



EPSILON SIGMA PHI

The Extension Professionals' Organization

Donna Martinson, Editor

Notes from the President

Marie Blythe, President, Alpha Rho Chapter

My thanks to all of the officers, council directors, committee chairs, and members for the work you continue to do in support of Epsilon Sigma Phi. Together, we can fulfill the ESP mission to foster standards of excellence in the extension system and develop the extension profession and professionals.

How long has it been since you asked a colleague to join or shared information about the benefits of ESP membership? We need to share with our new hires and others who are not current members the many benefits ESP provides.

It has been a privilege serving as your president this year. It seems like the year has flown by! In a few weeks we will gather to celebrate our accomplishments and recognize our colleagues at the All Associations Awards Banquet during Annual Conference. Then in November, 21 members along with several spouses will head west for the National ESP conference at The Broadmoor Hotel in Colorado Springs, CO. What a wonderful setting to enjoy this professional development and networking opportunity!

Save the date! and be looking for information about the United Associations Conference, "Coming Together for Kansas Families," to be held at the Sedgwick County Extension facility March 2-3, 2006. This has become quite an opportunity not only for your own professional development but to boost the ESP treasury because dollars come back to us for future professional development opportunities. This extra bonus is because each of the participating associations receives the portion of profit reflected by its percentage of the total members in attendance—and the generosity of the Sedgwick County Extension.

If you have ideas you believe should be part of our chapter work, please share them with your council directors or any of the officers. The next Board meeting will be after Annual Conference when the new officers are on board. See you at Annual Conference!

The mission of Epsilon Sigma Phi is to foster the standards of excellence in the Extension System and to develop the Extension Profession and Professional.

DEADLINES & OTHER IMPORTANT DATES

- September 30: Endowment Grant Applications due to Carl Garten
- September 30: Registration Deadline for Annual Conference
- October 1: Information on Global Experiences due to Charlotte Shoup Olsen
- October 17- 19 Annual Conference
- October 17: ESP Business Meeting, 11:30-1:00, K-State Union
- October 18: Retiree Luncheon, noon, K-State Union
- October 18: All Associations Awards Celebration, 6:30 p.m. K-State Alumni Center

ESP NATIONAL CONFERENCE DATES

- November 9-12, 2005 Colorado Springs, CO
- November 14-17, 2006 Annapolis, Maryland
- September 12-15, 2007 Charleston, South Carolina

PILD (PUBLIC ISSUES LEADERSHIP DEVELOPMENT) CONFERENCE

April 24-27, 2006; Marriott Crystal City; Arlington, Virginia
for conference details visit www.icep.org

WEBSITES

National Epsilon Sigma Phi website at:
<http://espnational.org>
Kansas (K-State Research & Extension & Haskell Extension) Epsilon Sigma Phi Chapter website at:
www.oznet.ksu.edu/ESP-AlphaRho

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**EPSILON SIGMA PHI - ALPHA RHO
CHAPTER BUSINESS MEETING:
Monday, October 17, 11:30
K-State Union Cottonwood Room**

Due to a shortened Annual Conference, there is a change from the usual time and location for the Epsilon Sigma Phi business meeting. The business meeting will be on Monday, October 17, 11:30-1:00 at K-State Union Cottonwood Room.

PAY DUES - BE A WINNER! One lucky ESP member will have dues paid for 2006 by the Alpha Rho Chapter. The free membership will be awarded through a drawing of one member's check during the business meeting that will be held from 11:30 am to 1:00 pm on Monday, October 17. The check will be voided and the member will enjoy one year's free membership. If you are not able to attend the business meeting you can still participate in the drawing by sending a check to the Alpha Rho Chapter treasurer, Stacey Warner, 121 Umberger Hall before October 17.

Dues for 2006 are \$50.00 for annual members and \$20 for associate members (those with less than five years of extension tenure as of January 1, 2006).
Stacey Warner, treasurer

**ALL ASSOCIATIONS AWARD
CELEBRATION
Tuesday, October 18, 6:30 P.M.,
K-State Alumni Center**

Epsilon Sigma Phi will join the Kansas Association of Extension 4-H Agents, Kansas Extension Association of Family and Consumer Sciences, and the Kansas Association of County Agricultural Agents in honoring award recipients during the 2005 KSRE Annual Conference. The Award Celebration is slated for Tuesday, October 18, 6:30 P.M. at the K-State Alumni Center. A KSRE reception at the K-State Union will precede the awards celebration.

