

# KEAFCS

*Kansas Extension Association of Family and Consumer Sciences*



## 2020 Will Be A Year To Remember

**DONNA KRUG, COTTONWOOD DISTRICT  
2020 KEAFCS PRESIDENT**

Three years ago I was sitting at the same desk thinking about the message I would include in our Spring newsletter while serving as your KEAFCS President. In 2017 we were anticipating having a large delegation from Kansas participate in the National Meeting hosted by our colleagues in Nebraska. It was fun to see so much purple in Omaha!

This year has been different. I started out January by planning the agenda for a Zoom board meeting in a hospital room waiting for my husband to have his fractured hip repaired. Thankfully, John is healing and we hope to be back on the bike soon. Of course, by mid-March our lives, both personally and professionally, changed with the COVID-19 pandemic.

As president, one of my responsibilities is to represent our association at the Public Issues Leadership Development conference (PILD), in Washington, DC. Organizers for this event scurried to change the format to a Zoom webinar complete with keynote speakers and break our sessions. While the face-to-face networking that is so valuable could not happen in the same way, the speakers were uplifting during this uncertain time. Roxie Price, our NEAFCS president, summed it up perfectly when she referred to our work as Extension FCS agents during this pandemic. "This is what we do best. This is our time to shine."

I found it interesting that our FCS Specialists put together the "FCS Time2Shine" campaign to help get the word out about the great work we are doing. It energizes me to see all of the exciting things going on in our state! With the help of Becky Reid and Chelsea Richmond, I have set up a KEAFCS Team, (which you are all members of), in Microsoft Teams. This is a great spot to share ideas with your FCS colleagues. I hope you will check it out soon and visit the team often. So while the next few months still have many unknowns, remember to focus on the positives related to our jobs as Extension Educators!

### 2020 KEAFCS OFFICERS

**PRESIDENT**  
Donna Krug

**PRESIDENT ELECT**  
Teresa Hatfield

**SECRETARY**  
Andrea Wood

**TREASURER**  
Chelsea Richmond

**PARLIAMENTARIAN/  
PAST PRESIDENT**  
Susan Farley

**VP FOR AWARDS &  
RECOGNITION**  
Robin Eubank-Callis

**VP FOR MEMBER RESOURCES**  
Jodi Drake

**VP FOR PUBLIC AFFAIRS**  
Erin Tynon

**VP FOR PROFESSIONAL  
DEVELOPMENT**  
Becky Reid

**NORTHEAST AREA  
COUNSELOR**  
Susie Latta

**NORTHWEST AREA  
COUNSELOR**  
Ashley Svaty

**SOUTHEAST AREA  
COUNSELOR**  
Tara Solomon-Smith

**SOUTHWEST AREA  
COUNSELOR**  
Aimee Baker

**K-STATE**  
Research and Extension  
Family & Consumer Sciences

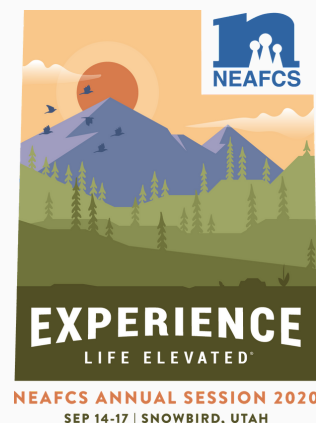


**National Extension Association  
of Family & Consumer Sciences**

# Update on NEAFCS Annual Session

DONNA KRUG

Recently you should have received the notification that the NEAFCS Annual Session set for September 14-17 at Snowbird Resort, Utah, is being changed to a virtual conference. I believe the survey that was sent to Affiliate Presidents last month impacted the decision to change our meeting to a virtual platform. I found out that many states have travel restrictions through the end of 2020. While it is disappointing that we won't get to experience the Salt Lake City area in the fall, I know our NEAFCS board is working hard to provide a great learning opportunity for those who register. Be watching for an e-mail in mid-June with registration information.



