



2016 Board

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President Elect—Donna Krug

VP Awards & Recognition—
Nozella Brown

VP Professional Development—
Teresa Hatfield

VP Member Resources— Robin
Eubank

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NW—Anna Schremmer

SW—Jodi Drake

SE—Rhonda Gordon

NE—Gina Aurand



**"If opportunity
isn't knocking. . .
build a door"**

- JCEP 2015 -

Kansas Extension Association of Family and Consumer Sciences

KEAFCS NEWS

Thank you all for allowing me to attend PILD in Washington D.C. this year. This was a great opportunity to learn more about extension and network. I applied for the scholarship from National and all I had to do was submit a few short paragraphs on what we learned at the meeting. I thought it would be a great piece to share with you all.

What do people in our communities want? Trust. Through our role in our communities we in extension can provide just that. We are knowledgeable, timely and provide a network of relationships to extend knowledge and provide solutions. Public Issues Leadership Development, PILD, two day conference allows extension professionals to come together and reinforce our importance. We are local, trusted and relevant.

PILD provides the opportunity for seasoned extension professionals as well as newer professionals to learn about the connections extension has in DC. The conference helps attendees "know the rules," meaning, who is the governing authority at your university, who the designated lobbyists for extension are and in what context. It helps educate us on the difference between advocating as an individual and speaking on behalf of our organization.

PILD is an excellent chance to learn another part of extension more fully. One of the best parts is networking with our peers from across our nation. Connecting with our peers helps us increase our ability to reach more individuals on a broader spectrum.

I also encourage you to be thinking of how you can take an active role in KEAFCS. If you want to make your money for membership truly be worth it, volunteer to be the chair of a committee, be an area counselor or take an active role in what committee you are on now. Ask questions, learn about all we do. It makes being a part of KEAFCS worth so much more. It is all of you that help make this professional organization what it is. I appreciate all you do!

Kylie Ludwig

KEAFCS President

One of the first duties I had since being elected to president-elect was to register and participate in the Joint Council for Extension Professionals, (JCEP). It was fun to see the reaction on my Extension boards' faces when I told them I had a leadership conference to attend in Las Vegas the second week in February. It really was a great conference, with excellent speakers and break-out sessions. The best part was the networking that occurred as the NEAFCS members met and discussed how to make our organization even better. It was my first trip to Vegas and let me just say I spent more \$\$\$ at the M and M World store than I did in the casinos. Next year JCEP will be held in Orlando and the plan is to open it up to any Extension professional, not just the officers. I really appreciate the opportunity and support from KEAFCS to participate in JCEP.

As members make plans to participate in the 2016 NEAFCS Annual Session in Big Sky, Montana, I would appreciate a quick e-mail. I have a list started of those who plan to attend. This is helpful as I will be coordinating our States Night Out when we are in Montana. Perhaps when I share that list in a month or so, you will be able to coordinate lodging and/or transportation as well.

Donna Krug

President-elect



discover | connect | engage

We make a living by what we get.
We make a life by what we give.

— Winston S. Churchill

“tell me and
i’ll forget.
show me
and i may
remember.
involve me
and i learn.”

- Benjamin Franklin

Annual Session Hotel Block Now Open

NEAFCS has contracted a negotiated reduced rate on rooms for the Annual Session. The block **is now open** and will remain open until **August 11** or until sold out, whichever occurs first. The below rates are **per room** and do not include tax or service fee. Most of the reserved lodging is at the Summit Hotel with limited space available at the Huntley Lodge and Shoshone Condominiums. Roll-a-way beds will be available at \$10 per night based on availability. **To book your room, you must call the resort directly at (800) 548-4486.** Online booking is not available.

Our Annual Session is coming up in September! I hope many of you can join us in Montana! I contacted Lisa in Montana recently and she said that they are predicting early bird registration will open in June. Keep a look out on the NEAFCS website for more information. I have added a link below to NEAFCS about what's going on at the upcoming conference. Don't forget to email Donna Krug at dkrug@ksu.edu and let her know you are planning to attend the conference. She is working on a great states night out!

<https://neafcs.memberclicks.net/2016-annual-session>

The Scholarship/Friend of FCS/First Timers Stipend

KEAFCS Awards two scholarships: The Friend of FCS and a First Timer to NEAFCS Award each year. To apply for these follow the link below, complete the forms and submit to the Committee Chair by the May 15, 2016 deadline.

The Scholarship/Friend of FCS/First Timers Committee Chair:

Nancy Honig - nhonig@ksu.edu

Stevens County
114 E. Fifth St.
Hugoton, KS 67951

The link to the awards can be found at: <http://bit.ly/1Tkcyug>

Nominations for Upcoming KEAFCS Elections

WANTED: Committed Leaders

It's that time of year when we are looking for people ready to take on some leadership positions! As chair of the nominating committee, I have already contacted the area counselors to have them be scouting out their areas for candidates...and I have poked a few people on my own. The positions that we are seeking this year are:

President - Elect	Vice President for Member Resources
Vice President for Public Affairs	Treasurer
SW Area Counselor	SE Area Counselor

(Area counselor positions will be selected by the respective area membership.)

