

## PRESIDENT'S CORNER-NADINE SIGLE

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In 2018, K-State Research and Extension has the opportunity to showcase our extension system, the university and our state as we host the 2018 Epsilon Sigma Phi National Conference. There's much to be prepared before hosting this event and we have a wonderful planning committee in place under the leadership of Jennifer Wilson and Stacey Warner.

As I reflect on the task ahead, I stopped to look at the first paragraph of the Extension Workers' Creed – "I believe in people and their hopes, their aspirations, and their faith; in their right to make their own plans and arrive at their own decisions; in their ability and power to enlarge their lives and plan for the happiness of those they love."

That's a very powerful statement. So I stopped to look at my own discipline of community vitality to see how it fit into the picture. Oregon State University has a definition I can fully relate to.

"Community vitality is the ability of a community to sustain itself into the future as well as provide opportunities for its residents to pursue their own life goals and the ability of residents to experience positive life outcomes. More specifically a vital community has community capacity (the ability to plan, make decisions, and act together), and realizes positive social, economic, and environmental outcomes."

Wow! The two are saying the same thing, just using different words. And I bet if we were to look at the creeds or definitions of other extension disciplines they would say about the same thing. It truly unites us as a system in wanting to make a difference and improve the quality of life for all Kansans. We have much to be proud of in our state.

While at the national meeting in Cape May, NJ, this past fall, a comment, or maybe the lack of a comment, made me pause as we prepare to host the conference. I was having a conversation with someone about where we were from and I brought up that Kansas would be hosting the conference in 2018. The response was unenthusiastic and rather "ho hum". In fact, my pride was injured, as I consider Kansas a great place to live and work. We have wonderful communities with many hidden treasures. The sunrises and sunsets are breath taking. The tall grass prairie is one of the last few in existence. We offer great extension programs which compete across the nation. We truly have a lot to offer.

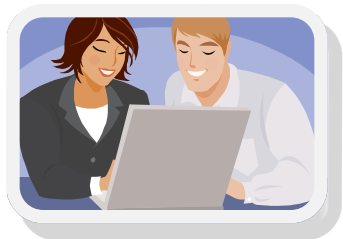
So I challenge each of you, as extension professionals to "toot your own horn" and show others how great the state of Kansas really is. Apply for awards and submit proposals to present at national meetings. Let's make other states take note of what we have to offer. After all, if we don't believe in ourselves, how can we truly do the work of an extension professional? As the last line of the Extension Workers' Creed states, "Because I believe these things, I am an extension professional."

We are extension professionals! I appreciate the opportunity to work and learn with each of you. United as an organization, I look forward to seeing great things happen in 2017!

**Nadine Sigle**  
President  
K-State Research and Extension  
Alpha Rho Chapter,  
Epsilon Sigma Phi



*Epsilon Sigma Phi (ESP) is dedicated to fostering standards of excellence in the Extension system and developing the Extension profession and professional.*



## WELCOME NEW MEMBERS!

The following members were initiated into membership during our 2016 annual recognition event in October during the KSRE Annual Conference.

### Associate Members

- Aimee Baker, Wichita County;
- Michelle Beran, Midway District;
- Billie Chesney, Grant County;

- Anserd Foster, Southwest Area;
- Christina Holmes, Cherokee County;
- Anne Pitts, Harvey County;
- Aliah Mestrovich Seay, 4-H Youth Dev.;
- Monica Thayer, River Valley District;
- Monte Vandever, Southwest Area;

### Annual Members

- Stacy Campbell, Ellis County;
- Amanda Marney, Wildcat District;

### Transfer Members

- Marty Draper, Plant Pathology;

### Life Member

- Dale Fjell, Northeast Area



## CHECKOUT OUR ESP WEBSITE.....

If you haven't been online to check out our ESP Alpha Rho Chapter website, you will want to go to the link provided and see what opportunities are available for you as a

member!  
[www.ksre.ksu.edu/esp-alpharho](http://www.ksre.ksu.edu/esp-alpharho)

Minutes from each of the Alpha Rho Council meetings can be found from the main

webpage by clicking on "minutes" in the left hand pane. Unsure on your committee tasks, simply go to the "committee" link in the left hand pane.