## President Elect

TERESA HATFIELD, SEDGWICK COUNTY

Thank you to all of you for allowing me the opportunity to serve as your President Elect of KEAFCS. I know that this will be a learning year for me and I am excited about the opportunity.

One of my duties as President Elect was to represent KEAFCS at the Joint Council of Extension Professionals (JCEP) Conference. This year it was held in San Antonio February 12th-13th. I really enjoyed the conference. I got to meet and speak with Extension professionals for all over the county. It is amazing to me how alike yet how different we all are. The conference consisted of key note speakers and breakout sessions. One of the breakout sessions I attended focused on resiliency. I didn't realize at the time how this session would help me in the weeks to come. The speaker talked overcoming our negative perceptions and focusing on the positives in difficult situations. She used the example of how during a personal tragedy of a flood to her family home, her children saw the situation not as tragedy but as an adventure. She was amazed by the way they looked at the situation and saw it as an opportunity for learning and growth. In light of what has taken place over the last few weeks I hope we can see this as a time for growth and an opportunity. There are so many things that we have to be concerned about, but what are the positive things we can focus on? I have been able to reach new audiences that through zoom that might not have been able to come into the office. Through on-line outreach I have been able to do Medicare Counseling remotely. I have stretched my comfort level to learn new methods of communication that I otherwise would not have. And I believe that I have actually gotten to know some people better.



# Treasurer's Report

CHELSEA RICHMOND, FRONTIER DISTRICT

The current balance in the KEAFCS checking account is \$12,951.25. Expenses this spring have included costs for Donna Krug, KEAFCS President, to attend the virtual PILD conference in April. Additionally, the dues for the 56 current members have been paid to the national office and Kansas JCEP.



## Parliamentarian/Past President

SUSAN FARLEY, DOUGLAS COUNTY

It doesn't seem possible that we are already starting to look for members to fill our leadership positions. According to our Bylaws that were revised in 2019, the positions that are elected in the even numbered years to serve a term of two years include:

- President-Elect
- Vice President of Member Resources
- Vice President of Professional Development
- Secretary
- Southwest Area Counselor
- Southeast Area Counselor

The area counselors from the Southwest Area and the Southeast Area will be selected by the Association members from the respective area and shall serve a two-year term. The duties of the officers and the committee members are detailed in the Revised Bylaws on our KEAFCS website. Please reach out to me or your area counselor if you are interested in serving as an officer or an area counselor. Or, if you would like one of your peers to be considered, we would love to hear from you!! All it takes is a little nudging to say – YOU CAN DO IT!!

### Mindful Monday



Share a tip on how you are living in the moment to manage stress.

#FCSTime2Shine

**K-STATE** Research and Extension  
Family & Consumer Sciences  
Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.

## #FCSTime2Shine Campaign

MAY 11-29th 2020

The FCS Time2 Shine social media campaign was developed to promote the importance of FCS impact on the lives of Kansas individuals, families, and communities during the COVID-19 Pandemic. It truly is "FCS Time 2 Shine"! KSRE FCS professionals focused on promoting healthy relationships, healthy living choices, financial well being, strong leaders, and strong communities. Thank you to Anne Pitts, Harvey County for designing the social media templates.

# NorthEast Area

SUSIE LATTA, MARSHALL COUNTY

Jana McKinney retired from McPherson County in January and Meilana Charles resigned as Wyandotte County EFNEP Agent. Mirna Bonilla transferred to Dickinson County from Seward County and the Food, Nutrition, Health and Safety Agent. Deanna Turner is retiring from River Valley Extension District May 31, 2020.

NE Area is in charge of the State 4-H Fashion Revue. As of this writing we don't know what that will look like. Erin Tynon and Daniel Skucius have graciously agreed to be the Co-Chair this year. If you have time on the second week-end of the State Fair we could use your help to make this event happen. Please let Erin and Daniel know if you are interested in volunteering for either that judging or the public review portion of this event.



