

May 2014



KEAFCS NEWS

Dear KEAFCS Members,

It was a pleasure to represent KEAFCS at the signing of the proclamation recognizing the 100th anniversary of the Smith-Lever Act, which founded the Cooperative Extension System. Daryl Buchholz put it simply, that Seaman Knapp believed the system could “build better people.”

Family & Consumer Sciences is a people profession. As we deliver programs around the five grand challenges, remember to 1) tell your story in measurable terms – measurements that matter to decision makers and funders; and 2) consider how to partner with other agents and specialists doing similar work to tell a larger, collective story of our impact.

I sent an e-mail to all KEAFCS members last month with a file of the impact reports created by NEAFCS. We are the only association that creates these reports for members, and Kansas was well represented. The reports are now available at NEAFCS.org. Use them to help decision makers in your community understand how Extension Family & Consumer Sciences is building better people. This is a great example of how partnering in programs to create a larger impact really speaks volumes.



Public Issues Leadership

Development

The Public Issues Leadership Development Conference in Washington D.C. was the best conference I have attended in years. We heard from National Program Leaders from the USDA National Institute of Food and Agriculture and heard panel discussions of current and emerging national issues. We prepared for visits on the Hill, then used our skills as we visited with our representatives and senators in Congress about the important work of Extension professionals.

One speaker at the conference really brought out my feelings of pride for the work that we do and the challenges that lie ahead. I left feeling excited for what lies ahead, not fearful. Marshall Stewart serves as Associate Director for the North Carolina Cooperative Extension Service. He reminded us that as we reflect on the importance of our work and accomplishments over the past 100 years, we should “let

our past teach us, not tether us. Do not repeat it. Grow out of it and be better.”

He also said that what got us to where we are will not necessarily get us to where we need to be. If we didn’t exist, would someone see the need to create us? Is there a **demand** for food? Is there a **demand** for positive youth development? Is there a **demand** for family and nutrition sciences?

We need to help people live better and understand how our education has helped them to make those positive changes.

I believe Marshall will be with us at annual conference. I’ll save the rest of his inspirational talk for you to experience.

I wish each of you a wonderful summer and I look forward to seeing you at August Update.

Sincerely,

Cindy Evans

KEAFCS President

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Cindy Evans

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Denise Sullivan

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Susie Latta

Treasurer—

Sheryl Carson

VP of Awards & Recognition—

Nozella Brown

VP of Member Resources

Christine McPheter

VP of Public Affairs

Diane Nielson

VP of Professional Development

Amy Lorenzen

Southeast Area FCS Update

Barbara Ames, Counselor

On May 1, Southeast Area Family and Consumer Sciences Agents gathered at Streetcar Station Coffee Shop in Galena, Kansas to begin our Southeast Area Program Day adventure.

Breakfast goodies were enjoyed while we listened to a presentation by some of the local leaders regarding their "Route 66" Community Development Vision and how that vision was coming together in Galena. Then, we began our walking tour of this amazing little town located on Route 66. Stops included Liberty Hall Center complete with flooring made of pennies; a photo op with Tow Tater, the tow truck that inspired "Tow Mater" in the Disney Movie "Cars;" a visit to Four Women on the Route

Diner and Souvenir store; and other stops along the way.

After a short drive from downtown, Red Onion Espresso, part of nearby Premier Surgical Center provided our lunch stop. Following our meal, one of the doctors explained the vision behind Premier Surgical Center and Ortho 4-States and led us on a tour of this amazing facility which looks more like a rustic vacation retreat than a surgical center.

Our day ended with an update on Extension news from Southeast Area Specialist, Gayle Price, and sharing of personal items and programming ideas by all agents present.

Other Southeast Area events this spring included a very successful day-long Southeast

Kansas Regional Farmers Market Vendor Workshop sponsored by Southwind and Wildcat Extension Districts with support from County Farm Bureau Associations of Southeast Kansas and Kansas Department of Agriculture. Also, our Aging With Attitude Regional Expo which has become an annual event and was held in Parsons this year with speakers, workshops, vendor booths and more.

Southeast area welcomes Jill Morgan, new to Rolling Prairie District and we will miss Ann Ludlum who recently retired from Southwind District. Moving from her position in Linn County to her new position with Southwind District is Joy Purkeypile. The KEAFCS Newsletter is our Southeast Area responsibility this year and we are continuing to provide those for our members.

Southwest Area FCS Update

Andrea Wood, Counselor

The Spring SW FCS Retreat was held Friday, May 2 at the Historic Fennup House in Garden City. The group was hosted by Debra Bolton.

Jodi Drake, Pratt County, was nominated as the new SW Area Counselor.

Belinda Oldham, Wichita

County, retired in March.