Plans are being made to have a silent auction in conjunction with the awards celebration. Contributions to the auction will be greatly appreciated – as will buyers for those items. More information on the silent auction will be coming prior to Annual Conference.

**HEALTH BENEFITS UPDATES DURING
ANNUAL CONFERENCE**

Two "Employee Benefits Updates" will be held on Monday, October 17 before the official opening of Annual Conference. Joe Younger, of K-State's Division of Human Resources will present information to faculty with State of Kansas benefits and Stacey Warner, Leader of Extension Operations, will present updated benefits information to faculty with federal benefits. The sessions will be held in the K-State Union from 9:30 to 11:00 am. The room numbers will be announced in the Tuesday Letter.
Stacey Warner

BYLAW CHANGES

During the business meeting changes to the bylaws and constitution will be presented. These changes will make the wording in the ESP-Alpha Rho bylaws and constitution consistent with those of the national association.

Proposed changes to the BYLAWS:

Article VII
COMMITTEES

Section 2. STANDING COMMITTEES
(c) Representation from county/**ADD district**, area, and state staff is encouraged on each committee, geographically dispersed throughout the state. Retiree involvement is encouraged on all of the committees.

In Article VIII
FINANCING

Change **ACTIVE** to **ANNUAL**
Section 1. **ACTIVE ANNUAL** OR ASSOCIATE **ACTIVE ANNUAL** NEW MEMBER FEE.
Section 2. ANNUAL MEMBERSHIP DUES.
(a) Each **activeannual** or associate **activeannual** member . . .

Article XI
EXTENSION ENDOWMENT FUND

Paragraph 2, Sentence 2. Change **active** to **annual** . . . from among the chapter's lifetime and **activeannual** members. The three-year . . .

Proposed changes to the CONSTITUTION:

Article I
NAME

DELETE National Honorary Extension Fraternity **ADD The Extension Professionals' Organization**

Article III
MEMBERSHIP

Change **active** to **annual**
Section 1. QUALIFICATIONS.
(c) That the candidate has completed a total of 60 months (5 year equivalent) on a Cooperative Extension payroll for **activeannual** membership; however, any employee with less than 60 months service is eligible for associate **activeannual** membership. Service . . .
Section 2. TYPES OF MEMBERSHIP
(a) **ActiveAnnual** members shall be those . . .
(c) **Associate activeannual** members shall be those . . .

ESP BOARD HIGHLIGHTS

June 28, 2005, Conference Call

* Marie represented ESP at the associations' dinner held in conjunction with new agent training. She found new professionals anxious to be involved in professional organizations.

* The Chapter Merit report has been completed with 38 points, so a gold standard should be awarded.

* United Associations meeting will be March 2 - 3, 2006.

* A National ESP scholarship received by Trudy Rice to attend PILD conference helped the budget.

* ESP newsletters are being e-mailed to all members with e-mail addresses. Hard copies go only to retirees who have not provided an e-mail address.

* Fred Delano is working with a committee to develop a proposal for using funds that come to ESP from United Associations Meeting.

* Sympathy cards are sent from ESP to staff members as notices are received.

* Bylaws and constitution need to be updated to reflect the changes in National bylaws and constitution.

* A letter from ESP will go out in county packets inviting new agents to join ESP.

* A recommendation may be coming to change the current ESP loan to a scholarship.

* Officer vacancy positions to be filled include president-elect, secretary, treasurer, historian, editor, NW, Metro, and state council directors.

* Seven applications for funds to attend national meeting were received. Four recipients were selected.

* A curriculum on building global relationships and a group lesson, Building Bridges, will be developed by 2007.

* An audit will be done before annual conference.

* Chapter awards will be updated to be consistent with National.

* Next meeting: November 14, 11:00 by conference call.

Jan Stephens, secretary

MEDICARE PRESCRIPTION DRUG PLAN ON FEHBP?