If you want to know more about what the various positions involve, please review the constitution and bylaws on the website at: <http://bit.ly/1T1FQ75>
Feel free to reach out to me or others who are or have served in leadership to ask questions. I encourage you to consider a leadership role in our professional association. It has been one of the best growth experiences I have had in my career. *Past-President: Denise Sullivan*

Fashion Revue— September 17, 2016 at the Stringer Fine Arts Center

The Northeast Area is in charge of Fashion Revue at the State Fair. We want to give a BIG thank you to Rhonda Gordon for helping us make contact with the Committee that puts on the Kick Off Gala the Thursday Night before the fair starts. They are once again allowing us to use their decorations for fashion revue. They are still working on the theme so we will pass that on as soon as we have it! With National meeting falling at this time we are looking for workers or volunteers who are not attending National Meeting.

If you are interested in helping please contact
Gina Aurand at: gaurand@ksu.edu



United Association Conference

As we held our wrap-up meeting from the UAC, I have to say I was pleased with the evaluation comments and the bottom line. A couple goals I had as chairman of the UAC committee were to increase attendance and offer a broader spectrum of educational sessions and I feel those goals were achieved. There were 159 attendees...more than the last two years, including 23 KEAFCS members! The range of topics in the break-out sessions was quite diverse and was recognized by the attendees through the evaluation. The benefit of a great conference and the increased attendance...was the \$1150 check that was sent to KEAFCS, which is our proportional share of the profit from this coordinated professional development opportunity! I hope you will mark your calendars for next year's conference on March 2-3 at the Sedgwick County Extension Center. If you have suggestions for presenters or topics for next year's conference, please share them with Kylie, Donna or myself.

One of my final duties as chairman of the United Associations Conference was to sign the agreement accepted by Lynette Yevak as the new conference coordinator. Lynette is retiring from the classroom at the end of this school year and will be assuming the coordinator position vacated by Donna Keyser. Though the committee is made of those persons in the various FCS professional association leadership positions, including KEAFCS, the coordinator position is vital to attending to the details of the conference. There is a stipend paid to this position based on total conference attendance. Lynette brings valuable knowledge and experience that will be quite beneficial to the future of this professional development opportunity.

Treasurer Report

As of May 3, 2016 the checking account balance is \$8833.40. This includes the addition of the United Associations Conference income of \$1150. This is wonderful considering that it was \$800 last year. Way to go ladies. We have a \$10,000 certificate of deposit which has accrued \$41.52 in interest as of January 1, 2016.

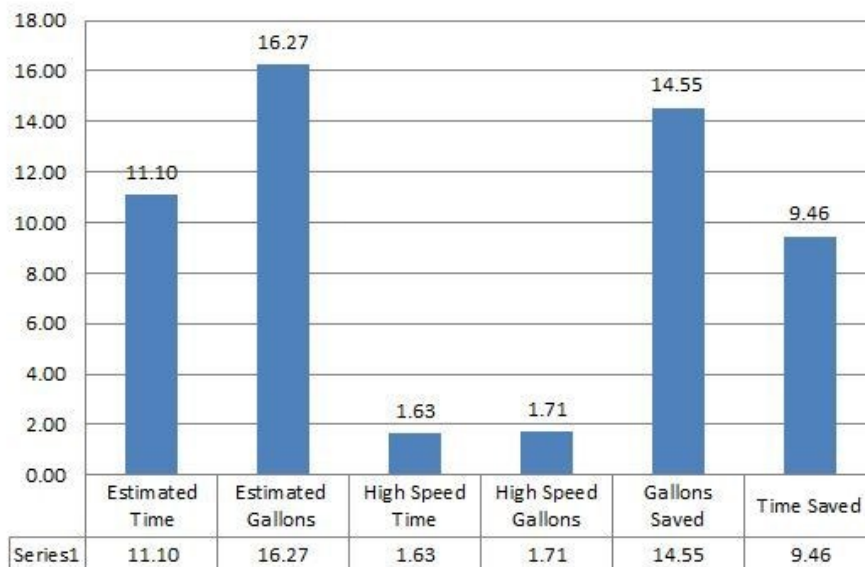
Sheryl Carson

Treasurer



High Speed Handwashing Success Stories

Handwashing Average of 16 Trials



It all started with a brief conversation at a noon-hour poster session at the Epsilon Sigma Phi national conference last fall. While finishing my box lunch, I strolled around the room to quickly view the poster exhibits. One poster caught my eye, titled “High Speed Hand Washing Helps Build Healthy Habits.”

The Extension educator from Oregon described the high speed hand washing method and how it is used in Snap-ed classes, 4-H groups and adult Extension programs in her state.