The responsibility for the SW Area this year is the State Fair Fashion Revue. The Fashion Revue is on Saturday, September 13, 2014. The co-chairs for the event are: Andrea Wood, Kingman County, Ethel Schneweis, Ford County and Amy Collins, Stafford County.

Dates to Remember

September 14

Pre-Conference Tours
Lexington, KY

September 15-18

NEAFCS in Lexington.
(Early Bird registration on June 1)

September 19

Post Conference Tours

WIN, PLACE, SHOW with NEAFCS

Though still several months away, you need to be making plans for NEAFCS annual session September 15-18 in Lexington Kentucky. If you are planning to attend, you need to make your hotel reservations NOW! Though it may seem odd to make your hotel reservations before registering for the conference, double rooms are sold out and king rooms are the only option. Conference registration will open on June 1. There will be a couple

of pre-conference offerings on Monday morning, September 15th, then the conference officially opens at 1:00. The Welcome Event will be held at the Kentucky Horse Park on Monday evening. The conference will end Thursday evening after the awards ceremony. Read more about the highlights of national meeting at:

www.neafcs.org/2014-annual-session

Through the wonders of Facebook, I am using family connections to help me locate a venue for our state's night out. If you are planning to attend national meeting, please let your area counselor know, as I will be reaching out to them to get a handle on numbers. STAY TUNED for more details!

—Denise Sullivan
President-Elect

Northeast Area FCS Update

Kathy Tharman
Counselor

The NE Area FCS agents met for a Spring Program Enhancement on Friday, May 2nd at the "Relatively New" Wheat Innovation Center in Manhattan. It was a beautiful building with extremely comfortable meeting rooms and state-of-the art food demonstration lab.

We had a busy morning and a productive day of planning and sharing. Sharoyln Jackson, NE Area FCS Specialist, was unable to be with us, as her husband was coming home from an extended hospital stay. We missed her and her leadership! But - Dale Fjell, NE Area Director, stepped in to update us on sev-

eral state extension issues.

Dale is always a fun and humorous speaker!

We were also treated to a tour of the Wheat Innovation center, followed by a delightful demonstration by Cindy Falk, Nutrition Educator with Kansas Wheat, and National Festival of Breads Chairperson. Cindy made Cracker Bread for us, and it was delicious!

The afternoon discussion centered around the August update round table topics. We also planned the Fall Friendship Night that is held during annual conference. Our theme will be, "FCS, Wilder



**A ship in
harbor is safe,
but that is not
what ships are
built for.**

John A. Shedd
"Salt in my Attic"

Then You Think!" Without giving away too many fun facts, our evening will center around a evening at the Manhattan Zoo Rotunda. ☺

We are excited about all the fun and interesting plans that lie ahead of us this year. Keep your ears open for more tantalizing information from the NE area FCS Agents!

Message from the President-Elect: Denise Sullivan

Time is flying by...where is spring going? It doesn't seem all that long ago that I was in Memphis attending the JCEP Leadership Conference. That was a great opportunity to network with other extension professionals from all disciplines from across the country...kind of like a mini Galaxy Conference. The conference speaker, Dave Mitchell, was a great 'entertainer' who had us laughing and learning! He led us through an interactive process of understanding different personalities and how to work towards people's strengths. Similar to other assessments like Myers-Briggs or True Colors, his assessment tool places individuals into one of four basic social schemas:

Romantics, Warriors, Experts and Masterminds. Knowing that it's not always that 'cut and dried,' he uses the scoring scale to define twelve interactive combinations and helped us to identify that personality through Hollywood figures. You can learn more about this process through his book *The Power of Understanding People*. I am also reading his other book, *Live and Learn or Die Stupid*, in which he shares stories of his own struggle to achieve a healthy balance between professional and personal excellence.

While I'm on the topic of good books, I've also been 'in and out' of several books that were recommended by a Missouri extension colleague. These



books were background materials for a curriculum, *Taking Care of You* that I learned about at national meeting a couple years ago. *Choosing Brilliant Health* by Rick Foster and Greg Hicks, *The How of Happiness* by Sonja Lyubomirsky, and *Full Catastrophe Living* by Jon Kabat-Zinn all discuss the research behind the mind-body connection and the impact on disease resistance and health management. FASCINATING reading to me!

Powerful Tools For CAREGIVERS

Kathy Lupfer-Nielson, Christine McPheter and Megan Ferrell are happy to announce that 18 agents and 2 community partners have been trained in "Powerful Tools for CAREGIVERS." These 18 Kansas agents will be receiving the certification and curriculum from Oregon State within the next month. Take Care of You - is the overall view of the program.