As we approach January 1, 2006, Extension retirees who are on Medicare may be wondering how the new Medicare Prescription Drug coverage will impact their situation. This is an important change to Medicare and one that will need close attention of each Medicare beneficiary.

What is Medicare Prescription Drug Coverage?

For the first time since the inception 40 years ago, Medicare will be adding insurance for prescription drugs. The initial enrollment will begin November 15, 2005 and continue through May 15, 2006. Plans will have a monthly premium around \$30 and will cover a list of drugs. Selection of the appropriate plan will be based on the medications that one takes and the monthly cost.

A retiree with FEHBP may:

1) Choose to continue FEHBP receiving prescription coverage through their current plan.

2) Drop FEHBP; receive medical insurance through Medicare A & B and choose a Medicare prescription plan, or
3) Enroll in a Medicare Advantage plan HMO or PPO) if available in your geographic area. Prescription coverage would be a part of that plan.

NOTE: If you leave FEHBP, you will not be allowed to return at a later date.

Changes continue to occur as this Medicare law is being implemented. At this point, it appears that FEHBP prescription coverage will be considered creditable coverage. Watch your mail and newsletters for definite information this fall. If FEHBP is determined to be creditable coverage, there will be no penalty if a person decides to join a Medicare plan at a later date.

For Medicare beneficiaries with other prescription drug coverage, watch your mail and newsletters this fall. Jenell Smith, Sedgwick County Extension Agent, Family & Consumer Sciences

DICK WOOTTON - 2005 DISTINGUISHED RUBY RECIPIENT

Dick Wootton, Associate Director for Extension with K-State Research and Extension from 1991-2002, is the 2005 recipient of the highest honor awarded by Epsilon Sigma Phi: National Distinguished Service Ruby Award. The Ruby Award is designed to recognize truly outstanding thinking, performance and leadership in Cooperative Extension.

Dick's ESP colleagues in Maryland wrote, "Richard Wootton has demonstrated a servant leadership style built on recognizing community needs, identifying individual educator strengths, and the sharing of resources to serve new and expanding audiences."

Dr. Wootton will deliver the prestigious Ruby Lecture during the Ruby Luncheon on Friday, November 11, at the 2005 Epsilon Sigma Phi National Conference in Colorado Springs, CO.

ESP Connection, Summer 2005

EPSILON SIGMA PHI 2005 COMMITTEES FOR ALPHA RHO CHAPTER

Member Services Committee:

Awards	Dan Rogers
Professionalism	Sandra Wick
Recognition	Mary Lou Odle
Memorial	Eric Otte
Retirement Equity	Dave Schafer

Awards: Secure nominations and handle selection procedure for available state and national awards and honors. Present awards at appropriate ceremonies.

Chair: **Dan Rogers** - S
Tranda Watts - NW
Fran Richmond - SE
Robert Wolf - S
Denise Dias - M
Paul Hartman - SW
Lois Carlson - R
Marilyn Toellner - M
Phyllis Kriesel - SE
Linda Walter - SW
Jan McMahon - M
Denise Sullivan - M

Professionalism: Encourage members to take advantage of ESP loan, grants and scholarships for professional development.

Chair: **Sandra Wick** - NW
Phil Sloderbeck - SWA
Pat Gerhardt - NE
Paula Peters - S
Jo Ellen Arnold - SE
Libby Curry - NW
Beth Drescher - M
Rod Buchele - SWA

Recogniton: Review tenure records, write summaries and hold appropriate recognition ceremonies for 25 year and Pacesetter year milestones.

Chair: **Mary Lou Odle** - M
Jenell Smith - M
Cathy Thorsell - SW
Kathy Lupfer-Nielsen - NW
Crystal Coffman - SE
Sherrie Mahoney - M
Deanna Turner - NE
Will Boyer - M
Ethel Schneweis - SW
Mary Higgins - S

Memorial: Determine which members have died during the past year and arrange for an appropriate written summary and memorial ceremony in their honor.

Chair: **Eric Otte** - M
Pam Van Horn - M
Mark Ploger - SW
Diane Burnett - SE
Nancy Nelson - NE
Deanna Sweat - NW
Amy Terrill - NW

Retiree Action: Help collect information about activities of retirees for the chapter newsletter, consider ways to involve retirees in chapter activities and sponsor special group activities.

