



2016 Board

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*VP Professional Development
—Teresa Hatfield*

*VP Member Resources—
Robin Eubank*

*VP Public Affairs—Julianne
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NW—Anna Schremmer

SW—Jodi Drake

SE—Rhonda Gordon

NE—Gina Aurand



"ABILITY"
is what you're capable of doing.

MOTIVATION
determines what you do.

ATTITUDE
determines how well you do it."

— Lou Holtz

KEAFCS Fall 2016

KEAFCS NEWS—*President's Message*

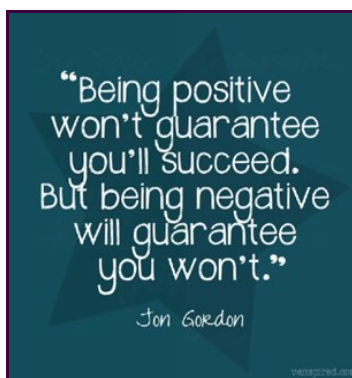
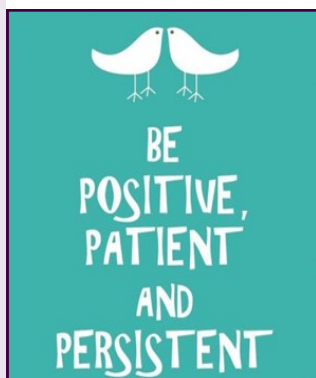
The past few months has been filled with preparing for the next KEAFCS year. We are asking for reports, help at the State Fair, making phone calls for members to fill open positions and a variety of other requests. I encourage you to say "yes" to the phone call you might receive in the future. I challenge you to get involved in 2017 or 2018. I have enjoyed my time as your president. I have got to know more of you and still need to reach out to others. Being on the Board helps you learn more about what a great group of members we have all across the state. You see the benefit of being a member and develop stronger bonds with fellow KEAFCS members. Just take the plunge and say 'yes!'

By the time you read this we will be in Montana for our National Meeting. What an opportunity to make new connections across the United States, and reconnect with old friends and get to know our fellow colleagues better as well! Thank you for allowing me to have a chance to go to these meetings and grow as a professional. There are so many opportunities at NEAFCS that I am glad to take advantage of.

As we look to a new programming year, I want to encourage you all to take a look at what awards you could be applying for. Fall is an excellent time to be thinking about awards. I have seen and heard the great work that you all are doing across the state and you deserve some recognition for it!!! Next year the Central Region is hosting the National Meeting and for us, it is just a short drive to Nebraska! I hope that we have LOTS of Central Region and National Award winners making that trip!!!

Kylie Ludwig

KEAFCS President



No Bake-Bake Sale



Members, it's time to "plant a seed" for our February 2017 Association meeting. We all know the importance of keeping your checkbook in the black. Our KEAFCS checkbook is just the same. We have discussed almost for the past year, a fundraiser. We need to follow through with it and soon. NEAFCS in 2017 is happening in our central region. Omaha, Nebraska is the next location and we are being asked to send a monetary donation. Epsilon Sigma Phi is hosting the 2018 National Meeting and will be requesting support as well. Come February, we are going to challenge each of you to make a monetary donation to our KEAFCS checkbook. Here's what we discussed. . . if we had a silent auction you go out and buy a \$20 gift. Then you come to the auction and bid on an item you want. . . you just spent another \$20. With our No Bake – Bake Sale you can just donate to our checkbook instead! We have just over 60 members this year. If each member could donate \$20 to \$30 (or whatever you can) we can easily increase the checkbook and be able to donate to the organizations that need our support. So, for the next few months, skip the coffee a few times, lunch out or wait to buy that shirt. We are looking forward to your support in 2017.

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, plus a Friend of FCS Award. This year's winners are:

Elinor Anderson Scholarships—JoEllyn Argabright and Julianne Shoup

KEAFCS Scholarship — Robin Eubank

First-Timer's Stipend —Beth Ireland

Friend of FCS Award—Kent Symns

Congratulations to all the award winners!



