

# KANSAS EXTENSION ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

Fall 2017



## 2017 BOARD

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Ethel Schneweis, Ford County

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VP Professional Development:

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Immediate Past President:

Kylie Ludwig, Wildcat District

## AREA COUNSELORS

Northeast:

Gina Aurand, River Valley District

Northwest:

Anna Schremmer, Phillips-Rooks District

Southeast:

Becky Reid, Cowley County

Southwest:

Jodi Drake, Pratt County

## Let's Paint Omaha PURPLE!

It is exciting news to hear that 40+ members of our association will be participating in the NEAFCS Annual Session October 16-20 in Omaha. Several of you are attending as First Timers, some are presenting break-out sessions, many from our group have been named award winners, and all of us will benefit from the networking and professional development opportunities offered at a National meeting.

I have NEAFCS lapel pins that I will distribute in Omaha. I meant to bring them to August update but left the small box setting beside my desk. ☹️ So look for me when you arrive in Omaha and I will have a pin for you to wear proudly.

I am also excited to hear the interpretation (and see it in writing) that our professional association dues may be paid with approval from our local unit boards using non-appropriated funds. This will ease the financial burden of paying annual dues. I hope each of you will share with your board the many positive experiences that membership in a professional association can bring. Besides attendance at National meetings, members can participate in Webinars held throughout the year. The opportunity to hold an office and hone leadership skills and applying for awards and recognition are other positives.

As my year serving as your president comes to a close, I would be remiss if I didn't thank the great group of KEAFCS officers I have had the opportunity to work with. Kylie left me a flash drive and notebook with everything I needed for a smooth transition. Officers and committee chairs are fulfilling their duties so that my job as president has been a fun experience.

See you in Omaha!

*Donna Krug*

KEAFCS President



**K-STATE**  
Research and Extension

### Note from President Elect- Ethel Schneweis

Are you ready for NEAFCS? I know that I am looking forward to the conference because from the schedule it looks like there are some exciting activities and sessions to attend. I am especially looking forward to our time together at State's Night Out! If you are going to NEAFCS but are not planning to go to State's Night Out, please let me know as I will be needing to give them a seating count.

We will be dining at **Cascio's Steak House**, (a family-owned bar & grill offering steaks, pizza & other Italian fare amid a warm vibe) at 1620 South 10th Street in Omaha, on Wednesday, October 18 and we will have 3 menu choices that night to choose from. With tax and gratuity, the cost is \$26.00 per person. Reminder we would appreciate it if you could send your payment to Chelsea Richmond, District Extension Agent, Frontier Extension District, Garnett Office, 411 S Oak; PO Box 423, Garnett, KS 66032 *by October 10 but if not, you can give to us the night of the dinner.*

During Annual Conference at the end of October we will be having our general meeting, award announcements, installation of officers and of course a fun evening during Friendship Night. Looking forward to seeing all of you then.

Have a safe trip to Omaha!!

*Ethel Schneweis*

President Elect

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### Treasurer Report

As of September 15th, the balance in the KEAFCS account is \$16,609.38. The association received \$425 for the 17 members who registered to attend the 2017 United Associations Conference. Currently, there are 59 association members.

The months of October and November are important months to join or renew your KEAFCS membership in order to take advantage of member benefits before the NEAFCS January 1st deadline. Be on the look out for an email in the upcoming weeks with information on how to join or renew your KEAFCS membership.

*Chelsea Richmond*

Treasurer

Nancy Schuster- Frontier District

Valeria Edwards- Johnson Co.



Denise Sullivan- Leavenworth Co.

Lori Shoemaker- Rice Co.

Pam Muntz- Kiowa Co.

Kathy Bloom- Seward Co.

### Northeast Area Counselors Report

The Northeast Area would like to welcome three new agents to our area. Shandi Andres joined the Flint Hills District, Tristen Cope is in Marion County, and Tandy Rundus is in the Northeast Area Office as the new Northeast Area SNAP Ed Extension Specialist.

