



KEAFCS NEWS

SEPTEMBER 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

"Leadership means finding a new direction, not simply putting myself at the front of the herd that's heading toward the cliff" William Deresiewicz
Submitted by Nozella Brown

From the President: Denise Sullivan

Another page on the calendar turned...welcome September! This is the time of year that my husband refers to as 'Indian Summer', which he insists is an actual season in his home state of Pennsylvania! I don't really care what it's called, I just know that I like the cooler mornings and evenings, hinting that change is on the way! And of course, recipes for pumpkin spice everything start showing up!

I hope that you returned home from August update with great ideas to use as we think about program planning for next year. It really is hard to believe that it's time for those 'transitional' activities that occur in the fall...action plans, impact reports and performance review. Do we face these tasks with dread or enthusiasm? For me, it is a mix of the two, but I appreciate the opportunity to readjust my focus and make sure that I am 'making the main thing the main thing.'

At our NE spring enhancement this year, our day of focused on self-care and becoming our best self. Sharolyn provided us with the book *Real Happiness at Work*, by Sharon Salzberg, that has been an inspiration to me. In the opening pages, Salzburg provides the eight pillars of happiness in the workplace:

- * Balance: the ability to differentiate between who you are and what your job is.
- * Concentration: being able to focus without being swayed by distraction.
- * Compassion: being aware of and sympathetic to the humanity of ourselves and others.
- * Resilience: the ability to recover from defeat, frustration, or failure.
- * Communication & Connection: understanding that everything we do and say can further connection or take away from it.
- * Integrity: bringing your deepest ethical values to the workplace.
- * Meaning: infusing the work you do with relevance for your own personal goals.
- * Open Awareness: the ability to see the big picture and not be held back by self-imposed limitations.

I've been trying to spend a bit of time at the beginning of my work day with this book to 'get on center' so that I can be more productive...and I think it has made a difference! I also think that it will make this 'transitional' season a little easier. I even bought a new 16 month calendar (with a September start date!) to celebrate and help keep me on track. The purple and teal paisley cover design just screamed for me to buy it, but it was the message on the front that clinched the deal. It says *Go after your dreams-God created you to live them!* Enjoy the season!

Fall KEAFCS Meeting

Our meeting will be held during Annual Conference on Tuesday, October 20, from 2-4 pm. I hope that you will make every effort to attend, because there is much to discuss and celebrate.

***DON'T FORGET THE CHOCOLATES!** If you have had the joy of a special event in your life, we have a KEAFCS tradition of "passing the chocolates!" This is the chance to share your special occasion with the group by making a basket that has perhaps a picture of your event and small chocolates (of your choice).



Kylie Ludwig will serve as KEAFCS President in 2015-2016. Kylie shared her biography to help KEAFCS members get better acquainted with her.

Kylie is the Family and Consumer Science agent in the Altamont office, Wildcat Extension District in Southeast Kansas. She has been in extension for 7 years. Her primary focus since entering the district is Finance and Community Development.

Kylie and her husband Jared live in Edna. They have two energetic boys, Colton who is 7 and Jax who is 4. Between work and those two she stays pretty busy! To round out the household she has two dogs, a Great Dane and a Yorkie, along with one lazy cat unless she is catching a mouse! Kylie enjoys sewing, quilting, making projects for others, and going for walks. As a family they stay busy riding bikes, swinging, swimming, playing with tractors, enjoying the fire pit with smores, cooking and sports.

KEAFCS members should look out for an electronic ballot to cast their vote in September!

Donna Krug - Candidate for President- Elect

Donna is starting her 26th year as the FCS agent in Barton County. Majoring in Vocational Home Economics Education and receiving a Bachelors degree from KSU in 1977 was the first step in her career path. Donna served as a 4-H and Youth agent for FCS projects in Fort Bend County TX from 1977-1981. Following that she worked for eight years helping her husband, John, with his Chiropractic practice and spending time raising their three kids.



As a member of KEAFCS since 1989 Donna has served as Area Counselor, Vice-President for Member Resources, and on several different committees. The Distinguished Service Award was presented to Donna in 2007. She has participated in five national meetings and has presented two break-out sessions and a poster session. Since 2008 Donna has written five different fact sheets that have been shared with many audiences across the state. Donna is looking forward to serving as President-elect and then President of KEAFCS. Donna says, "The timing is right to give back to an organization that does so much to enhance our professional development. Thank you for the opportunity to serve."



