

KANSAS EXTENSION ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

Spring 2017



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Southwest:

Jodi Drake, Pratt County

Timing is Everything!

Have you ever thought about all the twists and turns your life has taken and if you had made one different decision your life might be completely different? I'm not really inviting you to do too much deep thinking but it has crossed my mind that if we had left the bike path in Chico, CA, 5 seconds earlier the bike accident that shattered my left arm would not have happened. The good news is you move forward from where you are and enjoy each day.

I remember the first time I was asked to consider running for president of KEAFCS I had two active high-schoolers and my youngest was just a 2nd grader. I was doing good to keep up with the demands of my family and Extension career. The timing just wasn't right for me at that moment. I'm so glad I had another chance to get involved with our professional association.

I knew when I said "yes" to serve as president of KEAFCS I would get to travel to Washington D.C. with our Kansas delegation to the Public Issues Leadership Development conference. (PILD) Little did I realize that this conference would become a memorable highlight of my Extension career.

From the Keynote speakers to the Capnote speaker, the PILD conference provided the tools to make our organization strong and relevant in our fast paced world. The conference theme, "Relationships, Relevance, Results" was appropriate. One of the sessions I participated in with the National Program Leaders Panel opened my eyes to the many wonderful educational resources at our fingertips. The sessions prepared us well for our visit to Capitol Hill on Wednesday. Visiting with the legislators and their staffs, solidified what I already knew; that the volunteer leaders in our Kansas delegation were as passionate as I am about what Extension has to offer.

I've thoroughly enjoyed serving as your president this year. (OK – I was kind of sweating it when the dates of our National Meeting in Omaha conflicted with our Annual Extension Conference!) My hope is that someday soon the "Time" will be right for you to get more involved in KEAFCS.

Donna Krug

KEAFCS President



K-STATE
Research and Extension

Note from President Elect- Ethel Schneweis

One of my first official duties as your President Elect was to attend the Joint Council for Extension Professionals (JCEP) in Orlando, Florida. This was in February during the same time you were attending the February FCS Update. I missed seeing all of you in Manhattan, but this leadership conference was a great experience and a wonderful opportunity to network with other FCS professionals. The NEAFCS members met to discuss our organization's happenings, but we also spent time on helping to revise/update the NEAFCS Affiliate Officer Toolkit. General sessions and break-out sessions were excellent. Thanks for the opportunity to represent our association at this conference.

I hope many of you are considering attending the NEAFCS Annual meeting which is being held in Omaha, Nebraska, October 16-20. Conference registration will open around June 1, but you can make your hotel reservations now prior to registering for the actual conference. With this being held in our neighboring state to the north, I am hoping we will have a great turn out of FCS Agents from Kansas! If you are planning to attend the national meeting, please shoot me an email so I can start plans for our States Night Out during the conference. For more information for the annual NEAFCS meeting go to the website of <http://www.neafcs.org/> and click on 2017 Annual Session. Have a great summer.

Ethel Schneweis

President Elect

Robin Eubank-Callis Fills Secretary Position

With the resignation of Beth Ireland, KEAFCS Secretary, we are excited to announce the appointment of Robin Eubank-Callis to that position. Robin has served in various offices in KEAFCS during her Extension Career. Robin is the FCS Agent in Barber County. Thank you Robin for your willingness to serve KEAFCS as Secretary!



Treasurer Report

As of May 31st, the current balance in the KEAFCS account is \$16,284.38. The Bakeless Bake Sale fundraiser that was held during Agent Update in February brought in \$512. A \$500 donation was made to the Nebraska Association of Family and Consumer Sciences to help with the expenses for the national meeting that will be held in Omaha, Nebraska this fall. Additionally, the association has helped with expenses for the President and President-Elect to participate in the JCEP and PILD workshops.

Chelsea Richmond

Treasurer

2017 Annual Session

**Hilton Omaha & Convention
Center
October 16-19**



An exciting NEAFCS professional development is waiting for you at the 2017 Annual Meeting in Omaha, Nebraska, October 16-19. You will be challenged by dynamic keynote speakers, experience innovative programming and meet other NEAFCS professionals. Plan now to “harvest opportunities” in historic Omaha, NE. from a wealth of activities designed to increase your teaching capacity and stimulate the curiosity of your clientele.

