



KEAFCS NEWS

MAY 2015

President - Denise Sullivan	President Elect - Kylie Ludwig	Past-President - Cindy Evans
Secretary - Susie Latta	Treasurer - Sheryl Carson	Parliamentarian - Cindy Evans
VP Professional Development - Amy Lorenzen	VP Member Resources - Robin Eubank	
VP of Awards & Recognition - Nozella Brown	VP of Public Affairs - Julianne Shoup	
Counselors - SW - Jodi Drake	SE - Rhonda Gordon	NW - Melinda Daily NE - Kathy Tharman

MESSAGE FROM DENISE SULLIVAN, KEAFCS President

Have you come down with spring fever yet? I am so anxious to dig in the dirt and plant flowers, but my husband keeps reminding me to wait...because too often, my eagerness has resulted in wasted efforts. Soon though...very soon!

I had a great experience in Washington DC a couple of weeks ago at the Public Issues Leadership Development conference. This professional development opportunity was one of the best in my career! The opportunity to hear from our national partners at NIFA and program leaders within FCS really helped to “connect the dots” within our complex extension system. We heard from several speakers about communicating our message, both internally and externally. The visit to Capital Hill to visit our legislators (or in this case, their aides) was a great opportunity. Though most of our time was very structured, we did have an opportunity to see some of the DC sights. I definitely need to plan a vacation to go back though, because there is so much more to see! Of course, the opportunity to meet and develop friendships with peers from other states is icing on the cake! Our NEAFCS night took us to The Kennedy Center for the show ‘Shear Madness’, which was a lot of fun!

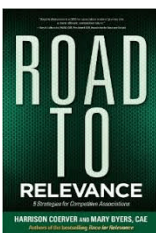
We will all have an opportunity to connect with old and new friends at NEAFCS Annual Session in West Virginia November 2-5, 2015. Watch the NEAFCS website - www.neafcs.org - for updated information.

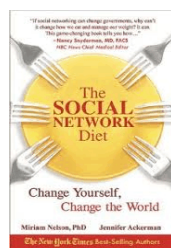
****Please see Pre-Conference Information on page 6 of this newsletter.**

*****Note- hotel information and travel to Greenbrier hotel are additional attachments with the newsletter!**

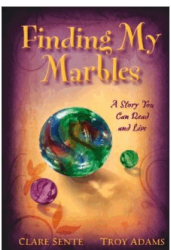
If you are planning to attend, please let your area counselor know, as this is the best way to build a network of communications as a group. For future planning, you might like to know the locations for future NEAFCS sessions: 2016 - Big Sky Montana, 2017 - Omaha, NE, 2018 - San Antonio TX.

What have you done for your professional development lately? I encourage you to look for opportunities, both within and outside of our Extension system. Maybe you could hook up to a webinar...NEAFCS and AAFC both offer some great at-your-desk learning opportunities. Or even pick up a good book...I’m hoping to get some good ideas from others as I read this newsletter! A book that was shared recently by the NEAFCS north-central region director in her newsletter was ‘Road to Relevance’...I plan to look for it and add it to my ‘to be read’ list...probably on my iPad!

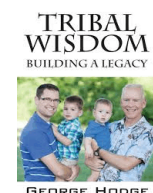




The book review theme of the newsletter had me kind of stumped. Lately I seem to have a problem of starting too many books and finishing any...or at least finish them in a timely manner!! One good one that I am in right now (from a professional perspective) is 'The Social Network Diet' by Dr. Miriam Nelson. You might be familiar with Dr. Nelson's 'Strong Women' books, which our own Strong women program is based on. In the book, she moves beyond the 'physical' in terms of health and looks at the social and environmental determinants of health.



If you are looking for a quick read, I do have a couple of suggestions. 'Finding My Marbles' by Dr. Troy Adams, is a great story that many of us could probably relate to in terms of finding JOY in our lives. Dr. Adams gives 7 tips for navigating out of the 'joyless zone'. The second, also a quick read, is 'Tribal Wisdom' by George Hodge, who is a friend of mine. It would be a great gift to a young (or not-so-young) dad in your life. It is full of great messages for fathers, which I obviously am not, but still thoroughly enjoyed it!



I'm looking forward to our NE Area Program Enhancement in a couple of weeks. I hope that you are making plans to connect with your colleagues. Your area counselors will be looking for people who are ready for a leadership challenge and I hope that you will consider answering the call! Have a great spring and summer!