Beth Ireland- Candidate for KEAFCS Secretary

Beth has been a FCS Agent and 4-H Agent for two years in Greenwood County. Previously she was a FCS teacher for seven years in Eureka and one year in Fredonia. Beth received her Bachelor's degree majoring in family and consumer science education from Kansas State University and received her Master's from Pittsburg State University in career and technical education. In addition to keeping busy finishing her master's, she enjoys working with clients and the relationships she has developed in nutrition, health and food safety. She has been involved with Kansas Association of Family and Consumer Sciences serving as treasurer and vice-president of communications and membership. She is currently a KAFCS Foundation member who supports scholarships and assistance in professional development to Kansas FCS professionals and college students.



Nozella Brown - Candidate for VP of Awards

Nozella Brown is a candidate for KEAFCE VP of Awards. She has her Ed.D. and M.S. in Adult, Vocational and Continuing Education, and her B.S. in Family Economics and Journalism, all from Kansas State. Nozella joined the Wyandotte County Extension team 12 years ago. Currently serves as an FCS agent whose primary responsibilities include coordinating the local FNP and EFNEP programs. She also holds leadership positions on several community, regional and national committees, including co-chair of the Mayor's Healthy Communities Wyandotte Nutrition Action Team and the Community Action Committee of the Greater Kansas City Health Care Foundation. She received the 2014 Outstanding County or District Extension Professional Award, the 2010 ESP Diversity/Multicultural Team Award, the 2009 ESP Horizon Member County Award, and the 2006 Unclassified Employee of the Year Award.

Nozella enjoys teaching the practical ways Extension and FCS educators enhance the quality of life for community members, through local, regional and national presentations and workshops. As a member of the KEAFCS family, she appreciates the professional development and networking opportunities. She feels honored to serve as VP of Awards because it allows her to encourage her colleagues to recognize their work and value throughout Kansas.

Teresa Hatfield - Candidate for VP of Professional Development

Teresa Hatfield is a candidate for Vice President of Professional Development. Teresa earned her Bachelor's degree from Wichita State University in History and her Master's degree from Wichita State in Gerontology. Teresa is the Adult Development and Aging Agent in Sedgwick County. Before joining extension in 2013 Teresa worked as a Program Manager for Sedgwick County Department on Aging, and now serves on its advisory council for the Retired Senior Volunteer Program (RSVP). She enjoys working with older adults, and finds her job as an extension agent very rewarding.

Gina Aurand - NE Counselor 2016-2017

I first joined Extension in 1993 as the FCS Agent in Republic County. After two years I quit to be a stay at home mom. I returned to Extension in August of 2008 as the District FCS Agent for Foods and Nutrition for the River Valley Extension District. I am based in the Belleville office. I have always been a member of KEAFCS. I enjoy working with the agents in the Northeast Area and look forward to being their representative on the board. I attended Kansas State University where I graduated with a degree in Food Science.

While I was home with my children I also completed a Bachelors in Elementary Education from Fort Hays State University. I currently live in Belleville with my husband, Clay, who farms in northwest Republic County. I have four children. My daughter Lexia is a Junior at Kansas State University. My daughter Lanessa is a Senior and my daughter Lasondra is a Sophomore at Republic County Jr./Sr. High School. My son Blake is a sixth grader at Republic County also. Most of my free time is spent following my kids and their activities. I also enjoy attending KSU athletic events and spending time with my extended family.

Anna Schremmer - NW Counselor 2016-2017

Anna Schremmer is a K-State graduate and has been a Family Consumer Science Agent in Phillips-Rooks District for the past 5 years. Before joining our faculty she taught FCS classes in school for 34 years. She has a family of three grown children and three granddaughters. As an FCS agent in Phillips-Rooks district, her PFT is Family Finance Resource Management. Her favorite past-time is spending time with her granddaughters.

"A leader without followers is just a guy taking a walk."

**Perhaps more valuable than the quote by John Maxwell
("The 21 Irrefutable Laws of Leadership")**

is the rest of his stance on isolated leadership. YOU need people to lead. Value them...Love the people you lead. Understand the law of significance, that one is too small a number to achieve greatness. The most effective leaders stay connected to their people. This gives them the greatest amount of influence, and allows the leader and the team to achieve their big-picture goals together.

Submitted by Cindy Evans



Rhonda Gordon, SE Area Counselor

As far I a know most of us survived the county fair season. The summer went fast and furious for most of the agents in our area. Some of us would rather forget the summer of 2015. The South East Area is in charge of State Fair Fashion Show and currently we are short of volunteers. If you will be in Hutchinson on Saturday September 19th and would like to help, please let Joy Purkepile know.

We welcome new agents and look forward to getting to know them. Clarissa Sents is the new FCS agent in Coffey County. If you run into Clarissa at Annual Meeting please introduce yourself.

I am sure everyone is looking forward to get back in the groove that fall seems to bring to all of us. Take time to enjoy time for yourself and your family.