Chair: **Les Frazier** - R
Larry Corah - R
Linda Carr - R
Sy Nyhart - R
John Stannard - NW
Dennis Main - M

Annual Meeting: Handle general arrangements for the annual awards banquet, including site, menu, decoration, seating guests, program booklets and other special events.

Chair: **Vicky Overley** - NW
Belinda Oldham - SW
Lindy Lindquist - R
Karen Blakeslee - S
Steve Fisher - R
Angela Abts - NE
Jack Lindquist - S
Tandy Rundus - NE
Margaret Phillips - S
Jean Rowland - SE
Jennifer Wilson - M
Mary Sullivan - SW
Rebecca Dillard McFarland - KEAFCS
Jeremy Nelson - KAE4-HA
Bill Wood - KACAA

Mentoring: Encouraging quality mentoring experience for new extension employees.

Chair: **Jim Lindquist** - M
Andrea Schmidt - M
Eugene Lanham - M
Diane Mack - M
Gary Kilgore - SEA
Nancy Nelson - NE
Chiquita Miller - M
Bryan Manny - FM/SC
Carla Morrical-Frederking - NW

Public Issues: Keep abreast of public issues of interest to members. Keep external groups knowledgeable of the total Extension program. Update Constitution and Bylaws as needed.

Chair: **Michael Vogt** - NE
Martha Flanagan - SE
Donna Martinson - NE
Daryl Buchholz - S
Connie Hoch - S
Frannie Miller - NE
Greg McClure - M
Carl Garten - M
Carol Young - R

Recruitment & Retention: Organize one or more membership efforts statewide, handle initiation ceremonies, annual conference ESP stickers for name tags, promote membership and work with council directors.

Chair: **Anna Muir** - NW
Carol Fink - S
Nadine Sigle - NW
Jean Clarkson-Frisbie - SW
Mark Schwarzentraub - FM/SC
Gary Cramer - M
Barbara Ames - SE
Jim Strine - NW
Ann Ludlum - SE
Ginger Kopfer - SE
Emily Nolting - NEA
Lea Stueve - SE

Professional Development: Determine professional enhancement activities that reflect favorably on the chapter and K-State Research & Extension available resources.

Chair: **Bob Neier** - M
Pat McNally - S
Gary Gerhard - S
Jodi Besthorn - M
Emily Mark - R
Linda Mirt - SE
Evelyn Neier - M
Susan Latta - NE
Duane Hund - S
Amy Taylor - NW

Resource Management: Analyze chapter assets and anticipated expenditures, and assist the treasurer in preparing a balanced budget. Review business records of the treasury to determine if chapter assets to determine if chapter assets have been properly handled and correct business procedures followed.

Chair: **Roger Terry** - S
Marsha Weaver - NE
Frank Brazle - R
Stacey Warner - S
Fred DeLano - R
Becky Wallace - SW
Beth Hinshaw - SEA
Trudy Rice - M
James P. Murphy - S

Nomination: Identify persons from membership to fill officers, directors, and Endowment Fund Board of Trustees vacancies and submit slate at chapter business meeting.

Chair: **Laurie Chandler** - M
Doug Jardine - S
Dale Fjell - NEA
Bev Dunning - M
M. Gayle Price - SEA
Janet Stephens - SE
Connie Bretz - NW
Doris Welch - SW

Retirement Equity: Continue to actively work to bring retirement equity to those on CSRS in line with other Regents retirement programs.

Chair: **Dave Schafer** - R
Jim Adams - S
Glenda Keller - NE
Keith VanSlike - NW

Global Relations: Promote the Extension profession and professionalism world wide, international work opportunities, diversity, and multi-cultural training, and the presentation of international experiences.