## ESP ENDOWMENT GRANT FUNDS

One of the benefits of being an ESP member is the opportunity for scholarships and grants that advance your professional development and innovative programming.

As you move toward greater excellence in your Extension work, submit your application for the **Endowment Fund Grant** that best supports your goals.

For details about each grant, grant applications/requirements and past grant recipients visit our website:  
<http://bit.ly/2jQiyFQ>

**2017 Endowment Fund Grant Deadlines:**  
-**May 1** applications for the Jim Lindquist Administrative Leadership Scholarship DUE  
-**May 1** applications for Endowment Fund Professional Development grants DUE.  
-**August 15** applications for Endowment Fund Program Innovation grants DUE.

**Nozella Brown,**  
Past President, ESP  
Board of Trustees Chair

## DUES UPDATE.....

First, I apologize to anyone who has received extra dues notices from our new online system. Please have patience with everyone as we try to learn this new system.

Dues were due February 1, but we would prefer to have them later than never. You may pay them online or by sending your money to:

Epsilon Sigma Phi, 121 Umberger Hall, Manhattan, KS 66506. Dues are \$70 for annual members and \$20 for associate members (those who have been in Extension less than 3 years).

Jennifer Wilson,  
ESP Treasurer



**“ESP is the only professional organization where you associate with all Extension professionals, including retirees.”**

*Kansas ESP Member*

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## CHECK OUT OUR NATIONAL ESP WEBSITE

The National ESP website: ([www.espnational.org](http://www.espnational.org)) provides you a wealth of information about our organization including our history, membership, committees, scholarships, activities and much, much MORE!

If you would like to become involved on a regional or national level, ESP has opportunities for YOU! Whether it be on a committee or an officer, it is a great learning experience!

This is a great opportunity to work with other colleagues across the nation in different disciplines and specializations.

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## WHAT IS THE HISTORY OF JCEP AND WHEN DID ESP JOIN JCEP?

JCEP stands for the **Joint Council of Extension Professionals** which actually started as **ECOP** which was the **Council of Extension Organizations** and then changed to “ECOP Subcommittee on Agent’s Associations”.

ECOP started in 1964 with 3 agent associations including NACAA, NAEHE and NAE4HA. ESP then joined this group in 1976.

### **The mission of JCEP:**

To elevate the awareness of Extension’s national reputation as an organization of excellence, synergistically leverage the efforts of the member associations, foster leadership and collaboration, provide professional development and scholarship opportunities, and advocate for the Extension profession.

One **leadership activity** of JCEP is to plan, organize and facilitate the **Public Issues and Leadership Development (PILD)** Conference for advocacy and public issues education.

Several of our ESP members have attended this vast learning experience!

Go to the JCEP website ([www.jcep.org](http://www.jcep.org)) and check out this event! Any member is welcome to attend.





Stacey Warner  
And  
Jennifer Wilson

2018  
ESP National  
Conference  
Co-Chairs

**WE  
NEED  
YOU!**



**Congratulations  
Doug!**

## COMING SOON.....2018 ESP NATIONAL CONFERENCE IN KS!

The 2018 National Epsilon Sigma Phi meeting will be hosted in Manhattan by the Kansas Alpha Rho Chapter September 30th to October 3rd. Please mark your calendars and plan to attend as we host ESP members from around the country!

A survey was sent in early December to all chapter members asking their ideas for a theme, keynote speakers and for volunteers for committee chairs and committee members. Thanks to all who responded.

The following individuals will serve as committee chairs:

- Registration and Information - Andrea Burns
- Hospitality and Room Arrangements - Gayle Price
- Tours - John Forshee and Jenifer Sexson
- Decorations - Denise Dias and Sandra Wick
- Life Member - Jim Lindquist and Sally Lindquist
- Auction - Laurie Chandler and Trudy Rice

These committee chairs will serve as the steering committee.

