



KEAFCS NEWS

JANUARY 2015

President - Denise Sullivan	President Elect - Kylie Ludwig	Past-President - Cindy Evans
Secretary - Susie Latta	Treasurer - Sheryl Carson	Parliamentarian - Nancy Honig, Cindy Evans
VP Professional Development - Amy Lorenzen	VP Member Resources - Robin Eubank	
VP of Awards & Recognition - Nozella Brown	VP of Public Affairs - Julianne Shoup	
Counselors - SW - Jodi Drake	SE - Rhonda Gordon	NW - Melinda Daily NE - Kathy Tharman



Hello colleagues!

Well, here we are turning... another page on the calendar! New year...new challenges...new opportunities. I'm sure that I will have many opportunities for growth this year as your KEAFCS president and I am looking forward to the challenge!

Maybe it's just me, but time really does seem to 'fly by' faster. Several *opportunities* available to you as a member of KEAFCS/NEAFCS might fly by if you don't act quickly.

****Recognition Opportunities*: Take notice of the award application process shared by Nozella Brown, VP of Awards & Recognition. ***Applications are DUE January 15, 2015*** to the designated committee chairmen.

****Scholarship Opportunities*: There are several scholarships available for KEAFCS members. Read the article on scholarships. ***Applications are due May 15, 2015*** to committee chairman Ethel Schneweis, Ford County.

****Professional Development Opportunities*: See the articles with details for the United Associations Conference and NEAFCS annual session, at the Greenbrier Resort in White Sulphur Springs, WV.

****Friendship, Fun, Fellowship*: See the article about the members only Wine & Cheese event during February update!

I look forward to seeing you at February update!

Happy New Year!

Denise Sullivan
KEAFCS President



Amy Lorenzen
VP for Professional Development

United Associations Meeting

Renewing skills and building new relationships is the design behind the United Associations Conference, a conference that brings together family and consumer science

educators from all spectrums, and this year's event is no exception.

The conference theme this year is Beyond Sustainability: Improving Lives, Individuals, Families and Communities and will be held at the Sedgewick County Extension Education Center, on Thursday, March 6, and Friday, March 7, 2015.

Julie Clark, national-award winning author and speaker, will have the keynote address, "Pour Your Heart into Life," and will have a breakout session for later in the day.

A variety of speakers are on tap to provide family and consumer science educators the opportunity to renew and refresh professional skills, including a session on health insurance education, programs impacting local wellness, talking to consumers about organic and genetically engineered foods, managing trauma and the changing face of FCS education in Kansas. There will also be educational exhibits and the opportunity to network with educators in the different FCS education fields.

Registration is \$65 and includes meals. A block of rooms has been reserved at Hawthorne Suites, and the Best Western Airport Inn. Continuing education credits will also be available from Baker University. Registration and payment for this may be made onsite at the conference.

To register for the conference, please contact, Donna Keyser, 1434 Givens Rd, Manhattan, KS. 66503. Checks and purchase orders should be made out to United Associations Conference. Online registration will also be available.

***There will soon be a link on the KEAFCS website for registration.**



Nozella Brown
VP Awards and Recognition

The KEAFCS/NEAFCS awards applications are due **January 15th**. With almost 30 awards to choose from, nominate a

colleague or yourself for at least one award this year. Find application forms and the 2015 "Awards-at-a-Glance at

<http://www.neafcs.org/award>. For questions about eligibility, contact the appropriate committee chair. Listed below are the 2015 awards and the committee chairs where applications should be sent.