Chair: **Charlotte Olsen** - S
Ann Sparke - NE
Robert Frisbie - SWA
Carolyn Andres - NE
Michael Christian - NEA
Gary Gold - R
Randall Higgins - S
Chuck Otte - NE
Steven Westfahl - M
Mahbub Alam - SWA

EPSILON SIGMA PHI - ALPHA RHO CHAPTER COMMITTEE REPORTS

Global Relations Committee: Thinking Globally

"Promote the Extension profession and professionalism world wide, international work opportunities, diversity and multi-cultural training, and the presentation of international experiences." National mission of Global Relations Committee Thinking Locally to fulfill this mission:

1. Strengthening Extension's Capacity for International Engagement

Check out this international Extension web-based curriculum produced by Purdue University at: www2.ces.purdue.edu/iec

2. Sharing our experiences

What international/cross-cultural Extension work have you done in the past year? Consider sending a brief description of this work (your goal and accomplishments/impact) to Charlotte Shoup Olsen (colsen@oznet.ksu.edu) by OCTOBER 1. It will be compiled and handed out at Annual Conference's chapter meeting and published in a future newsletter as a way to learn from each other. Thank you.
Charlotte Shoup Olsen, chair

Endowment Committee:

How could you use an ESP Endowment Grant???
Epsilon Sigma Phi Endowment Grant Applications Available

All extension agents, specialists, and administrators are eligible to make grant requests to the Epsilon Sigma Phi Alpha Rho Chapter Endowment Board. Grant requests can be made to support professional development or innovative educational programs.

The application is currently available online at the Alpha Rho website -

<http://www.oznet.ksu.edu/esp%2Dalpharho/endowment/endowment.htm>

Applications are due by **September 30, 2005**. Send them to: Carl Garten, CKD, P.O.Box 5040, Salina, KS 67402-5040

Since 1992, 50 plus grant requests have been funded totaling more than \$25,000. Funding requests normally range from \$150 to \$1000. Number of grants funded depends on interest earnings available.
Carl Garten, chair

Professional Development Committee:

"I want to thank the Professional Development Committee for awarding me this scholarship to attend the National ESP conference. I see this as a great opportunity to grow as an Extension Professional."
Thanks, Mary J. Sullivan
Bob Neier, chair

Professionalism Committee:

No applications were received for the Loan program or the Travel grant for 2005. The committee would like to encourage agents and faculty to apply for this opportunity next year. The ESP board has discussed many options for this program and may explore other possibilities.

Sandra L. Wick, chair

Retirees Action Committee:

Retirees: Make Reservations for Lunch

Each attendee will be asked to tell "what they have been up to" at the Retirees lunch starting at 11:30 A.M., Tuesday, October 18 during Annual Conference. Please bring pictures to show.

Three Extension people will present a humorfest "clowning around." Daryl Buchholz, Associate Director, will give us an update on Extension.

Please register for the lunch on the form in the conference registration brochure.

The last time retirees met, 30 people gave an update on themselves.

Extension retirees will be introduced at ESP awards banquet Tuesday evening.
Les Frazier, chair

EXTENSION HURRICANE KATRINA DISASTER ASSISTANCE

The Association of Southern Region Extension Directors and the Association of Extension Administrators have agreed to assist Extension faculty and staff who have suffered personal loss from Hurricane Katrina. As a result, a fund has been set up at **NASULGC** to receive donations for these regional associations to disperse to Extension staff in need as a result of the hurricane.

Please make checks payable to:
NASULGC - Katrina Extension Disaster Fund.

Send to the National Association of State Universities and Land-Grant Colleges (NASULGC) Department 0545 Washington, DC 20073-0545.

These will be tax deductible with receipts issued for those contributions above \$250.00. Otherwise, your check will serve as your receipt.

As of Tuesday, September 6, five Louisiana and twelve Mississippi Extension Employees were still unaccounted for. Your prayers are needed as well as your funds.

If you would like to volunteer labor, expertise, or in other ways to assist the states in the aftermath of hurricane Katrina go to the extension disaster response website at <http://www.eden.lsu.edu>. Additional information from state 4-H leaders follows.

LOUISIANA

The Louisiana 4-H Foundation has established an AgCenter Relief Fund with all proceeds going to:

- * provide assistance for Extension agents who have lost their homes and/or contents;
- * provide materials and assistance for "dislocated/relocated" 4-H members;
- * provide essentials for evacuees located at the Grant Walker 4-H Educational Center; and
- * restore facilities, equipment and supplies as needed for the 2006 4-H summer camping program at the Grant Walker 4-H Educational Center.