Those who volunteered for committees will be placed on their first or second choice committee. There will be additional opportunities for members to volunteer for committees. The steering committee will review member's suggestions for a theme and keynote speakers and will make recommendations to the national ESP board. Additional suggestions for a theme and speakers are still welcome.

We would encourage members to attend the 2017 National Conference which will be held in Wilmington, NC , October 8-12 so we can prepare to host in 2018!

Thanks, *Stacey Warner and Jennifer Wilson*

### DOUG JARDINE, ESP NORTH CENTRAL REGIONAL VICE-PRESIDENT

Doug Jardine, Plant Pathology, State Extension Leader, was installed as the **ESP North Central Regional Vice-President for 2016-18!**

Along with his regional vice-president responsibilities, Doug will also be serving as Chair of the "Membership, Recruitment and Retention" national ESP committee.



**2016-18 National ESP Officer Team:** Rusty Collins (Western VP); Doug Jardine (NC VP); Jennifer Grogan, (Southern VP); Beth Raney (NE VP), Patricia Dawson (Past Pres.); Kathleen Tweeten (President) and Elizabeth Claypoole (President-Elect). Not pictured: Mark Blevins (2nd VP).

# FALL 2016 RECOGNITION

## Horizon:

### County/District-

- Crystal Futrell, Johnson County
- Chaquetta "Chuckie" Hessong, Wildcat District

### State-

- Erin Yelland, Adult Dev. & Aging

### Administrative Leadership\*

- Gayle Price, Southeast Area

### Early Career\*

- Ignacio Ciampitti, Agronomy

### Mid-Career\*

- John Forshee, River Valley District

### Visionary Leadership\*

- Elizabeth Brunscheen-Cartagena, Sedgwick County

### \*ESP National Recognition Category

## Meritorious Service

### County/District-

- Ethel Schneweis, Ford County

### Distinguished Service\*

- Sandra Wick, Post Rock District

### Friend of Extension\*

- Ray Bartholomew, KS 4-H Shooting Sports



## 2016 Endowment Fund

### Scholarships:

(Jim Lindquist Admin. Leadership Scholarships)

- Diane Burnett, Marais des Cygnes District, \$425, Nat'l Epsilon Sigma Phi Conference, 2016.
- Jennifer Wilson, Director, Riley County, \$425, Nat'l Epsilon Sigma Phi Conference, 2016.
- Holly Dickman, Ellis County, \$250, Nat'l Association of Co. Ag Agents Annual Meeting, 2016.
- Jill Martinson, Dickinson County, \$250, Nat'l Association of 4-H Extension Agents Conference, 2016.
- Jaime Menon, Community Vitality, \$250, Nat'l Assoc. of Comm. Dev. Ext. Professionals Annual Meeting, 2016.

## NOW IS THE

TIME

TO THINK

ABOUT

WHO YOU

MIGHT

NOMINATE

FOR 2017!

## 2016 Endowment Fund

### Grants (Professional Dev.)

- Nadine Sigle, Northwest Area, \$750, Nat'l Epsilon Sigma Phi Conference, 2016.

## 2016 Endowment Fund

### Grants (Program Innovation)

- Rebecca McFarland, Frontier District, \$1,200, "East Central Kansas Active Aging Expo".
- Jennifer Wilson, Director, Riley County, \$1,500, "Empowered Aging—A Flint Hills Aging Expo."
- Erin Yelland, Adult Dev./Aging, \$2,925 "Operation Red File."

## KANSAS DELEGATES TO 2016 NATIONAL ESP CONFERENCE

Our Kansas Alpha Rho Chapter had a great group of members attending the 2016 National ESP Conference in Cape May, New Jersey in October.

We especially would like to congratulate our two national winners:

- **Gregg Hadley**  
Assistant Director  
Administrative Leadership
- **Trudy Rice**  
Community Vitality  
Distinguished Service



Some of our Kansas delegation at the 2016 National Epsilon Sigma Phi Conference in Cape May, New Jersey.

L To R: Nadine Sigle, Trudy Rice, Diane Burnett, Elizabeth Brunscheen-Cartagena, and Donnie and Jennifer Wilson.