Our responsibility this year is the Annual Report. I am asking all of you who have a piece of this report to please get me your information by Friday, October 6. Thanks!

Sharolyn has been busy planning for our next area program enhancement which will be Wed, December 13<sup>th</sup>.

*Gina Aurand*

Northeast Area Counselor

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### Northwest Area Counselors Report

NW Region FCS Agents are taping segments for a TV Show called Extension Ed. It is being produced and shown by Nex-Tech. Some of the topics are Medicare Basics, Food Preservation, Food Safety, Saving Money for the Holidays, Grandmas Yellow Plate, Dutch Oven Cooking, and many more. These are also on Nex-Tech You Tube and K-State YouTube.

NW Region FCS Agents were in charge of the KSF Fashion Revue September 16, 2017. The day went very well with 117 participants. Thanks to all of the agents in the NW Region, it takes all to make it a successful event.

*Anna Schremmer*

Northwest Area Counselor

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### Southwest Area Counselor Report

The Southwest Area has had quite a few changes in personnel this summer. Kathy Bloom, Seward County, has retired as well as Pam Muntz, Kiowa County. We welcomed in three new agents, Lora Horton and Faith Orth in Hamilton County and Mirna Bonilla in Seward County.

Aimee Baker, Wichita County, graciously hosted our Spring Enhancement Meeting in Leoti. We enjoyed program sharing, had a chance to tour their local museum and even got a chance to visit retired Extension Agent, Belinda Oldham's quilt shop.

The Southwest Area had been in charge of the newsletter this year. We appreciate all of your submissions and especially appreciate Aimee Baker putting it all together for us.

*Jodi Drake*

Southwest Area Counselor



## Southeast Area Counselor Report

Southeast Area agents hosted the Program Roundtable sharing session at August Update. The featured topics and presenters were: Adobe Spark (Kylie Ludwig, Wildcat District) ; Time with Techie Homeckie (Becky Reid, Cowley County); Safe Dates: Dating Violence Education for Teens (Anne Pitts, Harvey County); FACT - Family and Children Together (Christina Holmes, Cherokee County); A Poker Walk Event (Rhonda Gordon, Lyon County; Clarissa Sent, Coffey County; Barbara Ames, Wildcat District); We have a Food Policy Council... what's next? (Martha Murphy and Chuckie Hessong, Wildcat District); Come Grow with Us (Franny Eastwood and Diane Burnett, Marais des Cygnes District); Gearing up for Pathways to a Healthy Kansas (Joy Miller, Southwind District).

Staff transitions: Elizabeth Gatz, Sumner County; Jayne Whitson has joined the Greenwood County office. Interviews were conducted in mid- September for a new Southeast Region SNAP-Ed Extension Specialist Community Nutrition and Health.

*Becky Reid*

Southeast Area Counselor

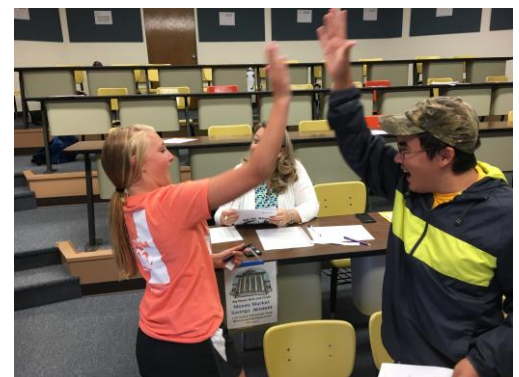
## Program Highlight!

The Family Resource Management PFT presented In The Real World at Discovery Days this year, with 27 students participating. Here is an excerpt from an article written about the event.