To donate, send your check, made payable to the Louisiana 4-H Foundation, to PO Box 25100, Baton Rouge, LA 70894. In the memo field of the check, put "Relief Fund" for Extension agents, 4-H members, Evacuees, or Grant Walker or any combination. If you would like to donate via credit card, you may do so via their Website at www.La4HFoundation.org or by calling their office (225-578-2196) and giving them the needed information. Donations are tax deductible and receipts will be sent for your contribution. All funds will be distributed as directed and no funds will be used for administrative purposes

"Hurricane Katrina has drastically changed the lives of many Louisiana residents for an undetermined amount of time. This catastrophic disaster of unbelievable proportions will not deter the spirit and compassion of Louisiana residents for this state and its people. The outpouring of support and concern from 4-H faculty and families in counties and states across the country has been overwhelming as we seek ways to address this crisis. Your support and concern not only will support our 4-H faculty, 4-H members, and volunteers through this ordeal; it also reinforces the belief we are all part of the greatest youth organization family in the world".

Many counties and states have asked to adopt local clubs; however, clubs will not exist in the four parishes that were flooded for many weeks. Many of the buildings were destroyed and many people will have no homes or jobs in those parishes for weeks and months. Parish offices are demolished and we are making arrangements for 4-H agents to work in other parts of the state, where they can relocate with family and friends or find other housing.

You may begin by writing letters of caring and encouragement to Operation 4-H Adoption, Louisiana 4-H Office, P.O. Box 25100, Baton Rouge, Louisiana 70894-5100.

EXTENSION AGENTS

All 4-H agents are safe and are relocating with family and friends or renting, hopefully all LSU AgCenter personnel will be accounted for by this weekend. Over 35 agents and support staff in St. Bernard, Plaquemines, Orleans, and Jefferson parishes have lost their homes, contents, and personal belongings. Several of these personnel have children and will have to locate new schools as well as housing. As of today, September 2, 2005, personnel in Washington, St. Tammy, St. John, St. Charles, and Tangipahoa parishes have no electricity, but their homes survived the storm.

4-H MEMBERS

It's impossible to determine how many 4-H members and their families have been affected by the storm, but thousands have been relocated in shelters throughout Louisiana. A temporary 4-H membership card has been developed to utilize in all the shelters across Louisiana to provide a 4-H presence, clubs will be formed in each of these shelters. Funds donated to members would be utilized for those in shelters and those that do return to their home parishes to re-establish 4-H clubs this school term. School supplies and clothing have been provided for children at all shelters and parishes are providing uniforms for children to attend their parish schools.

Grant Walker 4-H Educational Center

Over 500 evacuees are located at Grant Walker for several weeks or months, and most have lost everything. Unfortunately, the use of the facility as a shelter is causing some extra wear and tear to the cabins, sports equipment, etc., and funds will be required to restore the facility for the operation of the 2006 summer 4-H camping program. In fact, we'll probably establish some work days to restore camp and any state would be welcome to send volunteers.

Evacuees - Grant Walker 4-H Educational Center
Funds would be utilized to purchase necessary items for the 500 plus evacuees at Grant Walker. The majority of evacuees left just prior to the storm with no personal belongings. Approximately 75 children from 2 - 17 years of age are located at Grant Walker.

Source: Terril D. Faul, Department Head, 4-H Youth Development Department

MISSISSIPPI

The Mississippi 4-H Foundation is coordinating with our colleagues at Red Cross and Salvation Army, as well as our local 4-H programs and their relief efforts. Our Website <http://www.msucare.com> will continue to be a point of information and coordination for these and other efforts of Mississippi State University Extension Service to bring the resources needed to help our children and families the help they need. We have two projects:

1. "Letters of Caring and Hope": For those 4-H members from around the country that are searching for ways in which they can support our Mississippi youth. We are asking the 4-H members and volunteers to write letters that are encouraging. Please send the letters to: Mississippi 4-H --- Letters of Caring, Box 9601, MS State, MS 39762. If they are sent UPS: % Dr. Susan Holder, 204 Bost Extension Center, MS State, MS 39762. The letters will be distributed through our 4-H Agents and 4-H youth and adult volunteers to young people affected by the hurricane.