Jodi Drake, SW Area Counselor

The Southwest Area Agents kicked off their summer with a Spring Retreat in Montezuma in May. After a whirlwind summer of camps, food preservation workshops, county fairs and much more we are ready for a change of pace and Fall activities. Thank you for taking the time to participate in the Southwest Area program sharing at August Update, we enjoyed sharing our programs with you. The Southwest Area is excited to welcome new agents Christy Depenbusch in Harper County, Victoria Brass in Comanche County, and Aimee Baker in Wichita County. Please take the time to introduce yourself at Annual Conference and welcome them to our Extension family.

"When your values are clear to you, making decisions becomes easier." Roy E. Disney

Melinda Daily, NW Area Counselor

The NW Area KEAFCS agents have been very busy trying to get Friendship Night organized and ready to have some fun. Erin Petersilie and Donna Krug have been our chairs for the event and are doing a GREAT job. There have been many others on each of the committees planning and getting ready for the event also. Friendship night will be held this year at the Old Train Depot in Manhattan and the theme will be, "Land of Kansas".

Unfortunately we have lost two FCS agents, Kathy Lupfer Nielsen retired and enjoying life to the fullest and Jen Schoenfeld has moved on to work at Colby Community College. They both will be missed greatly. In May, we had our NW FCS retreat held in Norton with Julianne Shoup as our hostess and a coffee hour with a past FCS agent, Beverly Kindler. Other events for the day were; visiting some businesses in Norton, a visit from the Mayor and then we went to Keith Sebelius Lake with a program given by Luke VanSkiike, a park ranger, on the history of the lake. We finished the day with sharing of program ideas and visiting. It was a great day for all.

We are happy to introduce to you our newest FCS Agent, Ashley Goudey, fresh out of college, a graduate from KSU. She grew up in Junction City and she likes to take walks and cook. Her PFT is Nutrition, Safety and Health. Welcome to the Great North West.

The NW Area is still working on our decline in population with three of our agents expecting little ones. We are all excited about their arrivals and pre-congratulations to Nora, JoEllyn and Jamie.

Sheryl Carson, KEAFCS Secretary

KEAFCS Treasurer Report - August 28, 2015

2015 KEAFCS membership is sixty-six.

United Associations Conference funds this year, \$800. Last year it was \$1500 and in 2013 we received \$2760 for an income.

Friendship Night 2014 income was \$2,300.00 and expenses were \$1853. The line item expense is \$2,153.00 because of the overlap of year 2014 with 2015. We have paid \$300 to Manhattan Parks and Recreation for the 2015 Friendship Night.

October and November are important months to join or renew membership to take advantage of NEAFCS benefits before the NEAFCS January 1 deadline. Please, consider renewing your membership before December since the holidays interfere with processing to meet the January 1 deadline. Please encourage recruitment of new members before December, as well, so they can take advantage of membership benefits. Members may join or renew at any time of the year.

A good time to pay is at our Fall meeting at the KSRE Annual Conference in October so bring your checkbook. You will still need to renew online and update your membership profile. New members will need to complete a hard copy application which I will have available at the meeting or it can be accessed online. Go to <http://www.neafcs.org/> for all membership applications and click on the "Join NEAFCS" tab at the right.



**Win \$30
off Dues!**

✓ Renew Online at: www.neafcs.org
- Under Member Resources select Dues Renewal
Bring the Printed form to the Business Meeting.

✓ Pay Dues at Business Meeting at
Annual Conference

**3 names will be drawn to
recieve \$30 off of dues at
the Business Meeting.**


Total Dues are \$130. Make Checks payable to KEAFCS.

Renewed membership is \$130 and KSRE Specialists pay \$124. New members pay \$120 and retired KEAFCS lifetime members do not pay affiliate dues. Lifetime NEAFCS members pay a one-time fee of \$300. Our \$130 membership fee reflects \$24 affiliate dues, \$6 KEAA and \$100 National. Specialists are not members of KEAA so they don't pay the \$6 in dues, thus the \$124. New members pay \$120 for an incentive to join.

"People buy into the leader before they buy into the vision" - John Maxwell

"Leadership - The ability to mobilize others" - Ed O'Malley

submitted by Kylie Ludwig



*Every leaf speaks Bliss to me,
Fluttering from the Autumn Tree*

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Autumn First Day of Fall Quotes

**"Come, little leaves" said the wind one day,
"Come over the meadows with me, and play;
Put on your dresses of red and gold;
Summer is gone, and the days grow cold."**

**Soon as the leaves heard the wind's loud call,
Down they came fluttering, one and all;
Over the brown fields they danced and flew,
Singing the soft little songs they knew.**

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