

EPSILON SIGMA PHI



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*Knowledge
for Life*

Welcome to the Summer 2021 ESP – Alpha Rho Newsletter. Please take a few minutes to see what your Association has been up to and what we have planned for you coming up! After that, take some time to think about what you can do to make this Association even better. What action could you take to make the next edition of this newsletter the best yet?

Engagement in your Professional Association, like engaging audiences through your Extension work, is incredibly rewarding – but you get out of it what you put in. The Cambridge Dictionary has several definitions of the word “engage” and most of them are applicable to our work. My favorites are “to interest someone in something and keep them thinking about it” and “to become involved, or have contact, with someone or something.” “To make one part of a machine fit into and move together with another part of a machine” is a different, technical application of the term, but I like the idea of bringing moving parts together to create synergy. However you engage with ESP-Alpha Rho, remember that it starts with an invitation. If you don’t receive an invitation, find yourself on the other end – extending an invitation to engage your peers.

As summertime comes to a close I encourage you to focus on the things that you love about being an Extension Professional – that’s a hard thing to do in the throes of any busy season, but it’s important and necessary. I hope that your list is long and that visiting those things for a moment brings a smile to your face. If the juices are really flowing, visit [this site](#) where you can record your thoughts for your colleagues to see.

Planning is underway for our Annual Meeting and Recognition Banquet to be held in conjunction with the KSRE Annual Conference. We look forward to hosting you then and seeing you throughout the conference. The following week, the ESP National Conference will take place in Savannah, Georgia. Between now and then, I encourage you to engage your committee, recognize a deserving colleague and reflect on the reasons that you enjoy being an Extension Professional.

As always, do not hesitate to reach out to me if you have questions, concerns or if you want to explore your options for engagement with ESP-Alpha Rho. I look forward to seeing you this fall!

Marlin Bates, Alpha Rho Chapter President
Epsilon Sigma Phi

Retiree Reflections

Submitted by Stacey Warner, Retiree Committee Chair

The committee discussed how to generate connections with retirees. One idea was to share information from life members beginning with committee members.

(See the winter newsletter for additional responses).

Following are some responses to a survey asking the following questions:

What is a “one tank road trip” you’d like to take from your home?

What habit or strategy did you develop while working that is helping you thrive in retirement?

What is a habit or strategy you wish you would have established while working to make your retirement more successful or stress free?

Several responded. Here were their replies. . .

Emily Mark – Northeast Area Family and Consumer Sciences Specialist

“I have gone on many road trips along with Steve and Karla Fisher. We traveled to Sedan to Aunt B’s Ice Cream Shop, Bakery and Coffee House, on to Butcher Falls, passed by the Appleby Ranch and ate lunch at Toot’s in Howard. Then we found Teter Rock and the rescued wild horses near Cassoday. There are lots of beautiful people and places one gas tank away.

I still want to go to our newest state park, Little Jerusalem Badlands State Park south of Oakley. I explored the area 50 plus years ago while an agent in Logan County when it was private property.

Self-reliance and an inquiring mind. I’m not afraid to do, care and experience life. The book Food for 50 has helped me to provide foods for community meals.

I can’t think of any habits or strategies I wish I would have developed at this time. I mostly know how, sometimes it’s the doing what I know that I don’t always practice. Life is what I make it.”

Margaret Phillips – Assistant Program Leader

“Kiowa County’s Fromme-Birney Round Barn, Chautauqua County’s Red Bud Tour, The Cosmosphere and Stutzman’s Greenhouse in Hutchinson, as well as trips to see family and friends in Moline, Girard, Hutchinson and Manhattan.

Organizational skills, goal setting, friendships, leadership skills (National Extension Leadership Development Program) and handwashing skills!

Health-keeping weight off might have saved my knees. I used to be quite skinny! “

The Alpha Rho Chapter Retiree Committee is planning an event for retirees during KSRE Annual Conference.

Details will be sent when finalized.