NEAFCS Annual Session Registration is Open

The NEAFCS Annual Session Registration link is Open. It's a good idea if you are planning to participate in the meeting in Omaha October 16-20 that you do not wait too long to register. There are some great sounding in-depth sessions and often times registration is limited. Remember too, that when you make plans to go to National Meeting that you let Ethel Schneweis know so that she can plan our State's Night Out during our week in Omaha. Let's take a little purple pride to our friends to the north. I know there will be opportunities to assist with the hospitality booth and other events during the week. I will have a sign-up sheet to pass around during August Update. –Donna Krug

Pre-Conference Workshops Announced

- **Bake to Build STEAM in Families, Communities and Schools** taught by the Home Baking Association will provide hands-on activities and research-based resources for consumers' Pre-K to Adult.
- **Tips & Tricks for Using a Mobile Device for Smart Extension Programming, Promotion, and Marketing** will be taught by a team of Nebraska Extension Educators including Alice Henneman. This hands-on session will cover effective methods using technology for presenting and evaluating current information.
- **Ready, Set, Grow: Changing Lives from Birth Onward** will be an exciting presentation from Dr. Samuel J. Meisels, the Founding Executive Director of the Buffett Early Childhood Institute at the University of Nebraska and Dr. Michelle Rupiper, an Associate Professor of Practice and Assistant Department Chair for Child, Youth & Family Studies at the University of Nebraska-Lincoln. The session will address the positive impact of early care and education from birth – Grade 3.



It is nomination time for KEAFCS officers. I know what you are thinking, I can't volunteer to do one more thing right now. I want to challenge that and say yes you can! As past president it is one of my last duties to find willing members to take a leadership role in our organization. It has been a wonderful experience for me and I'll tell you why. When it comes to KEAFCS, FCS and extension, we are giving. We help others when they need it. We give suggestions, tips on where to find information, share a program we have done, team up with others and do great things. Being an officers will be the same great experience. You will be surrounded by individuals that are willing and able to help you with the task at hand. The years fly by these days and holding an office with KEAFCS will be no exception. The following positions will be elected this year:

- President-Elect
- Vice President for Awards and Recognition
- Secretary
- Vice President for Professional Development
- Northeast Area Counselor
- Northwest Area Counselor

The following information will explain what each position entails.

President Elect:

- Member of the Executive Board.
- To chair the Constitution, Bylaws & Policy Committee.
- To assist the Treasurer & President with the Budget/Audit Committee.
- To perform the duties of the President in their absence or disability.
- To attend all Association meetings to become familiar with the Presidents duties.
- To serve as a KEAA Board member.
- To represent KEAFCS on the United Association Conference Planning Committee.
- Responsible for Contacting "Life Members" by invitation (contact secretary for address list).
- Attend the NEAFCS Central Region Officer's Workshop. (JCEP)
- Attend NEAFCS Annual Session. (order corsages for National award winners & purchase silent auction)
- Coordinate "State's Night Out" for Kansas members attending the national meeting.
- To prepare & present Kansas Affiliate report to NEAFCS.
- To assist the President in any capacity requested.
- Purchase gift for regional and national award winners as well as outgoing president.

VP for Awards & Recognition:

- Member of the Executive Board.
- Assist the Awards & Recognition Committees: Program Awards, Communications Awards, Professional Development Awards.
- To notify membership of awards that they may apply for, supplying the links for submission, deadline & address for mailing.
- Prepare awards applications for NEAFCS judging.
- Assist the Scholarship/Friend of FCS/First Timer's Stipend Committee.

VP for Professional Development:

- Member of the Executive Board.
- To represent KEAFCS on the United Conference planning committee.
- To consult with KSRE Area in charge of "Friendship Night" & assist in planning.
- To assist the History Committee.
- To assist the Research and Studies Committee.

We Want YOU!



Secretary:

- Member of the Executive Board.
- To keep accurate minutes of all meetings of The Association and the Executive Board.
- To attend to all correspondence of The Association.
- To keep an on-going list of "Life Members."
- To send copies of all approved meeting minutes to members of The Association.
- To send a copy of current year's minutes to the History Committee. (VP of Professional Development)
- Update member notebooks as needed.

Area Counselors:

- Serve as liaison person between Executive Board of Association and members in respective county areas in Kansas.
- To be responsible for assigned KEAFCS activities according to rotating schedule (see below)
- To hold area meetings of members as necessary. One area meeting a year devoted to association business, giving committees time to function is encouraged.
- To extend courtesies to members in respective areas as the opportunity may arise.

4-H, Developing Tomorrow's Leaders

Pratt County 4-H'er, Wyatt Slade, made quite an impact across the state this year when K-State Research and Extension featured his winning Citizenship Kansas Award Portfolio in a video. Wyatt and members of his Southwest 4-H club were filmed at the Pratt Food Bank doing what Wyatt does so well, serving others in his community. For the past several years, Wyatt and his family have volunteered at the Food Bank and they have shared their passion for volunteering with their 4-H Club. This passion definitely came through in the video and Wyatt did a great job of expressing what the impact of 4-H has been on his life.