Marais De Cygnes District Garden to Table Classes



Diane Burnett and Franny Eastwood, Marais des Cygnes Extension District, family and consumer science educators, along with Megan Westerhold, MDC ag & natural resources educator, and Kathy Goul, FNP program assistant, taught a series of twelve classes, "Come Grow with Us! Planting and Preserving Your Backyard Bounty," in partnership with the LaCygne Library in LaCygne. Starting in February on Thursday evenings Megan and guest speakers covered topics from Gardening 101 to Terrific Tomatoes. Then, in May, Franny and Kathy and Diane began the food preservation classes. Those classes were: Food Preservation 101, Seasonal Meals, Jams & Jellies, Pressure Canning and Salsa. Franny reports the classes were so popular that afternoon sessions were added to go along with the evening classes.



Rawlins County School Garden Connects Community

The Rawlins County Elementary School Garden not only provides its students with fresh produce and the experience of growing things, but the community as a whole also benefits from this multi-generational project, reports JoEllyn Argabright, Rawlins County Extension educator. The students prepare the beds and plant the produce and flowers in the spring, and during the summer months, the summer rec commission and K-State Research and Extension Master Gardeners sponsor a twice-weekly program for youth and adult volunteers to learn about gardening and to maintain the area. Additional mobile gardens are planted by the youth in the spring in shopping carts and distributed around Atwood.



Rawlins County Elementary School Garden Project involves community members of all ages. JoEllyn Argabright, family and consumer science extension agent reports. Summer Rec and Master Gardeners provide twice-weekly programs to the

Produce is used to supplement the federally-sponsored summer feeding program, which is hosted by the school during the summer months. The produce is also used to supplement the community's senior food bundles, during the month-long break between the end of the feeding program and school. Once school begins in the fall, each grade is responsible for picking additional items and taking them to the cafeteria, where it used to stock the salad bar.

Students learn about conservation and environmental responsibility, nutrition and healthy foods, as well as learning how volunteerism fosters community, leadership, responsibility and cooperation.

Volunteers involved in the Ag in Classroom program utilize the garden as an area for teaching about agriculture as well as use the harvested produce for lessons.

Treasurer's Report

As of October 1, 2015 KEAFCS has collected an income of \$12,268.75 and expenses were \$13,551.79 keeping in mind that some event transactions occur over two fiscal years such as Friendship Night. Friendship Night income was \$2075 and expenses were \$1,548.57 – good job ladies! We have 64 members who brought in \$8,258 for dues and we sent \$6,400 in dues to NEAFCS. The United Association of Conferences 2016 gave us \$1,150 income. The \$10,000 certificate of deposit opened March 30, 2015 will mature September 30, 2016 and at this point has accrued \$41.52. KEAFCS assets as of August 11, 2016 are \$18,078.03.

Sheryl Carson

Treasurer



Breastfeeding Advocates of Cowley County

K-State Research and Extension Cowley County is active in the Breastfeeding Advocates of Cowley County (BACC) coalition. The group has received a \$3,000 Impact Funding Team Grant from United Methodist Health Ministry Fund for a “Breastfeeding on the Go” project. The project takes breastfeeding resources to community events to support moms and babies who are on the go. The goal is to help community event organizers designate breastfeeding accommodations at events where seating and shelter is limited.

The group hosted a family services tent at the Kansas Sampler Festival in Winfield and served over 25 families at the weekend event. The tent had a diaper changing table and comfortable chairs for nursing.

BACC partnered with the Cowley County Fair Board and Flint Hills RV to offer a Family Services RV unit. The unit was staffed by volunteers from 6-10:30 p.m. each evening of the fair. We served over 55 families by providing space for diaper changing, first aid and lactation. Several families also enjoyed the opportunity to cool off!—*Rebecca Reid*



City-Cowley County Health Department
 Community Health Center of Cowley County
 Community Moms and Members
 Family Life Services
 K-State Research and Extension - Cowley
 County
 La Leche League of Winfield
 Parents as First Teachers
 South Central Kansas Medical Center
 Sunflower OB-GYN
 William Newton Hospital