Retiree Reflections (continued)

Pat Murphy – Extension Agriculture and National Resources Leader

“The Flint Hills.

Enjoyed many friendships.

Improved future planning for the family farm.”

Doug Beech – Planned Giving Officer, Kansas 4-H Foundation

“Linda and I moved back to Manhattan in August 2019, and the “one tank road trip” that is very high on our priority list is a trip to Chase County to spend time at the Tallgrass Prairie National Preserve.

While working, I put a priority on developing relationships with clientele and professional colleagues that had significant depth to them, versus simply transactional relationships. In retirement, it has been a real source of comfort and happiness to now have those relationships to fall back on.

During my working years, I wish I had been much more deliberate about setting aside time to develop my knowledge of, and experiences in, the world of modern technology. In retirement, I don't enjoy at all the feeling of being just one step removed from incompetent in comparison to my past professional peers, friends, and family members.”

Stacey Warner – Extension Operations Leader

“We are planning a road trip to the Santa Fe Trail Center and Ft. Larned National Historic Site in Pawnee County (Larned). My first position with KSRE was in Pawnee County and we frequently took part in community events at each of these locations when we lived there but haven't been back to either site for many years.

The habit of making a daily/weekly/annual list of priorities. Believe it or not, in retirement there is plenty to do (if you choose to continue involvement in the community, hobbies, family and household/yard/garden tasks).

Few people have probably ever said “‘ saved too much money.’ It is a balancing act to take care of immediate financial priorities while working as well as saving for the future.”

Marie Blythe - Coordinator, Planning and Reporting

“Barber County!

Using Zoom . . . for meetings, church, and conferences . . . Saves time and mileage as well as providing increased COVID protection.

Healthier eating habits for being home seven days a week.”

Doug Jardine – Extension Plant Pathologist and Plant Pathology State Leader

“One of my favorite road trips is Scott Lake State Park and Monument Rocks. If you want to cross state lines, our family really enjoyed Pioneer Village in Minden, Nebraska.

Never procrastinate on completing a task in a timely manner. With the freedom of retirement, this would be easier to do, but I have avoided it.

At the moment, I can't think of a strategy I wish I would have established. Maybe I haven't been retired long enough!”

Need More Information?

Visit the State Website:
<https://www.ksre.k-state.edu/esp-alpha rho/>

For more information on:

- State Leadership
- Committee Assignments
- Meeting Minutes
- Forms
- Professional Development Opportunities.



Visit the National Website:
<https://espnational.org/>

For more information on

- Membership
- National Conference
- Professional Development



ESP-Alpha Rho can also be found on Microsoft Teams.



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

ESP Endowment Program Innovation Grants Available

Do you have an idea for an innovative extension program but need some funds to get you started? The ESP Endowment can help! Applicants for 2021-22 grant funds are due September 15 to Jennifer Wilson, endowment chair. Criteria for the Program Innovation Grant includes:

- A new programming idea
 - Able to be replicated
 - Timely and relevant to the mission of extension and ESP
- Preference is given to grant applications which include collaborative efforts and utilize outside funding such as registration fees to match ESP funds. Funding cannot be used for salaries or honorariums of anyone on the state of Kansas payroll. Funds may not be used for consumables such as food, art supplies, etc.

Recipients will be announced at the fall ESP annual meeting. Funds are paid upon presentation of receipts or invoices to the ESP treasurer, and must be requested by December 31, 2022.

Hone Your Leadership Skills as a Chapter Officer

Serving as a chapter officer is a great way to deepen your involvement and understanding of the organization and grow your personal leadership skills. This year the Alpha Rho chapter will elect the following officers:

- President-Elect (representing local units)
- Treasurer (2-year term)
- Historian
- Western Region Council Director
- Central Region Council Director
- State Council Director
- KSJCEP Vice President
- 2 KSJCEP Representatives
- Representative to Endowment Board

If you would like to be considered for one of these offices, contact Jennifer Wilson, nominating committee chair at jwilson@ksu.edu.