Professional Development Awards

1. Distinguished Service Award
2. Continued Excellence Award
3. Extension Educator of the Year Award
4. New Professional Award
5. NEAFCS Greenwood Frysinger Fellowship

Chair: Nancy Shuster nschuster@ksu.edu

Communications/Public Affairs Awards

1. Newsletters
2. Written Press Release
3. Radio/Podcast
4. Television/Video
5. Educational Technology
6. Educational Curriculum Package
7. Educational Publications
8. Photography
9. Internet Education Technology
10. Marketing Package Award

Chair: Deanna Turner dturner@ksu.edu

Program Awards

1. Florence Hall Award
2. Dean Don Felker Financial Management Award
3. Mary W. Wells Memorial Diversity Award
4. Program Excellence through Research Award
5. Early Childhood Child Care Training Award
6. Food Safety Award
7. Community Partnership Award
8. Extension Housing Outreach Award
9. Clean and Healthy Families & Communities Award
10. Family Health & Wellness
11. Environmental Education Award
12. Human Development/Family Relationships Award
13. School Wellness Award
14. Social Networking Award

Chair: Rebecca McFarland rmcfarla@ksu.edu

All awards applications will be scored and award selections determined by February 6th. This year, National awards must be submitted online, as well as mailed to the Vice President of Awards by March 15th.



Robin Eubank - VP of Member Resources

One of the great member benefits is the free webinars provided by NEAFCS. I want to take a moment to highlight the next two.

January 12 the topic is the Mediterranean Diet. I would recommend everybody listen to this one. Melissa Bess from University of Missouri also presented this topic at the Annual NEAFCS Meeting this fall. Afterwards, our teaching block took her information and did local workshops that included cooking some of her

recipes. This was a very well received local program. Please note this is not a diet, but a true description of a way of eating in the Mediterranean.

In February, the webinar is Using Video in Financial Recovery After Disaster. You can go to www.neafcs.org/webinars to register. You must be logged in as a member to register.

Here are the details for the next two webinars:

Mediterranean Diet

January 12, 2015

1:00 PM CST

Presenter: Melissa Bess, *Nutrition and Health Education Specialist University of Missouri Extension*

The Mediterranean diet is touted for its health benefits. This webinar will discuss a program that teaches participants about the components of the Mediterranean diet and lifestyle. Webinar participants will receive information to develop a similar program including recipes and handouts.

Using Video in Financial Recovery After Disaster

Tuesday, February 24, 2015

1:00 PM CST

Presenters: Lori Hendrickson, Sara Croymans and Patricia Olson, *University of Minnesota*, and Lori Scharmer, *North Dakota State University*

Financial recovery is complex, and programs vary depending on disaster circumstances. This webinar will explore how to utilize Financial Recovery After Disaster videos to assist disaster survivors in the recovery process. Topics include: resilience, finding help, finances, insurance, FEMA/SBA, and additional resources. The presentation will share information regarding the six just-in-time videos that have been developed, the pilot study findings, how to access the videos, and strategies for using the videos in efforts to assist individuals as they begin financial recovery after a disaster.



Julianne Shoup - VP of Public Affairs

SHARE YOUR PROGRAM IMPACTS!

NEAFCS is working with members to compile impact from state affiliates. Our national association is gathering nationwide data that will assist in promoting Family and Consumer Sciences programs. This is an important task to show the value and impact of the work we do in Extension. You may even have many of these impact statements already written in your action plan reports, in K-PICS, or in PFT Making a Difference reports. It would be wonderful to see Kansas represented in these reports! Please make sure to include things like participant quotes and numbers when writing your statements.

Contact Julianne Shoup, VP for Public Affairs, if you have impact statements to share or any questions.

NEAFCS is focusing on the

2015 Impacts in 6 areas:

1. Childhood Obesity
2. Community Health & Wellness
3. Financial Management
4. Food & Nutrition
5. Food Safety
6. Healthy Homes & the Environment
7. Improving Children's Lives
8. Protecting Our Resources - Family Life
9. Other

Please send any impacts you would like to share, no later than January 26th to jshoup@ksu.edu.

FEBRUARY UPDATE by Denise

While we are on campus for training February 2-4, we will have opportunities for KEAFCS business *and* pleasure!

First, the *business* part...the spring association meeting will be held on **Monday, February 2, at 5:15**, immediately following the Monday workshops. We will meet in one of the meeting rooms at the Bluemont Hotel, but at this time I do not know which one.