MESSAGE FROM JAMIE RATHBUN, Annual Conference Committee

KSRE 2015 Annual Conference

Planning is underway for the KSRE's 2015 Annual Conference. Based upon comments left on the 2014 post-conference survey, the planning committee would like to make some improvements.

FCS Breakout sessions are an area that the planning committee knows needs some improvement. But it is up to all of you to help in this area. A call for breakout proposals will soon be sent to PFT chairs.

If you have any ideas for breakouts that you, others in your PFT, or other FCS agents and specialists would enjoy, please be in touch with your PFT chair(s) to make recommendations. Think about other conferences you have attended and if the messages shared there might benefit KSRE FCS as a whole. (I think there were some great presentations at United Associations Conference this year that would definitely benefit all of us.)

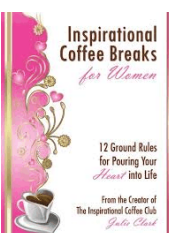
You get out what you put in, and it is up to all of us to make KSRE Annual Conference an event that leaves us with new ideas and feeling rejuvenated to continue with FCS programming across the state.

If you have questions or suggestions regarding Annual Conference contact me, Jamie Rathbun, 2015 Annual Conference FCS Representative, jrathbun@ksu.edu.

MESSAGE FROM AMY LORENZEN, Vice President Professional Development

KEAFCS Vice President for Professional Development Family and Consumer Science professionals from across the state had the opportunity to network and to gain some professional development at the 2015 United Associations Conference held March 5-6 at the Sedgwick County Extension Center in Wichita. The event's theme, "Beyond Sustainability: Improving Lives of Individuals, Families and Communities" had approximately 140 educators attend the event.

Julie Clark, nationally-known inspirational author, presented the keynote, "Pour Your Heart into Life—12 Ground Rules for Life." Her views on life and how we should live it gave attendees food for thought, as well as motivation for positive change. Clark also went into more detail about her life philosophy in her break-out session.



Many of the break-outs included K-State Research and Extension educators such as Kathy Lupfer-Nielsen, Christine McPheter, Dr. Roberta Riportella, Jen Schoenfeld, Golden Prairie District FCS, Jamie Rathbun, Midway District FCS, Donna Krug, Barton County FCS, Dr. Londa Nwadike, Consumer Food Safety Specialist, and Stacy Warner, Extension Operations.

Participants then could choose from a variety of break-out sessions for a wide range of interests. There were also meetings of the various associations who belong to the planning group of UAC, plus a silent auction and many opportunities to network with fellow professionals.

MESSAGE FROM ETHEL SCHNEWEIS, Scholarship Committee Chairman

Consider applying for one of our State KEAFCS Scholarships or nominate someone for the Friend of Extension FCS! Applications for the Anderson Scholarship, KEAFCS Scholarship, First Timer's Stipend (to attend national meeting) and nominations for the Friend of Extension Family & Consumer Sciences, are due to:

Ethel Schneweis, Ford County FCS Agent, 100 Gunsmoke, Dodge City, KS 67801 or eschnewe@ksu.edu **by May 15th.**

When you go to our Kansas Extension Association of Family and Consumer Sciences home page, click on Awards, then at the Awards page you will see: The Scholarships / Friend of FCS and First Timers Awards have their own page since they are Kansas Awards. Click on this and the forms should be located on the right side of the page. If you have questions or can not locate the forms, please email Ethel.



MESSAGE FROM CINDY EVANS, Past President

KEAFCS Seeking Officer Nominees

The summer will go quickly and soon we will be together at August Update and Annual Conference. Kansas Extension Association of Family & Consumer Sciences (KEAFCS) installs new officers during Annual Conference and is currently seeking members who would like to serve in officer roles for the organization.

Area counselors will be seeking nominees for:

President-Elect

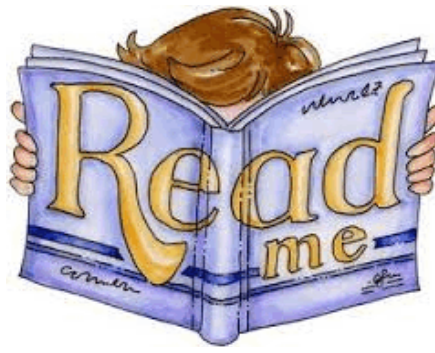
VP of Awards and Recognition

VP of Professional Development

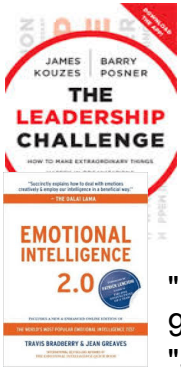
Secretary

Area Counselors for Northeast and Northwest also need to be elected by July 1 by the respective areas.