High speed hand washing is a simple concept that merely changes the way groups of people line up to wash their hands. In the high speed method, folks in line approach the sink twice— first to wet their hands and apply soap, then they go to the back of the line while scrubbing. As the line moves forward, they return to the sink to wash away the soap and dry their hands. This method greatly reduces the time and water needed for group hand washing.

I was able to test the high speed hand washing method with 205 junior high students at two local water festivals. Throughout the day, 16 groups of 12-20 students learned the importance of washing hands for health and sanitation and estimated how long it would take all of them to wash their hands based on a demonstration by one student per group. Then, aided by a stopwatch and a basin to catch the water for measuring, the students used the high speed hand washing method to wash their hands. The results were amazing! The average time per group to wash hands was 1.63 minutes and the average water use was 1.71 gallons. That saved an average of 9.46 minutes of time and more than 14 ½ gallons of water from what was estimated for the group to wash their hands in the “traditional” way. (See chart.)

I shared the high speed hand washing method at my PFT meeting during KSRE Annual Conference last fall. As a result, our Food Safety sub-team asked to present a brief session about high speed hand washing at the February 2016 FCS Update. The February presentation by Londa Nwadike sparked a request for a video to show the high speed method in action. I was able to work with a local preschool teacher who has implemented high speed hand washing in her classroom to record her students using this new technique. You can see the video on the KSRE food safety page at: <http://bit.ly/1NZQA3y>

High speed hand washing saves time and water, it allows each individual to scrub longer, and better hand washing ultimately leads to better health. And to think, it all started at a conference poster session with a brief conversation during lunch!

Linda Beech
Ellis County

KSRE 2016 Annual Conference

Planning is underway for the KSRE's 2016 Annual Conference. Based upon comments left on the 2015 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 has been included in the Tuesday Letter.

If you have any ideas for breakouts that you, others in your PFT, or other FCS agents and specialists would enjoy, please make those recommendations. Think about other conferences you have attended and if the messages shared there might benefit KSRE FCS as a whole.

Annual Conference will also be looking for suggestions for technology trainings that will benefit all agents- be looking for a survey on this to come soon in the Tuesday Letter.

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, 2016 Annual Conference FCS Representative, jrathbun@ksu.edu.



Interactive Programing



A healthy cooking program was held alongside with a youth Birthday Celebration. A great way to promote nutrition to an eager audience! We are making a fruit smoothie from Kids a Cookin'.



Demonstration of one of the recipes from the updated Dining with Diabetes program. This training will be offered at Fall FCS Update!



Relationship Smarts is an interactive school enrichment series in the Post Rock District focused on helping teens develop the knowledge, skills and motivation needed to make wise relationship choices. A participating teen shared, "I plan to work on communication, especially when fighting. I'm going to work on being calm and talking face to face with the person."



VP Member Resources

Do you ever take time to look at www.neafcs.org? All of the webinars since the Spring of 2012 are available for viewing with slideshows to download for some. These might provide your next program idea. You will need to know your log in information. Most likely it is your full email address. Need more temptation? Exploring Gut Health: The Basics plus Quick and Easy Ways to Create and Promote Gut Health Resources was presented by Colorado State Specialists in October. Probiotics/prebiotics and gut related diseases are all explained.

Need more motivation? I'll send a prize to the first 3 people that email me with the title of a webinar they have checked out in the archives. Take advantage of these great learning opportunities your association provides right to your desktop. Contact Robin Eubanks at reubank@ksu.edu to claim your prize!!

Labette County High School Students Win State Entrepreneurship Fair

What is an entrepreneur? It is someone who organizes and operates a business. For the last five years K-State Research and Extension along with Hometown Economic Leadership Program, H.E.L.P. have organized a local Entrepreneurship Fair at Labette County High School. This year after the local E-Fair the top team had the opportunity to go to a state-wide Youth Entrepreneurship Challenge, Y.E.C. hosted by Kansas State University and Network Kansas.

The state-wide Y.E.C. had 20 businesses from around the state come together and compete to be the best in Kansas. The competition started with each business giving a 2 minute presentation about their business to a panel of judges. This was a quick pitch about the business with no technology, prototypes, handouts or visual aids. Following this round the top eight teams would then compete in the final round. In the final round they had a four minute presentation and four minutes of questions and answers with the judges. Technology, prototypes, handouts and visual aids were allowed.

Gwyn Dean and Tegan Maxson, Labette County High School students represented our local Network Kansas E-Community with their business, M & D Crop Diagnosis. They pitched their business, explained how they can survey a farmers field with their drone and then diagnose the problem that the farmers crop is having. They answered questions from the judges with ease. At the end of the day Dean and Maxson won the State-wide Youth Entrepreneurship Challenge and walked away with \$1,500.



"The true entrepreneur is a doer, not a dreamer."
Nolan Bushnell