## Programming Spotlight

### COOKING UNDER PRESSURE WEBINAR SERIES

Megan Dougherty, Riley County Extension Agent held three Cooking Under Pressure Webinars via zoom. She has had an awesome response to this type of education filling to class capacity during all registration opportunities. The third session was only promoted a week prior to the event. While 50 people were not in attendance on the third session 75% turn out rate was noted. Across all three classes, Megan had 100 people register total. Megan uses constant contact as a way to promote as well as Facebook and asking agents in surrounding counties to promote as well. She wanted to share her experience with this subject matter with her entire teaching block as not all members are passionate about this subject matter and are comfortable educating through this platform.

She demonstrated how easily it could be accomplished and with a crowd to make giving of your evening worth while. Constant contact sent out handouts to participants while they were participating in the webinar. A fellow agent co hosted by watching the chatbox while Megan was providing the education. While she didn't have the response rate to her evaluation she would have liked, she learned from her evaluation that this was an educational experience most people enjoyed. All responses to the follow-up survey were very positive and encouraging. Due to the positive response, she plans to incorporate this learning technique into her normal routine.



# SouthWest Area

AIMEE BAKER, WICHITA COUNTY



Wow! What a Spring this turned into. I never imagined we would all be spending so much time behind our computers and less time face to face. Although this has been a crazy time, agents in the SW Area have still been working hard! Rachael Clews, SW Area Specialist, has been providing weekly Zoom meetings for agents to get together and talk about successes, hardships, and for a couple different trainings. It's been a great way for agents to stay in touch, and still "see" each other. We've been sharing in the stress of County fairs, and how this may look for all of us. Another exciting thing happening in the SW Area is that we will have a new district! Scott County and Finney County will become a district as of July 1st. The new district will be named West Plains. Join me in congratulating Carol Ann and Jennifer LaSalle on this great accomplishment! I hope you all have a safe and fun summer. I look forward to (hopefully) getting to see all of you at August Update. God Bless!

## Programming Spotlight

- Two agents from the SW Area have been working with other agents around the state to help develop "Suddenly in Charge", a program to offer tips and recipes to those teens who have suddenly found themselves in charge of younger children.
- "Making the Clock Work for You" virtual training was offered to all extension professionals on April 16. This training was facilitated by Rachael Clews, SW Family and Consumer Sciences Specialist and helped participants learn how to prioritize and plan tasks, identify time wasters and become familiar with the latest apps to help manage time and increase productivity.

# SouthEast Area

TARA SOLOMON-SMITH, WILDCAT DISTRICT

The Southeast Area was privileged to welcome Emily Prouse in November as the Family and Community Wellness in Lyon County and Julie Smith in January as the Family Resource Management and Entrepreneurship Agent for the Wildcat District. We also welcomed some other new members to the KSRE Family! Anne Pitts, Harvey County 4-H and Human Development Agent, and her husband, Nate Pitts, welcomed son, Augustus, on November 22, 2019. Stephanie Lopez, Sedgwick County EFNEP Extension Agent, and her husband, Derek, welcomed daughter, Isabel Jae, on April 17, 2020.