2. Mississippi Operation 4-H Relief: For the families and young people in shelters or in isolated areas without power and services, the days are getting long and the young people are getting restless, we have designed activity boxes. These rubber tubs have lesson plans and activities for kids and parents. They also include 4-H coloring books and other curricula.

The MS 4-H Foundation has set up a separate account for hurricane relief. Funds will go to 4-H families and to purchase supplies for the activity boxes. Please send your gift or contribution through the address listed above.
Source: Susan Holder, State 4-H Leader, Mississippi

ALABAMA

In Alabama, we are requesting that people adhere to Dr. Mary Gray's instructions from CSREES/USDA regarding assistance in the short term: Like all of you, we here at CSREES "especially in the Families, 4-H and Nutrition Unit" are deeply grieved by the disaster impacting our colleagues and all citizens in the path of Hurricane Katrina. We "like you" are very interested in being supportive and showing our concern for their safety and eventual recovery. And the Land Grant University system, particularly, the Cooperative Extension system and our EDEN network have abundant resources. HOWEVER, we urge you to listen to the lessons learned in previous disaster experiences, especially after 9/11 and other natural disaster. We encourage you to consider the following:

1. Sending anything but money at this point is not useful. Clothes, toys for children, canned goods, etc. only clog systems that are not ready to distribute these items and have not completed rescue efforts.

2. Trying to communicate (especially via phone) to your colleagues to express concern and interest is not helpful at this time. Their energy needs to go to attending to their own families and offices and fulfilling their community education role.

3. Your great ideas for partnering with groups and offices in the affected areas can be discussed but should not be implemented until local staff have completed assessments and agree in specific communication that such assistance is appropriate.

WHAT YOU CAN DO

1. Encourage people to give blood.

2. Go to the EDEN website at <http://www.eden.lsu.edu/> to see information that is pertinent.

3. Contribute funds to the numerous Not for Profit organizations organized and poised to do immediate disaster response and mitigation.

4. Consider supportive communication and partnerships for three to six months in the future.

5. If Extension Systems in the impacted states have regional or national responsibilities that you could assume, we hope you will be responsive to these opportunities should they need you to do so.

6. Be sensitive to the stress level and personal balance of your friends and colleagues. Make certain that well meaning actions do not add stress inadvertently.

Source: Mary McPhail Gray, Ph.D., Deputy Administrator, Families, 4-H and Nutrition, USDA.

DISASTER ASSISTANCE ORGANIZATION VERIFICATION WEBSITES

<http://www.fema.gov>

<http://www.bbb.org>

<http://www.nvoad.org>

<http://www.KSready.gov>

<http://www.charitynavigator.org>

Life Members - 2005

09/02/2005

Albert Adams, 2014 North Pointe Dr., Manhattan, KS 66502-2609
Mariellen J Appleby, 1607 Kansas Rd., Sedan, KS 67361-8582
E Kirk Baker, 2412 Lookout Dr., Manhattan, KS 66502-2919
Mary P. (Clarke) Barkley, 5716 Diamond Oaks Dr. N,
Ft. Worth, TX 76117
John H Barnes, 417 W. 6th, Newton, KS 67114-2134
Dennis D. Bejot, 1152 N. 1st St., Seward, NE 68434
Flo Biehl, 12819 W. 78th Terrace, Lenexa, KS 66216-3313
Robert A Bohannon, 310 Mary Beth Dr., Greenville, NC 27858-8118
William H Borst, 705 Washington Drive, Emporia, KS 66801-5577
Robert W Bozworth, 16443 166th St., Bonner Springs, KS 66012-7264
Elsie P Branden, HCR 3 Box 884, Meade, KS 67864-0884
Herbert W Bulk, 1701 Pembroke Lane, Topeka, KS 66604
Glenn M Busset, 316 Summit, Manhattan, KS 66502-3837
Edward P Call, 2401 Timberlane Drive, Manhattan, KS 66502-2924
Lois Carlson, 422 W. Wilder, Erie, KS 66733
Virgil P Carlson, 311 W. 8th Street, Ellsworth, KS 67439-2101
Linda Carr, 300 S. 4th Street, Independence, KS 67301
Bill D Collins, 803 Bannock Burn Road, Hutchinson, KS 67502-2033
Larry R. Corah, 2472 Bent Tree Dr., Manhattan, KS 66502
Lawrence J Cox, 2111 E. Washington, #124, Fredonia, KS 66736
Jeanice A Cress, 652 400 St., Humboldt, KS 66748-1253
Donald D Dauber, 3702 A Wesley Dr., Hutchinson, KS 67502-2262
Robert Davis, 2228 Tamarron Terr., Manhattan, KS 66502
Fred DeLano, 3909 Westbank Ct., Manhattan, KS 66503
William M Dickson, 610 Pondway, Council Grove, KS 66846-1560
John O Dunbar, 2242 Meadowlark Rd., Manhattan, KS 66502-4544
Dale H Edelblute, c/o Wilma Lill, P.O. Box 743, El Dorado, KS
67042-0743
Naomi England, 10603 W. Foxchase, Wichita, KS 67212
Cecil L Eyestone, 2055 Jay Court, Manhattan, KS 66502-3640
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Zoe Slinkman, 2804 Linden Lane, Williamsburg, VA 23185
Francis M Wolfe, 246 N. 20th Street, Kansas City, KS 66102-4848