This video was not only shared at Partnership Meetings across the state, but also with lawmakers in Topeka. This message of developing tomorrow's leaders and emphasizing the importance of the 4-H program in our communities is key in securing funding for the future of Extension and 4-H. It was a great way to tell the 4-H story and to inspire others to make a difference in their communities.

To see Wyatt's video go to: <https://www.youtube.com/watch?v=C092v0tECpA&feature=youtu.be>



Northeast Area Counselors Report

The northeast area has two new agents and three familiar agents in new positions. Shandi Andres is in the Flint Hills District and Tristen Cope is in Marion County. These two are both new to Extension so be sure to welcome them when you get the chance. Chelsi Myer has rejoined us as the new Leavenworth County FCS agent. Denise Dias is now in our area as one of the Johnson County FCS agents. Renae Riedy is now the Dickinson County FCS agent. So our area has lots of positive changes.

The Northeast Area is also in the process of hiring a NE Regional Specialist for SNAP-Ed. This person will have an office in Throckmorton but more than likely will work from their home as this position will require quite a bit of traveling around the Northeast Area working with agents, program assistants, and nutrition assistants. We hope that this person will be on board by FCS Update the end of August.

Everyone is busy gearing up for summer activities and fair! Have a great summer and see you in August.

Gina Aurand

Northeast Area Counselor

Northwest Area Counselors Report

May 5th the NW Area FCS Agents met in Hays at the Nex-Tech Studio to learn about improving our presentations on our Extension Ed Talks TV show. Megan Macy, Brad Beckman, and Jason Hackett from K-State Research and Extension Marketing and Communications gave the presentation. The Extension Ed Show airs on Nex-Tech Channel 1 or it can be found on YouTube. Our area agents tape ½ hour segments on various topics of the agent's specialties.

We welcome to NW Area Stacy Brown Twin Creeks District and a new baby boy was born to Nora Rhodes.

Anna Schremmer

Northwest Area Counselor

Southeast Area Counselor Update

Southeast area FCS professionals gathered at the SE Area Research and Extension Center in Parsons on May 11 for a Spring Program Day. The morning program included an FCS Update from Paula Peters and Extension highlights from SE Area Director J.D. McNutt. In the afternoon, staff from the Office of Educational Innovation and Evaluation (OEIE) shared a hands-on workshop for the "Basics and More of PEARS (Program Evaluation and Reporting System)."

Staff changes have included:

Nancy Schuster, Family and Consumer Sciences Agent in Frontier District, retired effective October 1, 2016.

Denise Dias, Johnson County Family Resource Management Agent, transferred from Sedgwick County on January 15, 2017.

Chelsea Richmond, Frontier District Nutrition Agent, transferred from Flint Hills District on January 29, 2017.

Beth Ireland, Family and Consumer Sciences Agent in Greenwood County will be moving to Oklahoma for a school teaching position on June 30, 2017.

Tristen Cope started as the new Family and Consumer Sciences Agent in Marion County, June 4, 2017.

Family and Consumer Sciences Photo Directory Now Available

KEAFCS is in the process of creating a photo directory of our great Family and Consumer Science staff. Visit http://www.ksre.k-state.edu/agent_association/family-consumer-sciences/fcsphoto.html to access the directory.

Staff can access their photos via Zenfolio and download images for their use. To download, click on the thumbnail to make the imager larger then right click on the image. Special thanks to Dan Donnert for his photography! <http://kstatephoto.zenfolio.com/>

Becky Reid

KEAFCS Webmaster

Southwest Area Counselor Report

The Southwest Area FACS Agents held their Spring Enhancement Meeting in Leoti in May, hosted by Aimee Baker. President-Elect, Ethel Schneweis was on hand to give us all KEAFCS updates. We then shared several program ideas. Aimee had then arranged a tour for us of the local museum and we concluded the afternoon with a visit to retired agent, Belinda Oldham's, quilt store.

Personnel changes include the retirements of Pam Muntz in Kiowa County and Kathy Bloom in Seward County. Also, new agent Amy Griffin in Finney County.

Jodi Drake

Southwest Area Counselor



Safe Dates



Safe Dates is a curriculum that I have introduced to Edwards County this past school year. Safe Dates is a comprehensive, evidence-based teen dating violence program. This is a ten-session dating abuse curriculum designed for sixth through twelfth grades and is best used in a classroom or a student group setting. For more information on training and use of this curriculum, feel free to call or email Edwards County FCS Agent, Trisha Hines at 620-659-2149 or trishahines@ksu.edu. Below is an article written by one of my students. She helps provide insight on what the program offers and how the kids respond to it.