## Programming Spotlight

- Rebecca McFarland continues to contribute to the Stress and Resilience Transdisciplinary Team and has created presentations for the Women in Ag Follow Up and local Women In Ag groups across the state. Rebecca provides tools for healthy relationships and coping with stress!
- Suddenly In Charge curriculum became available fast thanks in part to Anne Pitts, Becky Reid, Tristen Cope, Elizabeth Brunscheen-Cartagena.
- To reach seniors in isolation, Kathy Goul and community partners created the "Smiles for Miles" campaign, encouraging local youth and adults to submit artwork which is combined with a fact sheet providing relevant information to our senior citizens.
- Tristen Cope created the Resilient Relationships Series focused on Family Coping Techniques. The impact of COVID-19 may have an individual's stress response system heightened, affecting all ages. Tristen created a video to demonstrate how fun and easy yoga can be while reducing stress.
- Christina Holmes is helping to combat food insecurity by connecting all communities and their businesses in a county wide Food Fight, collecting donations to fill food pantries. Becky Reid worked with her local coalition to connect local resources/producers to those in need.
- Jill Barnhardt collaborated to create a Local Business Appreciation 4-H Youth Video, thanking all essential businesses, offices, and employees working hard to combat the spread of COVID-19!
- Elizabeth Brunscheen-Cartagena and Tara Solomon-Smith presented the six traits of strong families through board games. Bonding thru Board Games can create family social closeness by playing virtually. As a result, two school systems will be utilizing this program with one sending home games this summer for families!

# NorthWest Area

ASHLEY SVATY, POST ROCK DISTRICT

The Northwest area welcomed two new agents this spring! Brenda Langdon joined Post Rock District as the Family Resource Management Agent and Kaylee Goss joined Walnut Creek District as the Family and Consumer Science Agent. Sheryl Carson will be retiring from Thomas County as the Family & Consumer Science and 4-H/Youth Development. Kaylee Goss and her Husband Lucas welcomed daughter, Lilah Jade, on May 22, 2020.



## Programming Spotlight

### VIRTUAL OUTREACH

The Family and Consumer Science agents have been busy reaching our audiences virtually due to COVID-19. Agents have utilized existing and new partnerships to continue to serve our audiences through television networks, Facebook, Youtube, podcasts, radio, Zoom, and various other social media. Below are a just a couple highlights.

- Melinda Daily created different Facebook challenges including the "My Health to Better Living" challenge. This challenge was designed to keep families active through the COVID-19 pandemic. Melinda offered several fun activities for families to engage in such as playing games, going for a family walk, fishing, preparing family meals together, and planting a garden.
- Jessica Kootz recorded an Extension Files podcast with KSRE focused on Domestic Violence. During COVID-19, self-quarantine is almost a form of entrapment, and escape routes all but cut off. Jessica offered tips for family members struggling with these issues, and guidance for the rest of us, if we find ourselves with an opportunity to assist a friend for family member.

### Domestic Violence and Abuse





# FCS State Fair Contest

The Committee of Becky Reid, Shandi Andres, Ashley Svaty, Diane Mack and Susie Latta have been working on the plans for the State FCS Judging Contest that is scheduled to be held at the Kansas State Fair and giving guidance for county FCS judging contests that are held before many county fairs. Shandi is currently in the process of creating a video about how FCS Judging works as many Extension Agents are new and are not familiar with the process. The 2020 Topics will be:

- Brewing Coffee
- Carry On Luggage
- Fast Food
- Fundraising
- Ground Transportation
- Wearable Technology.

The format will include a Group Think Activity, Puzzle Room and traditional FCS Judging Classes. A resource that can be used for preparing for this judging event is at [westernnationalroundup.org/contest-fcs.aspx](https://westernnationalroundup.org/contest-fcs.aspx).

The team plans to have this State Wide event virtually if a face to face contest can not be held. There is a FCS Contest Planning Committee on Teams that can be accessed by Extension Agents; let a committee member know if you are interested so we can add you to the team. Feel free to upload judging classes you have in your office to Teams. Last year's judging classes are available at <https://www.kansas4-h.org/events-activities/contests/fcs-judging/index.html>.

They can be found under staff only link. Susie and Shandi will go through Basecamp to review the value of old classes and keep those that might be used on the County Level. If you are interested in helping us go through these old classes please let us know. If you are interested in providing a learning opportunity for 4-Hers in this area this might be a great opportunity to start. If you have questions about the process or how it works please contact anyone on the committee and we would be glad to share our knowledge with you.