*Paying bills, managing a budget, owning or renting a home — these are everyday concerns of most adults, and some Kansas 4-H teenagers got their first introduction to them during last week's 4-H Discovery Days at Kansas State University. "Welcome to the Real World" was an afternoon workshop designed to introduce students to what lies ahead, when they start life on their own. At the end of the simulation excellent discussion took place and participants were quick to make connections to the challenges their own parents dealt with, frequently without telling their children. "How did they do it?" said 4-H member John Achen. "I've got 10 brothers and sisters, and I'm on the bottom end, but like, how did they manage to take care of all of us and still ... you know, survive?"*

In the Wildcat District an additional simulation also took place at Independence Community College with a group of 25 high school students and another group of 15 participants in a summer program. Continue to watch for more simulations in the future all across the state.

*Kylie Ludwig* - Wildcat Extension District



## Officer Candidate Profiles

### Nora Rhoades – NW Area Counselor

**Name and county/district you work in?**

Nora Rhoades, Post Rock District

**How many years you have been in extension?**

I started as a the District's Family and Youth Development Agent in January 2014.

**Do you have a focus with your job?**

I focus on family, child/youth, and adult development as well as family resource management across the age spectrum. I also focus on expanding and sustaining a culture of health and wellness throughout our District's communities.

**What is your favorite thing to do outside of work?**

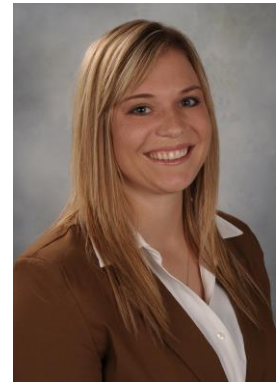
My favorite thing outside of work is to enjoy the blessings and tasks of farm life with my husband and two boys. There are not many rewards I like better than sitting around a bonfire with s'mores after a long day of farm work!

**What is your favorite book?**

My favorite author is Nicholas Evans, with my favorite book of his being *The Smoke Jumper*. To be honest, I haven't read anything beyond a children's book outside of work in quite a while!

**What is your dream vacation?**

Anywhere that requires me to use my passport! I love to travel abroad, and especially enjoy experiences in countries where I do not know the native language and I don't have to stay in tourist zones. The challenge and reward of getting to know people and their way of life is one-of-a-kind.



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### Susan Fangman – NE Area Counselor

**Name and county/district you work in?**

Susan Fangman, Shawnee County

**How many years you have been in extension?**

Since January 2016

**Do you have a focus with your job?**

Family Resource Management, but I do a little programming related to health and wellness

**What is your favorite thing to do outside of work?**

I love to attend my daughter's cross country meets. I also enjoy quilting and sharing about that on my Instagram feed.

**What is your favorite book?**

I do enjoy reading, but haven't had as much time to read for fun since starting this job. I especially like books by Michael Connelly and John Grisham.

**What is your dream vacation?**

I enjoy a great road trip where we can see many sites along the way. I like trying new foods, hiking, and spending time outdoors wherever we go. This summer we will be driving to Yellowstone National Park!



## Officer Candidate Profiles

### Robin Eubank-Callis – Secretary

**Name and county/district you work in?**

Robin Eubank-Callis, Barber County

**How many years you have been in extension?**

14 Years

**Do you have a focus with your job?**

Family Consumer Sciences and 4-H – A little bit of everything and anything depending on the day, but I have developed an expertise in food preservation.

**What is your favorite thing to do outside of work?**

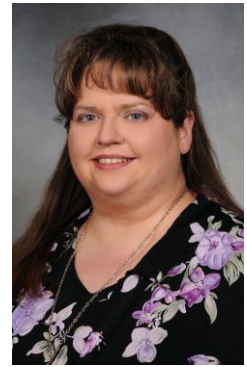
Being in the first year of marriage this late in life. . . I love to snuggle up with the 2 dogs that came with the marriage. I also had 2 dogs, so our blended family has plenty of attitude.

**What is your favorite book?**

The latest book by Janet Evanovich

**What is your dream vacation?**

Cruising to Alaska



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### Anne Pitts- VP for Professional Development

**Name and county/district you work in?**

Anne Pitts, Harvey County

**How many years you have been in extension?**

over 1 year (16 months)

**Do you have a focus with your job?**

Do not have a focus, but love to work in the developmental realm, so families, teens and adults.