Trisha Hines

Edwards County FACS Agent

Dating abuse is a serious issue that can touch the life of any teen. Because of this KJSHS seniors have been attending Safe Dates sessions with K-State Family and Consumer Science Agent Trisha Hines. Safe Dates is a program that helps teens understand the causes and consequences of dating abuse. It also helps provide ways to prevent dating abuse from happening. The goal of the program is to help teens be safe as they develop healthy relationships with friends. Miss Hines taught the students that dating abuse includes any behaviors that are used to control and manipulate a dating partner. These behaviors can either be physical, such as hitting, or emotional, such as isolation. During the sessions, students pair off and read different scenarios, underlining abusive actions. They then discuss what they learned from the scenario. They learned how to distinguish one-time mistakes from physically abusive actions. Miss Hines also taught the seniors what to do if they know someone who is in an abusive relationship. The senior class learned to listen to their friend, believe them, and make sure they have a safety plan. They also learned to always make sure to tell the person being abused that the abuse is not their fault and they did not deserve this. Also, always make sure to respect the other person's decisions and treat them like an adult. Caitlin Herrmann said, "I think it's great to learn what to look for in my friend's relationships so that I can help them." Danielle Ruiz said, "The sessions have been instrumental in us learning how to have a healthy relationship with someone else."

Written by: Danielle Ruiz KJSHS Senior

Looking for Ways to Reach New Audiences?

In extension we are always on the look out to reach more people. Adobe Spark was introduced to me about a year ago. You can access it on your desktop computer, laptop or iPad. With my monthly newspaper and radio I started including a video. We know that everyone learns differently and better some ways rather than others. Adding video information about the topics I cover seemed like a great fit to reach more individuals. I have had videos reach over 170 people on Facebook. Any timely topic of pertinent information could be turned into a video in a few easy steps. If you are interested in learning more about Adobe Spark and how to create videos of your own be sure to attend the FCS programming round table discussion at our August Update.

Kylie Ludwig Wildcat District

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.

Kansas 4-H is the youth development program for K-State Research and Extension. Through 4-H's educational mission, young people learn by doing so they can be equipped to reach their full potential and become engaged adults who make valuable social and economic contributions in their communities. Every June, Kansas 4-H members convene at K-State for Discovery Days, a week of classes and tours about 4-H projects, careers, hobbies, community service and more.

Facing Life in the "Real World"



Through Kansas 4-H and a statewide network of extension agents — many of whom help with Discovery Days — Kansas State University fulfills its mission to promote and deliver educational material to improve and enrich the lives of citizens and their families. Much of the information shared by an extension agent began as university research, usually in the areas of agriculture, family and consumer sciences, and economics.

"As county extension agents with an interest in family financial management, we wanted to teach these kids a little more about what happens when you grow up," said Jamie Rathbun, the family and consumer science agent for the Midway District (serving Ellsworth and Russell counties). "What it's like to have to pay bills, make personal budget decisions like, 'Am I going to be able to afford movie tickets this weekend?'"

Extension agents are local employees of Kansas State University that promote and deliver educational material to improve and enrich the lives of citizens and their families. Much of the information shared by an extension agent began as university research, usually in the areas of agriculture, family and consumer sciences, and economics.

To juice up the realism, K-State Research and Extension family financial specialist Dr. Elizabeth Kiss circled the room with a thick stack of cards — the "curveball" cards. Each participant was required to draw one card from the deck, and confront whatever was dealt to them.

"I have the curveballs, the things that happen in real life that you can't plan for," said Kiss. "One card has you taking the dog to the vet, a \$100 expense. There's a speeding ticket for \$75. Those are considered bad things, but there are good cards in the stack, as well. You might sell pies at a bake sale and make \$75; Grandma might send you a birthday card with \$25. Curve balls can go either way, just like life."

"And we're not the only ones with the curveballs," added Rathbun. "Some of us have had questions from the kids about sharing an apartment, sharing a vehicle, even sharing clothing. And we left out a lot of real life possibilities for someone in their early 20s, including marriage and having children."

At the end of the session, agents and 4-H members discussed the experiment. "I think it was good for the kids to see the many decisions that come with being an adult," Rathbun said. "Not just the daily impact of those decisions, but also thinking through how those decisions have an impact on a person's financial situation — possibly for years down the road."

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?"

Submitted by: Kylie Ludwig Wildcat District