And, for the *pleasure* part...we will be having a member's only function on **Tuesday, February 3, at 6:30 pm**, at the Colbert Hills restaurant. We are excited to have Betsy Barrett and Pat Pesci (Mr. Manners) present a program on wine and cheese pairing. You will be receiving a separate registration for this event and you must RSVP and pre-register. The member benefit task force has put this event together and we hope that you will join us for a relaxing evening of fun and fellowship.

KEAFCS Scholarship Opportunities

Eleanor Anderson Scholarship (\$800 available)

Qualifications:

- * Minimum of one year experience in Extension and must be a member of KEAFCS.
- * Recipient is expected to work one year after using the scholarship.
- * Recipient is to give a brief report on scholarship use to KEAFCS membership at a regular meeting.
- * Scholarship must be used for credit courses taken at KSU.
- * Guidelines for distribution of the funds are:
 - * \$400 to one KEAFCS member for graduate study.
 - * \$400 for workshops, short courses or online classes taken for graduate credit (not to be divided more than four ways.)
 - * Total amount (\$800) may be awarded to one applicant.
 - * Members may receive the Eleanor Anderson Scholarship more than one year.

Applicants not having received the scholarship previously will receive preference.

Kansas Extension Association of Family & Consumer Sciences Scholarship (\$150 available)

Qualifications:

- * Minimum of two years experience in Extension and be a member of KEAFCS.
- * Recipient is expected to work one year after using the scholarship.
- * Recipient is to give a brief report on scholarship use to KEAFCS membership at a regular meeting.
- * Scholarship may be used for professional workshops, trainings, as well as for college credit.
- * Guidelines for distribution of the scholarship fund are:
- * \$150 may be divided among recipients.

- * Members may receive the KEAFCS Scholarship more than one year. Applicants not having received the scholarship previously will receive preference.

First Timer's Stipend: (\$200 available)

Qualifications:

- * Member of KEAFCS.
- * No previous attendance to NEAFCS Annual Session.
- * \$100 per recipient.

NEAFCS Annual Session

This year's annual session will be held at the historic Greenbrier Resort in White Sulphur Springs, WV from November 2-5. This year's conference is later in the fall than usual, which will be a treat for attendees as we will see the resort in full winter splendor! To see what awaits us in West Virginia, visit the annual session page on the NEAFCS website.

Have you thought about submitting a proposal for having a session at NEAFCS conference? The deadline for proposal submission is

February 1, 2015. You can find details on how to submit a proposal on the NEAFCS website. To stay on top of details related to the annual session, utilize the features at the NEAFCS website to complete your profile and start to connect via 'circles'. It's a great way to connect with colleagues across the country!

KEAFCS COUNSELORS:

Rhonda Gordon- SE Counselor

I cannot believe that 2015 is already beginning. Where does time go? I hope you all had a wonderful Christmas season and will have a glorious 2015! See you all soon at February Update.

SEA area agents met for a program day on December 9th in Madison (Greenwood County) Beth Ireland was our hostess at the Sauder Center. Our program day included a presentation by Dr. Paula Peters entitled "FCS Extension: A Vision for what a quality, relevant and impactful program looks like?" If you missed this program and discussion which was lively at times, the PowerPoint is posted on the SEA FCS Basecamp. Gayle asked about the continuation of the Connection Calls, the majority of agents in attendance felt these calls where great ways to keep in touch between our meeting times. All SEA agents should have already received their invitations to save the date per Gayle. Agents also shared their most impactful programming for the year. We also toured Rhinestones and Rust and the owner gave a wonderful presentation on chalk and milk paint. Also how to get started with your own DIY projects, I saw many great 4-H craft meeting topics or projects.

Southeast Area responsibility for 2015 is the State Fair Fashion Public Show and Judging. I sent a sign up around at program day. I have sent it out by email to the SEA agents. If your name/county or district is not on the list please sign up per the email and I will get you added. This is a big job but with everyone's help we have a great year.