# THE YEAR WAS 1954.....

**By Doug Jardine,  
ESP Annalist  
and Historian**

**Did  
You  
Know.....**

*“Umberger Hall was approved by the Board of Regents as the name for the NEW permanent home of the KANSAS Extension Service.”*



## The year was 1954.

- The Supreme Court unanimously bans racial segregation in public schools in **Brown vs. Board of Education of Topeka.**
- The *U.S.S. Nautilus*, the first atomic powered submarine was launched,
- and Dr. Jonas Salk began inoculating children against polio.

Here in Kansas, Chief George Gemmel; Vice Chief C.T. Hall; Secretary/Analyst Naomi Johnson; Editor E.H. Teagarden; and Treasurer Ethel Self were leading the Alpha Rho Chapter.

The program for the annual banquet, held in Thompson Hall, included Roving Troubadours Shirley and Janet McAdams, Group Singing with John Hanna, and a lecture by Dr. John W. Keltner titled, *The Quality of Leadership.*

A number of items of interest appeared in the newsletter, *The Professional Outlook.*, **Umberger Hall was approved by the Board of Regents as the name for the new permanent home of the Extension Service.**

The name was recommended by the Alpha Rho Chapter at their November, 1953 meeting. J.C. Umberger was a member of the K-State Faculty for 36 years and for 28 of those years, 1919 - 1947, di-

rected the College Extension Service. His many achievements included developing the first county agricultural Extension Service organization in Kansas, the Leavenworth County Farm Bureau in 1912. Under his leadership, radio station KSAC, one of the first educational broadcasting stations in the nation went on the air on December 1, 1924.

National Epsilon Sigma Phi also recognized Umberger with the Certificate for Distinguished Service and the Distinguished Service Ruby Award in 1942.

The conclusions of a term paper written by Barton County Agriculture Agent, Paul Wilson, as part of a summer school course, were highlighted. The paper titled, **How to Stabilize the Income of the Wheat Grower**, could have easily been written today. One conclusion was, “Wheat growers would like to see an agricultural policy that would offer parity prices in the market place for their wheat products so that they can operate efficiently and adjust their production to changing consumer demands in an expanding economy.”

There was an extensive article on **“What Constitutes Professional Development.”** A list of suggested reading materials was included with titles including, *Audio-Visual Aids, Psychology of Adolescents, The Art of Leadership, In-*

*fluencing Human Behavior and The Spirit and Philosophy of Extension Work.*

Finally Chief George Gemmel, after returning from a vacation to Long Island, wrote an article titled, **To Fish or Not?** To quote one of the presented facts, “Fishing has contributed more to human culture than any other activity, except agriculture, industry, religion and education. Every person who has ever been “hooked” has an emotional relationship with its progress. (It may be comforting to some to learn that fish have a less sensitive nervous system than man.)”

If you have suggestions for a year you would like to see highlighted, please let me know.

**To be truthful, 1954 was selected for one other significant event. Donald and Anna Mae Jardine brought son, Douglas, into the world at Chanute Air Force Base, Rantoul, Illinois.**

## JOHN FORSHEE PRESIDENT-ELECT

We have all heard the age-old saying: you get out what you put in! That is so true when it comes to your agent associations including the Alpha Rho Chapter of Epsilon Sigma Phi.

One of the key ways that we get involved in ESP is through our committee work. ESP accomplishes a great deal of its work through our 12 chapter committees:

- Constitution and By-laws,
- Endowment Auction Committee,
- Global Relations,
- Membership Recruitment and Retention,
- Memorial,
- Nomination,
- Professionalism,
- Recognition,
- Retiree
- Tenure Recognition.
- Annual Recognition Reception,
- Budget and Audit,

Your chapter president, Nadine Sigle, assigned each of you to a committee as one of her final duties as president-elect last fall. If you do not know which committee that you serve on then check out the committee assignments on the ESP webpage: <http://bit.ly/2kDcPCS>

This site has a complete list of duties for the committee and will help you find ways to get involved. It is so true that when we give of our time and talents, we receive much more in return!