Our association helps defray expenses for some officers to attend NEAFCS conference, JCEP (Joint Council of Extension Professionals) and PILD (Public Issues Leadership Development Conference). We all become better leaders through practice. Please let your area counselor know if you are interested in running for an office. If you are asked to run for office, please say "yes!"



We gave this newsletter the theme of "Book Reviews".
Thank You for your wonderful submissions!



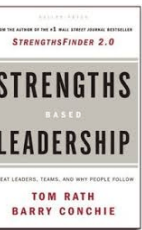
"I am a member of AAFCS and serve on the national Building Leadership Capacity - Leadership Academy planning team. We are encouraging our young or new to FCS professionals to read 3 books related to leadership and building relationships:
"The Leadership Challenge" by James Kouzes and Barry Posner, ISBN 978-0-470-65172-8

"Emotional Intelligence 2.0" by Travis Bradberry & Jean Greaves, ISBN-13 978-0-97432-062-5

"Strengths Based Leadership" by Tom Rath and Barry Conchie, ISBN 978-1-59562-025-5

When purchased new, all three come with an online assessments that help you reflect on your own leadership style, skills, and personality characteristics. They also can help guide your leadership approaches in a variety of settings."

Deb Andres: Geary County Family and Consumer Sciences Agent

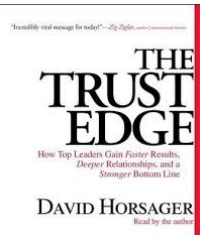


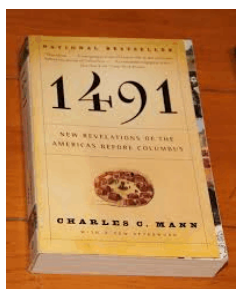
"Sometimes I read for pleasure. Most times I read for professional and personal development. David Horsager's, The Trust Edge: How Top Leaders Gain Faster Results, Deeper Relationships, and a Stronger Bottom Line" provides a pleasurable reading experience while gaining practical tips for personal and professional development. Believing trust is the world's most precious resource, Horsager explains how success rests on eight pillars of trust: Clarity, Compassion, Character, Competency, Commitment, Connection, Contribution and Consistency. According to him, investment in trust building multiplies personal and professional success. While concepts are research-based, Horsager writes for common folk, combining his advice with simple quotes, stories, tools and resources. I've especially benefitted from his "Tips for Listening," "Ten Strategies for Becoming a Daily Contributor", and "Apply It" sections.

I heard Horsager present at the 2015 JCEP conference. Despite having a pile of unread books by my bed, I have not regretted purchasing and reading this book. I found every section useful and applicable every area of my Extension work. For more information, visit his website and YouTube channel. This is one book that will rank high on my "must read" list."

Horsager, D. (2009). The Trust Edge: How Top Leaders Gain Faster Results, Deeper Relationships, and a Stronger Bottom Line. Free Press: New York, NY

Nozella L. Brown, EdD - Wyandotte County





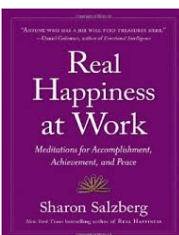
"Recently, I led a discussion on the book, 1491: New Revelations of The Americas Before Columbus. The book is written by Charles C. Mann. The author used archives, anthropological writings, and other historical sources to illustrate the advanced societies and booming populations of the Americas North America (what is now Canada) down to the South American countries (think of Peru, Brazil, Argentina, Chile, etc.). The book helps us to re-examine our beliefs that it was Christopher Columbus and/or the Pilgrims on the Mayflower who brought civilization to the Americas. If you like history, the book is a great read. 1491, also, is a good companion to other books or article about the populating of the Americas by National Geographic Society and others."

Debra Bolton: SW FCS Extension Specialist, Garden City

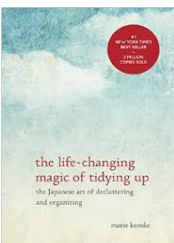


"For years I've tried to have a quiet time with devotions but I frequently found excuses not to do it. Last fall I began using "Ending your day right" before I went to bed and now I've added reading "New Day New You" each morning. Both books are by Joyce Meyer. I've found the morning messages to be encouraging for the day ahead and the night messages to be reflective and thought-provoking."

