them so!
- #75 - Share a Facebook post/#76 - Tweet about NEAFCS celebrating our 85th Anniversary.
- #77 - Share with new members memories from the first Annual Session you attended or a favorite memory.
- #85 - Celebrate that you are an Extension Educator!

Additional comments/feedback regarding our 85th Anniversary celebration

- The Ohio affiliate would like to thank the association for having the 85th Anniversary celebration year. By promoting the 85th anniversary, from new to seasoned members, we were given the opportunity to share our connection with the National Extension Association of Family & Consumer Sciences and reflect on its impact on our lives and careers.



Barbara Kinnan (PA), Lifetime Member
 Josephine Kotch (PA), Lifetime Member
 Emilie Lungler (PA), Lifetime Member
 Justine Olive (PA), Lifetime Member
 Edith Reisler (PA), Lifetime Member
 Lura Sollenberger (PA), Lifetime Member
 Eunice Tibbott (PA), Lifetime Member
 Greta Vairo (PA), Lifetime Member

Frances Vannoy (PA), Lifetime Member
Virginia Houseknecht (NY), Lifetime Member
Alice Sprout (NY), Lifetime Member
Judy Webster (NY), Lifetime Member