News from Area Counselors

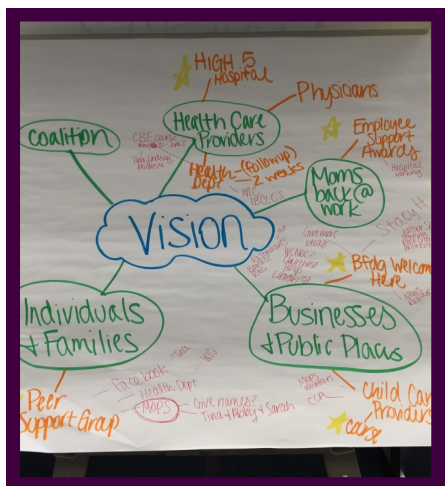
Southwest Area—Jodi Drake—Pratt County

The Southwest Area agents met for a morning of program sharing followed by lunch on May 20 in Dodge City. Southwest Area FCS Specialist, Debra Bolton, was on hand to share updates from the University. Newly-appointed Southwest Area 4-H Specialist, Amy Sollock, was also present to share 4-H updates with the group. Friendship Night was the main topic of the afternoon. This year's event will be on Wednesday, October 26, at 6:00 pm the Eleven Fifteen Venue and Urban Garden (1115 Moro Street). Following the dinner, members will have the opportunity to take part in a "Cork and Canvas" party for an additional fee. Please join us for some fun! The Southwest Area asks you to help us welcome Edwards County Agent, Trisha Hines. Please say a warm "Hello" to her at Annual Conference!

Northeast Area—Gina Aurand—River Valley Extension District

The Northeast Area is in charge of the State Fair Style Revue this year. We will be having a Fashion Fiesta! If you would like to help with judging, we are still looking to fill a few spots. We are short a few workers, since the State Fair hits at National Meeting time. In February, we gained Susan Fangman in Shawnee County. She took Cindy Evans' position that was left vacant when Cindy moved to the county director position.

KEAFCS Members Contribute to Kansans' Well Being

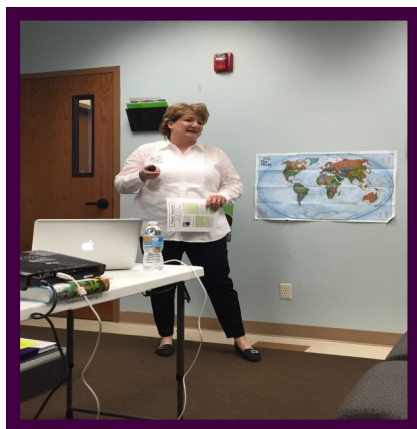


(left) Mind map from Coffey County Area Breastfeeding Coalition start-up meeting. Clarissa Sents, Coffey Co. FCS educator, notes KSRE played a vital role in helping this group get started. They were selected to receive financial support from the Kansas Breastfeeding Coalition in order to receive the countywide "Communities Supporting Breastfeeding" designation by June 30, 2017.



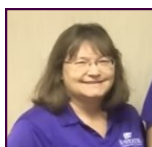
(above) Participants learn about creating healthy, nutritious meals for their families in a cost-effective method with "Cooking Efficiently," a lunch and learn program presented at the Coffey County Library—Gridley branch by Clarissa Sents, Coffey County.

(right) Amy Collins, Stafford County FCS educator, presents "Creating Moments of Joy with Dementia Patients," at the first Active Aging Expo.



KEAFCS 2017 Slate of Officers

President-Elect—Ethel Schneweis (Ford County)



Ethel has been working with K-State Research and Extension as a family and consumer science educator in Ford County since May 1999. Prior to becoming the Ford County FCS educator, she was an office professional in the county extension office for 19 years. She has been a member of KEAFCS since October 1999. She was the SVV Counselor from 2003-2006 (two terms), was appointed Secretary in 2007 and then elected to the position for 2008-2009. She also served two terms as Vice-President for Professional Development from 2010-2013. As Vice President of Professional Development, she served as a member of the United Associations Conference Planning Committee. She has been to four National Conferences (Kansas City, Denver, Albuquerque and Lexington) and has received the NEAFCS Florence Hall Central Region Team Award in 2006 and NEAFCS Clean and Healthy Families and Communities 2014.