## OUR ESP ENDOWMENT GRANT FUND.....FACTS AND INFORMATION

Our ESP Endowment Fund was established in 1992. The contributions and investment returns to the fund have provided financial support for more than 80 grants to Kansas extension professionals.

Grants are used to improve educational **innovative programming** and enhance opportunities for **professional development**.

As an employee, friend, or retiree of K-State Research and Extension, you have seen the results these grants have made in programs statewide. Programming focus changes over time, requiring new ideas and sources of funding.

As you can see on page 5 of this newsletter, for 2016, \$6,375 was awarded from the Endowment Grant Funds for Innovative programming and for Professional Development!

**Wow....thanks to you, our members, for making this happen!**

Please take the time and read through the reports, in this newsletter, from our members on how the **Endowment Grant Funds** have benefitted their programming along with their professional development.

*“Endowment grants are used to improve educational innovative programming and professional development.”*



**Jaime Menon**  
Community  
Vitality/Kansas  
PRIDE Program

*“I had no idea that my first abstract that I have written in 13 years would land me as a presenter at a national conference!”*



## THANK YOU FOR JIM LINDQUIST SCHOLARSHIP AND ENDOWMENT FUND

First, my many thanks to the Alpha Rho Chapter, Epsilon Sigma Phi for providing a grant of \$250 from the Jim Lindquist Administrative Leadership Scholarship for Professional Development Endowment to attend the National Association of Community Development Extension Professionals (NACDEP) conference in Burlington, VT in June.

Second, I had no idea that the first abstract that I have written in thirteen years would land me as a presenter at a national conference.

A little history: In 2015, the KSRE CDPFT developed and piloted The Art of Facilitation: Building Your Palette of Skills. The workshop was designed as a professional development opportunity to equip KSRE agents and others from outside entities with an array of facilitation skills. This opportunity was offered to KSRE Agents and Kansas Department of Commerce Regional Project Manager Field Staff in December of 2015 and was partially funded by ESP Alpha Rho. The two-day workshop served 24 agents and 2 Commerce Field Staff. Participants rated the workshop a 4.47 out of 5 in capacity building. Interest in the workshop has

grown since the initial offering, and The Art of Facilitation is now in great demand. The KSRE CDPFT has since presented the Art of Facilitation to the Kansas Farm Bureau and plans to offer the opportunity again in the fall of 2016 to organizations in Northwest Kansas.

As a current member of the NACDEP, I submitted an abstract on behalf of the KSRE CDPFT featuring The Art of Facilitation to be considered for a workshop session at the 2016 ANREP/NACDEP Annual Conference. The conference presentation committee reviewed the abstract and requested that I provide a 30-minute presentation at the conference. It was both exciting and humbling to have the opportunity to bring a spotlight to the great works of the KSRE CDPFT. Having attended two NACDEP conferences in previous years, I decided that the format of my session would be more interactive. I approached Nadine Sigle, NW KS Community Vitality Specialist, and future president of the ESP Alpha Rho Chapter, to assist me in injecting some modeling activities into the session.



We had over 50 participants in our workshop session, and one was a familiar face: Dan Kahl. Dan, who had been part of KSRE Community Development for many years, joined the University of Kentucky Community and Leadership department in the fall of 2014. He was familiar with the efforts of the KSRE CDPFT and made it a point to attend our session with his colleagues. He later commented that our presentation helped break the monotony of the usual conference offerings. A compliment to be sure!

Once again, thank you ESP Alpha Rho for the opportunity to present such a wonderful professional opportunity at a national venue. It was a fantastic experience!

Sincerely,

**Jaime Menon**  
Jaime Menon,  
Community Vitality/Kansas  
PRIDE Program



## THANK YOU....ENDOWMENT FUND....PROGRAM INNOVATION

In December 2015, three regional **Stay Strong Stay Healthy (SSSH)** instructor certification trainings were conducted resulting in 57 extension professionals being certified. The ESP Alpha Rho Endowment Program Innovation grant was used to develop and print handouts and posters. Exercise scarves were purchased and provided to local certified trainers to support the program.