**What is your favorite thing to do outside of work?**

Outside of work I love to be outside and re-do furniture/craft. I've been married 2 years, I'm a KSU grad, and we have a pain in the butt puppy named Pete.

**What is your favorite book?**

Hate reading.

**What is your dream vacation?**

To go to Italy.



## Teal Pumpkin Project®

Since Halloween is right around the corner, with the help from another agent and a few questions I've decided to do a program about the Teal Pumpkin Project®. I started off with the idea to just do it once, but once I got going, the school decided to participate as well. I'm very excited about this! It's a chance to bring awareness to my school and my community about allergies, and how we can still allow kids to have a fun Halloween!

For those that do not know what the Teal Pumpkin Project® is, it's a chance to give every child a fun, joy filled Halloween. Kids with food allergies are often left out of the fun, since most candy is off limits. This project helps make sure all children will come home on Halloween night or from Halloween events with something they can enjoy.

It's really easy for people in your community to participate:

1. Paint a teal pumpkin
2. Put the pumpkin visibly on your doorstep
3. Provide non-food treats for trick or treaters (glow sticks, pencils, erasers, etc)
4. Put up signs, if you'd like, to make sure children and parents know you are participating and put your home on the registered map!
5. Have a GREAT Halloween!

If you'd like more information please feel free to reach out to me at [bakeaim@ksu.edu](mailto:bakeaim@ksu.edu).

*Aimee Baker*

Wichita County FCS Agent

*The TEAL PUMPKIN PROJECT® and the Teal Pumpkin Project® logo are registered trademarks of Food Allergy Research & Education (FARE).*



[tealpumpkinproject.org](http://tealpumpkinproject.org)



## Extension Master Food Volunteer

An Extension Master Food Volunteer (EMFV) is a volunteer trained by university-based nutritionists, registered dietitians, food scientists and culinary experts and becomes certified in research-based food safety and healthy living concepts. They, in turn, give voluntary service for a variety of projects that utilize their training.

Master Food Volunteers have a passion to improve the health, food safety awareness and quality of life to residents by providing current, research-based information to the public.

### What do Extension Master Food Volunteers do?

Teach nutrition/cooking classes to youth and adults (lead or assist)

- Kids in the Kitchen
- Festive Vegetarian Dishes
- The DASH Diet
- Intro to Whole Grains
- Intro to Fish
- Pie Baking 101
- Stews - Cozy Comfort in a Pot
- Food Preservation Classes

Cooking demos at farmers' markets, food pantries, health fairs, local businesses  
School Nutrition and Healthy Hands Program



### What you'll learn

Classes in the training include:

- Basic Nutrition
- Food Safety
- Cooking Techniques
- Meal Planning
- Food Labels
- Knife Skills
- Preparing Fruits & Vegetables
- Protein Basics
- Fish
- Soy & Legumes
- Grain Foods
- Preparing Desserts & Sweets
- Dairy & Eggs
- Food Preservation (home canning, dehydrating and freezing)

### Why become an Extension Master Food Volunteer?

- Increase your knowledge about health, wellness, cooking techniques and food safety
- Make new and interesting friends
- Serve the community in new and exciting ways
- Share your passion for health and food with others
- Access to free or discounted EMFV cooking, nutrition and fitness classes

### What happens after training is completed?

Following basic training, EMFVs are required to volunteer 40 hours of service in the activity of their choosing for their first year as an EMFV. After that first year, all volunteers are required to volunteer 20 hours of service and continue their education with 10 hours of advanced training annually.

### Becoming a Master Food Volunteer

Areas currently participating in the EMFV program include the Frontier District (Anderson, Osage & Franklin Counties), Douglas County, Johnson County, Marais des Cygnes District (Miami & Linn Counties), Leavenworth County and Wyandotte County. Trainings are typically held during the winter months.