Vice President of Member Resources — JoEllyn Argabright (Rawlins County)



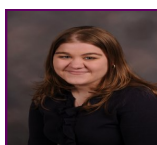
JoEllyn (Jo) is the family and consumer science educator in Rawlins County in the northwest area. She has been with KSRE for almost three years. A graduate of Kansas State University with a degree in nutrition and dietetics, she has really enjoyed employment with alma mater. Jo is currently seeking her master's degree in gerontology, also through K-State. Outside of her extension work, she is a brand new mom to a daughter, Cooper Jean, born in January 2016, and helps her husband run their family farm.

Vice President of Public Affairs — Erin Tynon (Pottawatomie County)



Erin joined KSRE in 2012. She is the Pottawatomie County family and consumer science and 4-H and youth development educator. She earned her bachelor of science degree in human ecology from Kansas State University, and a master's degree in family studies and human services. Prior to working for KSRE, she worked for the Shawnee County Health Agency in Topeka, and the Riley County Health Department in Manhattan. She is a member of the Family and Child Development Program Focus Team and she enjoys doing programming in those areas. She and her husband, Jayson, live in Axtell, KS, where he is the athletic director/physical education teacher at Axtell High School. They have one son, Colson, who turned two-years-old in February. They keep busy by going to the many sporting events that Jayson coaches and spending time with family and friends. She is looking forward to her first leadership position with KEAFCS!

Treasurer — Chelsea Richmond (Flint Hills District)



Chelsea is the family and consumer science educator in the Flint Hills District. She began her career in 2010 in Morris County, before it joined with Chase County to form the Flint Hills District. In addition to her family and consumer sciences responsibilities, Chelsea also has shared responsibilities with the 4-H youth development program. She is a graduate of Kansas State University with a bachelor's degree in education and a master's degree in family studies and human services. As a member of KEAFCS, Chelsea has served on the Recruitment Committee and received the New Professional Award. She is also a member of Epsilon Sigma Phi, where she has served on the Recognition Committee and was chairman of the Annual Recognition Reception Committee.

Vice President of Awards and Recognition — Nozella Brown (Wyandotte County)



Nozella holds a doctorate and master's degree in adult, vocational and continuing education, and her bachelor's degree in family economics and journalism, all from Kansas State University. Nozella joined the Wyandotte County Extension team 12 years ago, where she serves as an FCS educator whose responsibilities include coordinating the local family nutrition programs and extended family nutrition programs. She also holds leadership positions on 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. 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. 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.

KEAFCS 2017 Slate of Officers, cont'd

Vice President of Professional Development — Teresa Hatfield (Sedgwick County)



Teresa earned her bachelor's degree from Wichita State University in history and her master's degree also from WSU in gerontology. Teresa is the Adult Development and Aging educator in Sedgwick County. Before joining KSRE in 2013, Teresa worked as a program manager for the 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 educator as extremely rewarding.

Secretary — Beth Ireland (Greenwood County)



Beth is the FCS and 4-H and youth development educator in Greenwood County. Previously, she was a family and consumer science classroom teacher for seven years in Eureka and one year in Fredonia. Beth received her bachelor's degree in family and consumer science education from Kansas State University and her master's degree from Pittsburg State University in career and technical education. 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 memberships. She is currently a KAFCS Foundation member who supports scholarships and assistance in professional development

to Kansas FCS professionals and college students.

SW Counselor — Jodi Drake (Pratt County)



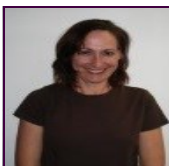
Jodi has been the Pratt County Extension Agent for Family and Consumer Sciences and 4-H and Youth since 2008, previously working as the office professional for Pratt County Extension since 1998. Jodi holds both a bachelor of science degree and a master of science degree from Kansas State University with a major in clothing and textiles and youth development. Jodi is a life-long Pratt County resident, growing up on a farm 12 miles northeast of Pratt. She currently lives on the farm with her husband, Chris, across the section from where she grew up. She is mom to Madeline, a 12-year-old seventh grade, and Caroline, a 9-year-old third grader. In her free time, she enjoys running, spending time with her family and volunteering for church activities.