Our most recent SE Area Staffing changes



include: Janae McNally moving from FCS in Coffey County to 4-H in Frontier District, Renae Riedy in Marion County, Francis (Franny) Eastwood, Marais des Cygnes District will start Jan. 18th - She has orientation at KSU on Jan. 20. Welcome!

Kathy Tharman - NE Area Counselor

NE Area FCS agents met on December 10, 2014 for our winter Program Enhancement. We had a delightful day starting with Dr. Nozella Brown and her guest Dr. Royce Ann Collins presenting a program on fine tuning our skills as we engage our audiences. During the day we also had the chance to do some program sharing, it was very interesting to hear and see what other agents were doing in their counties.

We had a wonderful lunch provided by Sharoyln followed by a "original" Christmas KSU football poem that Sharoyln read for our gift exchange. Great fun! Kathy provided cookies for the refreshment table and Karen Blakeslee and Sharoyln provided fruit, cheese and crackers.

Sharoyln is looking in to a Qualtrics Training for NE FCS Agents, if you are interested please contact her. We send warm thoughts to our fellow agents this winter!

Melinda Daily-NW Area Counselor

The NW agents met on December 12 for our winter meeting. We started setting up committees for the planning of the KEAFCS Friendship night, shared programs throughout the NW area and set plans for meetings in the New Year with our group. We also celebrated Tranda Watts retirement. She has put in over 42 years in Extension. She has been a great Mentor for all of us. All but two agents attended the meeting and we had Beverly Kindler, retired agent from Norton County, and our new NW FNP Assistant, Janae Svoboda, join us as well. Happy New Year to all of you!!!

Jodi Drake, SW Area Counselor

The SW agents met for a December gathering. Agents shared the following items:

Debra -Described a campaign she and others had worked on to come up with a way to describe FCS to our stakeholders that would convey the impact our programs make in our communities. FCS Judging kits were discussed; some areas are not using the kits at all. The Agents voiced their concerns that if they didn't use the kits locally, some 4-H'ers wouldn't have any other opportunity to be involved in a judging contest which is a requirement for some Achievement Pins. The Southwest Area has decided to keep using the kits until the State comes up with a better plan for the contest. In 2015, each teaching block should be working on writing new classes.

Ethel -Shared that Nancy Honig had presented a great program on Holiday planning at her annual Christmas Fantasy program.

Lehisa -Told about the Soup du Jour program that her teaching block had presented. She noted that they had materials they would be willing to share.

Amy C. -Told us about the culinary program that Stafford High School students are able to take part in thanks to a grant and a partnership with Hudson Flour Mill.

Sharon -Shared information on an upcoming Women in Ag conference and highlights from her Craft Show/Health Fair held the second weekend in November.

Donna -Shared information about a meal/backpack program for kids in her community.

Jodi -Shared some highlights and lessons from the NEAFCS meeting in Kentucky.

Her teaching block had conducted a Mediterranean Cuisine lesson with materials gathered at NEAFCS.

Our next gathering will be in May, date to be determined, but we're looking at some educational tours in Cimarron or Dodge City.

KEAFCS Treasurer Report

January 2, 2015

As of January 1, 2015 KEAFCS has 62 members. Of those members we have four new members: JoEllyn (Gilliland) Argabright, Crystal Futrell, Janice McMahon and Joy Purkeypile.

\$6200 has been paid to NEAFCS for the Kansas Affiliation. The check book is **\$19,558.87**

Income:

Checking Account Interest	\$ 4.10
Argabright Friendship Meal	\$ 25.00
<u>KEAFCS Membership Dues</u>	<u>\$7888.00</u>
Total Income:	\$7917.10

Expenses

Friendship Night Expenses	\$1853.00
JCEP	\$ 246.00
Membership Resources	\$ 90.00
National Mtg	\$ 455.62
NEAFCS Dues	\$6200.00
Scholarship	\$ 59.24
<u>Treasurer</u>	<u>\$ 9.80</u>
Total Expenses	\$8913.66



Sheryl Carson, Treasurer
January 2, 2015



"Lose some weight, quit smoking, move around more and eat the carrot."