106	Life Members
2	Natl Only
7	Ks Only
115	Total

The Path of Friendship

The following 12 guidelines universally nourish healthy relationships and thriving societies.

Judge Not. If we knew the past experiences of those around us, if we knew their hurts and fears, their hopes and dreams, we would be far more compassionate. Whether your friend is a newborn baby, your spouse of 30 years, or a difficult co-worker, try your best to understand what life is like from his or her perspective.

Listen Wholeheartedly. Temporarily put aside your own concerns and listen with total receptivity to your friend, knowing that he or she is a person of incredible worth and capability.

Show Appreciation. A sincere compliment, often requiring no more than a few well-timed and honest words, can do wonders in lifting the spirit of another. As Mark Twain put it, "I can live for two months on one good compliment." Focus on the positive qualities of those around you, and freely express your appreciation.

Have Fun. Bring a gentle joy to all your relationships—a warmth that comes from your heart, sparkles in your eyes, and lights your face with pleasantness. As appropriate, play, laugh, share good times, and enjoy adventures together. Celebrate life's blessings.

Be Authentic. Don't pretend—to yourself or others—to be any different from who you really are. Don't hide any part of yourself. Simply be the beautifully unique and wonderful soul you are. Never lie, but do use good judgment and sensitivity in telling the truth.

Give Love. The giving and receiving of love is at the very heart of all healthy relationships. In a casual interaction, an expression of love may simply consist of a warm smile in passing. The possibilities for showing affection and thoughtfulness in deeper friendships are endless. Love is a boomerang; the more you give it away, the more it comes back to you.

Embrace Growth Opportunities. When a disagreement arises, when your patience is tried, or when you find yourself or your friend feeling hurt, angry, or fearful, welcome these events as opportunities to learn and grow. Strictly avoid blaming; focus instead on changing yourself in positive and creative ways. Of course, don't allow yourself to be mistreated, and know when to ask for a helping hand.

Forgive. We all make mistakes; it's part of learning. Be quick to forgive those around you and to forgive yourself. Forgiveness doesn't condone wrong behavior; it simply allows for fresh starts. Through the gift of forgiveness, you free yourself from resentment and negativity.

Follow Your Heart. Healthy friendships thrive on a keen sensitivity and fresh spontaneity that comes from trusting your heart's intuitive wisdom. Follow your heart's intelligence and lovingly encourage your friends to do the same.

Respect the Mystery. Every individual is an unfolding mystery, rich with magnificent possibilities. Don't box people in with limited expectations. Stand in awe of their potential, and welcome new growth and positive changes. Always maintain a degree of reverence.

Care for Yourself. Make it a priority to richly nourish your body, mind, and spirit. Your example will bless your friends, and you will have a much greater abundance of energy, kindness, creativity, and love to share.

Feel the Oneness. As modern science has confirmed, we are not separate from one another. We are intimately connected in a single web of life. What we give to others we give to ourselves. First, feel your oneness with dear ones, then gradually learn to include all souls in your circle of compassion and love.