SE Counselor — Becky Reid (Cowley County)



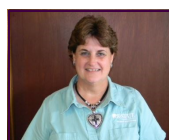
Becky (aka "**TechieHomeckie**") enjoys opportunities to help families with their health and wealth as a family and consumer sciences extension educator in Cowley County. She grew up in Cuba, KS, and received her bachelor's degree in general human ecology from Kansas State University. Her life adventures have included working for Colorado State University Cooperative Extension Service as a 4-H agent, an IFYE representative to Botswana (Africa) and a YMCA After School Program Director in Texas. Becky and her husband, Doug, son, Joshua, age 14, and daughter, Abigail, age 11, live in Winfield. In her free time, she enjoys sewing, gardening and tennis.

NE Counselor — Gina Aurand (River Valley District)



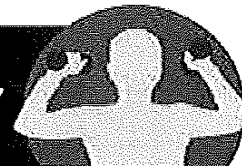
Gina first joined KSRE in 1993 as a family and consumer science educator in Republic County. After two years she resigned to be a stay-at-home mom, and returned to KSRE in August of 2008 as the District FCS educator for foods and nutrition for the River Valley Extension District, based in the Belleville office. She attended Kansas State University, where she received her bachelor's degree in food science. While she was home raising her four children, she completed a bachelor's degree in elementary education from Fort Hays State University. Most of her free time is spent following her kids' activities. She also enjoys attending KSU athletic events and spending time with her extended family.

NW Area Counselor — Anna Schremmer (Phillips-Rooks District)



Anna is a family and consumer science educator in the Phillips-Rooks District. Before joining KSRE, she also taught FCS classes in the Phillipsburg school district. She has a family of three grown children and three granddaughters. Anna is a member of the Family Resource Management PFT and she enjoys teaching classes on food preservation. Her favorite pastime is spending time with her granddaughters.

Stay Strong, Stay Healthy



Wildcat Extension District Stay Strong Stay Healthy - SUCCESS STORIES

- My balance and strength are a whole lot better. I can lift things I normally couldn't.
- The program helped me control muscle pain-better and has helped with balance.
- The program has improved my life by increasing my strength, flexibility and motivation. Please keep it available to our community.
- I have better posture. My lower back is less tired and achy after being on my feet for extended periods of time.
- I'm finding it easier to push my father in his wheel chair up the ramp. I'm now more aware of the need to continue strength training as I get older.
- My stamina has increased.
- Improved my balance and my overall strength.
- I feel more flexible and stronger. My assessed improvements were miniscule but I've had 13 orthopedic surgeries. What I've benefitted from is that I won't deteriorate as badly or as fast! Excellent course and most beneficial.
- I have better balance and move more freely on stairs. I'm able to stay on my feet for longer periods, and I feel able to do more in a day than before.
- I have improved flexibility and also have strengthened muscles in my legs. This is a good program...Exercising while having a good time.
- My posture is better and I can reach overhead much better as well as able to lift more.
- I have improved so much. I can easily walk upstairs now and am much more limber. I notice when sewing that even my hand/finger dexterity is improved.
- The class really helped me!! I feel stronger in my legs and arms.
- Attending this class has not only helped me with my balance and walking I look forward to coming and it has helped me connect with others.
- My balance has improved.
- I learned the correct way to lose weights.
- I feel better when I do this program.
- This class was fun.
- I improved my skills.
- I walk better.
- It helped me realize how important exercise is.
- We need to keep moving . . . it helps keep us young.
- All of my medical tests numbers improved! My doctor told me whatever you're doing—KEEP doing it!
- I can put my pants on standing up again!
- I have an increased confidence in walking.
- I feel more confident checking for traffic because it's easier to turn my neck.
- I have better posture.
- I'm new to the community and I have enjoyed getting to know others.
- I sleep better at night.