When you are frustrated, it is important to know what is and what is not within your power to change. Frustration often comes when we try to change something that can't be changed. We can't change the fact that the person we care for has dementia. And the person with dementia cannot change the fact that his activities-dressing, bathing, talking, and eating-are now difficult to get completed. The on-

ly thing we can control is our reaction to the problems we as caregivers are faced with. We need to recognize the signs of frustration and be able to ask for help. This program gives many "tools" to accomplish frustration control and reduce stress that caregivers are under as they take care of loved ones. Take Care of YOU is coming soon to Kansas Communities.

Congratulations KEAFCS Award Winners

Nozella L. Brown
VP of Awards and Recognition

Thanks to the efforts of the members and committee chair persons, we sent 14 awards applications to nationals to compete for national recognitions. We can boast of exceptional entries this year. We will formally congratulate them at our fall meeting. Below are the award winners from our chapter:

- Donna Krug, Mary M. Wells
- Linda Beech and Amy Lorenzen, Newsletters
- Linda Beech, Written Press Release and Television/Video
- Amy Lorenzen, Educational Curriculum
- Barbara Ames and Amy Lorenzen, Educational Publications
- Ethel Schneweis, Clean and Healthy Families and Communities
- Sheryl Carson, Social Networking
- Susan Latta and Patricia Gerhardt, Distinguished Service
- Deanna Turner and Diane Burnett, Continued Excellence

There are 21 awards and next year and we'd like to have an applicant for each category next year to send to the national competition. Be thinking now about which award(s) you deserve to win.

Submit a Proposal for Urban Extension Conference

The University of Georgia Cooperative Extension invites you to submit a presentation proposal or become a proposal reviewer for the 2015 National Urban Extension Conference, to be held in Atlanta, Georgia May 4-7, 2015.

Participants will be "honoring the past, living the dream, and embracing the future" as they learn the best practices for working in an Urban Extension program. Join us by submitting a proposal for one of the three types of presentations as well as sharing your knowledge and experience with your colleagues. Sessions are 60 minute workshops, 30 minute road runner sessions with similar goals being paired together for a 60 minute session, and poster sessions.

For more information and to submit a proposal, go to: [http://ugaextension.us4.list-manage.com/track/click?](http://ugaextension.us4.list-manage.com/track/click?u=f848e0a9aeffcb7ed51176502&id=67646f5fe9&e=06554ea12b)

[u=f848e0a9aeffcb7ed51176502&id=67646f5fe9&e=06554ea12b](http://ugaextension.us4.list-manage.com/track/click?u=f848e0a9aeffcb7ed51176502&id=67646f5fe9&e=06554ea12b). The deadline for proposal submission is October 1st. This is a great opportunity for sharing your best practices in Extension. If you would like to serve as a pro-

posal reviewer visit the website and register by June 1.

We hope to see you in Atlanta for the 2015 Urban Extension Conference.

Scholarships for Extension Educators

The deadline for our association awards has passed, but the College of Human Ecology also has a \$500 scholarship for extension educators seeking a Master's Degree for KSU. Find the application and requirements online at www.ksre.ksu.edu/FCS under agent resources- scholarships. A scholarship can be awarded twice, or up to \$1000 total for each recipient. **(Registration due by June 1)**



**It's a beautiful thing
when a career and a
passion come together.**

Author Unknown

Are We Making An Impact?

Diane Nielson
VP Public Affairs

Earlier this month, we celebrated the signing of the Smith-Lever Act in 1914. Fast forward 100 years, do you see the lasting impact of extension work lead by previous extension agents in the field of domestic science education?

The world has changed over time, yet the need for extension family and consumer science programs continues today. As Kansas extension professionals, we can be proud of the impact resulting from our work.

As a Kansas affiliate, program impact statements were collected to be shared and compiled as part of NEAFCS impact statements. Several Kansas success stories were highlighted in the 2014 national reports. (www.neafcs.org) Thanks to each of you who shared impact statements at the spring update. I also appreciated the ability to read what Kansas FCS agents reported to the online reporting system. **If you ever doubt the impact of our profession, schedule an afternoon to just read reports.**

As a family and consumer science professional, what plans do you have to share impact statements with local decision makers? Are you able to use impact data to help you develop a professional elevator speech to answer the question “what does a family and consumer science extension agent do?”

Several years ago under the leadership of NAEAFCS national president and Kansas extension educator, Jean Clarkson-Frisbee, the Living Well campaign was developed to help tell our story. In 30 seconds, the tag line Raising Kids, Eating Right, Spending Smart and Living Well began to tell the story of the extension family and consumer sciences profession very

well. As professionals, each of us has a responsibility to add a personal chapter highlighting the local benefits of extension family and consumer science programs. When the chapters are bound together, the result is that decision makers understand the impact of extension family and consumer science education.