Pat Gerhardt - River Valley Extension District

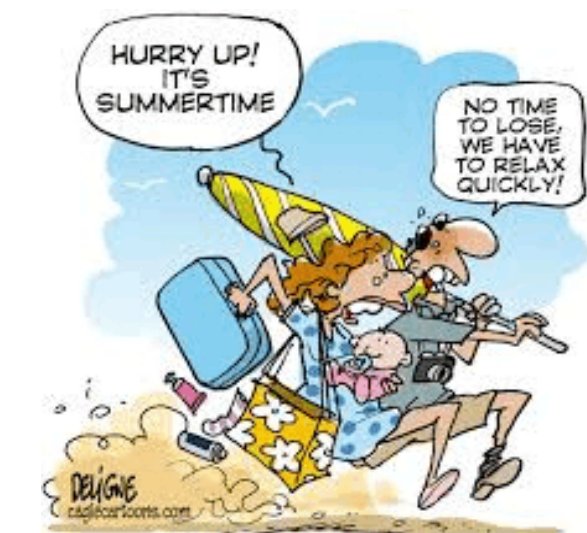


I have two books to share, one that I'm reading right now and another on order that I am anxiously waiting for! "Real Happiness at Work -- Meditations for Accomplishment, Achievement, and Peace" by Sharon Salzberg is based on Eight Pillars of Happiness in the Workplace: Balance, concentration, compassion, resilience, communication and connection, integrity, meaning and open awareness. Since the book is written as a series of meditations, you can easily start your day by reading one meditation (1-3 pages). FCS agents in the NE Area will receive this book at our Program Enhancement meeting in May.



"The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing" by Marie Kondo is the one I'm waiting for. I learned about the book through a link on the AAFCS Facebook Page, <http://www.baltimoresun.com/features/home-garden/bs-hm-kondo-decluttering-20150417-story.html#page=1> Read more reviews on Amazon and you may need to order it too!

Sharoyln Jackson, NE FCS Specialist, Manhattan



NEAFCS Pre-Conference Workshops (visit the NEAFCS website for more information)

Monday, November 2, 2015

7:30 AM - Continental Breakfast

8:00 AM - 11:30 AM - Workshop

Stress Less with Mindfulness Train the Trainer

Jane Riffe, Ed.D. and Becky Smith, MBA

Stress Less with Mindfulness is a WVU Extension-developed curriculum introducing mindfulness-based skills to change one's approach to stress. Simple "practices," based on the University of Massachusetts Medical School's Mindfulness Based Stress Reduction (MBSR) protocol are introduced with opportunity for participants to experience their ability to "notice, shift, and practice" their responses to stress. This session will train educators to deliver the 5 session award winning curriculum. * Stress Less includes 5 sessions, each 45-50 minutes long addressing the following topics: Begin with the Breath; Mindful Eating; Mindful Walking/Thought Surfing; Be Kind to Your Mind; Laughter is Good Medicine. Session participants will receive a CD with all materials needed to teach and evaluate the class as a day-long retreat or as a worksite 5 week lunch n' learn.

Dining with Diabetes

Shari Gallup, Fran Alloway, Lisa Graves, Stephanie Faroh, Dan Remley, Ph.D

Come and join this 4-hour workshop as the National Extension Dining with Diabetes Team (NDWD) unveils a new national curriculum, evaluation, resources and recipes. You will receive the new national resources and be prepared to offer this in your home state. The National Extension Dining with Diabetes Working Group provides leadership and coordination for unified program delivery and evaluation of Dining with Diabetes. At the conclusion of this session, participants will be able to: Identify the basics of how to implement the Dining with Diabetes program in their communities; Examine updated Dining with Diabetes curriculum, evaluation, recipes and resources; Identify educators and specialists from around the country; Understand initiatives of the NDWD and identify ways to make a difference through this national working group; Evaluate resources and find out how other states market, implement and evaluate the program.

Smart Choice Health Insurance Basics© Training (concludes with certification)

Bonnie Braun, Ph.D. and Lynn Little

Have you heard about the award-winning Smart Choice Health Insurance© program? Are you certified to teach that program? Don't know much or anything about teaching health insurance? No matter your answer, the multi-state Health Insurance Literacy Initiative (HILI) team has a new product for you. Come to the NEAFCS Smart Choice

Health Insurance Basics© Training preconference and leave with a certificate to teach this new one-hour program. Leave with an Educator's Toolkit and ideas from your peers about what works and why they are using this program. Leave with access to materials and follow-up support from the HILI team. You'll also learn about other products in the Smart Choice family including the new companion Smart Use Health Insurance Basics©. And you'll understand why these entrepreneurial, evidence-based programs demonstrate impact with value for consumers and families, Cooperative Extension and the public.