**Stay Strong, Stay Healthy (SSSH) is an eight-week exercise program for older adults.** The goal of this evidence-based program is to improve health and quality of life through strength training. SSSH is ultimately a fall prevention program.

Since March 2016, local agents have provided 16 SSSH classes resulting in over 256 sessions involving over 160 participants. An additional 20 trainings are planned from September to December 2016.



- “The program has improved my life by increasing my strength, flexibility and motivation. Please keep it available to our community.”
- “My balance and strength are a whole lot better. I can lift things I normally couldn't.”
- “I have better balance and move more freely on stairs.”
- “All of my medical tests numbers improved! My doctor told me whatever you're doing—KEEP doing it!”

### Program benefits included:

- increased muscle mass and strength
- restoration of balance and flexibility
- improved bone density
- decreased arthritis pain

Thank you Epsilon Sigma Phi for supporting this family and consumer sciences extension wellness program.

Sincerely,

*Sharolyn Flaming Jackson and*

*M. Gayle Price*

FCS Specialists,  
Northeast and Southeast Areas

By :  
Sharolyn Flaming  
Jackson, and M.  
Gayle Price, FCS,  
Northeast and  
Southeast Area

*“160 participants  
have joined the  
program....Stay  
Strong Stay  
Healthy!”*

*“The goal  
of this  
evidence-  
based  
program is  
to improve  
health and  
quality of  
life through  
strength  
training.”*

Stay Strong, Stay Healthy



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*Knowledge  
for Life*

# 2016 TENURE RECOGNITION

## 5 years

- **Lindsey Friesen**  
2011 to 2013  
Butler County;  
2013 to present  
McPherson County
- **Jared Petersilie,**  
2011 to present  
Walnut Creek District

## 10 years

- **Gina Aurand**  
1993 to 1994  
Republic County;  
2008 to present  
River Valley District
- **Rhonda Gordon**  
2006 to present  
Lyon County
- **Brenda Taxeras,**  
2001 to 2005  
Colorado State Univ.;  
2010 to present  
Leavenworth County

## 15 years

- **David Dunn**  
2001 to present  
Comm. & Ag. Ed.
- **Ginger Kopfer**  
2001 to present  
Geary County

## 20 years

- **Denise Dias**  
1996 to 1998  
Linn County;  
1998 to present  
Sedgwick County
- **V. Elizabeth Drescher**  
1996 to present  
Sedgwick County
- **Zelia Wiley**  
1996 to 2003  
University of Kentucky;  
2003 to present  
Director's Office

## 25 years

- **Diane Burnett**  
1990 to 1995  
Linn County;  
1995 to 2014  
Miami County;  
2014 to present  
Marais des Cygnes  
District
- **Beth Hinshaw**  
1991 to 1993  
Univ. of Missouri;  
1993 to 1996  
Ellis County;  
1996 to 2002  
South Central Area;  
2002 to present  
Southeast Area

## 30 years

- **Diane Mack**  
1986 to 1997  
Ford County;  
1997 to 1998  
Ellis County;  
1998 to 2016  
Northeast Area;  
2016 to present  
4-H Youth Dev.
- **Trudy Rice**  
1974 to 1979  
Douglas County;  
1989 to 1990  
Shawnee County;  
1993 to 2008  
Douglas County;  
2009 to present  
Comm. Development.
- **Denise Sullivan**  
1986 to 1988  
Texas A & M Univ.;  
1988 to present  
Leavenworth County

## 35 years

- **Douglas Jardine**  
1978 to 1982  
Michigan State University;  
1985 to present  
Plant Pathology
- **Deryl Waldren**  
1981 to 1984  
Logan County;  
1984 to 1993  
Univ. of California;  
1993 to 2006  
Colorado State University;  
2006 to present  
Northwest Area

## 40 years

- **Deanna Turner**  
1974 to 1976  
Scott County;  
1977 to 2005  
Clay County;  
2005 to present  
River Valley District
- **Stacey Warner**  
1976 to 1988  
Pawnee County;  
1988 to 1995  
Finney County;  
1995 to present  
Extension Operations