Recently, partnering with other organizations in my community, we discussed the advantages of offering hand ups instead of hand outs. This phrase seems to be appropriate when pondering the benefits of association membership. As a professional do you prefer to hand out a check to the organization for your annual dues? Or do you give a hand up of support to a new professional-knowing you are just repaying a colleague who served as your professional mentor? Do you encourage a neighboring agent to apply for a professional award because you know the program had impact? Do you remind a colleague who has become busy with life that he/she is missed by our association? Do you participate in the webinars provided by national leaders?

Serving on state and national committees does require additional time; however, the professional connections enhance both personal growth and local program efforts.

KEAFCS President, Cindy Evans, challenged association members to set a 2014 goal to focus on marketing the value of extension family and consumer science work both internally and externally. Team work produces synergy; plan to join her efforts to promote our profession.

This fall, I will once again ask

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you to share impact statements about local programs. Now is a great time to begin developing your impact statements. I encourage you to take a few photos, as a picture can be worth a thousand words! I would encourage you to write your statements while pondering ways to use these impact statements locally, too.. Should we, as an association, consider ways impact stories can be shared on a regional or basis? As VP of Public Affairs, I am counting on YOU to help market the benefits of being a KEAFCS member!

Two cents would have purchased a postage stamp to mail an extension lesson in 1914. Today a postage stamp costs 49 cents, and it is electronic outreach is the educational tool that is woven into our future.

Our educational tools and messages have changed over time. Yet, time does not change the importance of telling the story of extension family and consumer science efforts. On May 8, 2014, my job as a family consumer science extension agent is based on a strong foundation of domestic science agents, home demonstration agents, county home economists, and family and consumer science agents who lead efforts to provide educational programs have made a difference in their communities, state and nation. Our efforts to continue to market the Family and Consumer Science Extension profession will continue this strong tradition.



2014 Annual Conference Update

Becky Reid Annual Conference Committee KEAFCS Representative

Plans are now in progress for the 2014 K-State Research and Extension Annual Conference, October 21-23 in Manhattan. This year's theme is "Honoring the Past, Forging the Future" to celebrate the 100th anniversary of the Smith-Lever Act.

Proposals are now being accepted for the breakout sessions to be held on Wednesday afternoon. Complete information is available under the "Annual Conference" tab on the Em-

ployee Resources webpage (<http://www.ksre.ksu.edu/p.aspx?tabid=70>). If you have an idea for a poster or session proposal (or know of someone else with great information to share), please submit a proposal by mid-June for consideration. Consider "hosting" a session and recruiting a community or campus partner to present helpful information to help all of us forge the future!

Overall conference objectives are:

- Celebrate the historical importance of the Smith-Lever

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Act that created the Cooperative Extension Service 100 years ago.

- Promote learning through innovative programs based on our five grand challenges.
- Build personal and professional relationships through networking with colleagues.
- Recognize outstanding programs and contributions by faculty and staff.

Northwest Area FCS Update

Melinda Daily Counselor

The NW Area FCS Agents met in Phillipsburg for their spring FCS Retreat on May 2 with Anna Schremmer as our host. She arranged for us to visit two of the many unique offerings in Phillips County. The first was "The Shepherd's Mill" where fiber is processed, anything from sheep wool to dog hair. It is a full service mill taking fibers from the steps of washing to spinning through retailing. Our next visit was the Dane G. Hansen Museum which features traveling exhibits throughout the year. The exhibit in the museum was "Rags, Rugs and Weavers: A Living Tradition." Elaine Johannes, Extension Specialist, Youth Development was our guest and we had a discussion

on the emotional wellness of families.

On May 14, we met in Wakeeney. The morning session was set aside to work on KPICS. To learn by doing, Julianne Shoup shared her leadership for questions and answers to help us all through the KPICS and then we entered results online. When we got started entering our data, we had a half hour to work on them. In that amount of time we entered 39 programs and 2,872 contacts from the whole group. The goal for this session was to leave with data entered, increase confidence in using the system and a marker by your location on the map. In the afternoon we heard from Mary Higgins via Adobe Connect for a diabetes update.

For our third meeting in one month, we met on May 19 in Hays to work on our 2014-2015 County

Action Plans. The purpose of this day was to work in small groups on common program needs; to brainstorm ideas; and be a resource for each other. We had a very productive day.

We held our annual Full Circle...An Aging Conference in Hays this year on April 25. Approximately 100 attended the conference, and the number in the professional track to receive CEU's increased to 31. Some of the FCS Agents in the NW also held, "Preserving the Family with Estate Planning," in two different locations, reaching families from 30 different towns.