



Epsilon Sigma Phi

Dedicated to fostering standards of excellence in the Extension System and developing the Extension profession and professional

Spring 2013

Message from the President - Ann Swinker

Epsilon Sigma Phi Alpha Omicron Chapter Committees 2013

Executive Committee

Ann Swinker President

Jon Laughner, Vice-President

Beth Raney, Secretary

Cathy Bowen, Treasurer

Peter Wulfhorst, Past President

Annual Meeting -

Audit & Finance - Tom Walker

Chapter & Career Awards - Melinda Graver

Constitution & By-laws - Tom Walker

Global Relations -

Membership & Initiation -

Nomination -

Professional Development -

Scholarships & Loans - Brenda Bernatowicz

Sympathy & Memorial -

Recognition on Retirement -

National ESP Endowment (Ad Hoc) -

Historical (Ad Hoc) - Guy Temple

Life Member Involvement (Ad Hoc) -
Patricia Powley

I wanted to thank our membership of the Alpha Omicron Chapter and our committee chairpersons for their leadership to ESP. We have 38 annual members and 91 Life members this year. Our chapter members continue to provide leadership as Northeast representatives on numerous national committees as well as assuming leadership roles on behalf of ESP on the 2013 Galaxy conference planning committee. I'm very proud of our chapter and honored to serve as president.

This is a once in a lifetime change to attend the nation-wide Extension Professionals Galaxy IV Conference to be held in Pittsburgh, Pennsylvania, September 16-20, 2013. Every five years, the Joint Council of Extension Professionals (JCEP) hold a National Meeting and Professional Improvement Conference for all of its' member Extension Professional organizations, known as Galaxy. For the September 2013 Galaxy IV conference, they are expecting 1,000s of Extension professionals from all specialty areas of our nation's land-grant university Extension system to be in attendance. They will represent all six Extension professional organization members of JCEP. Those member organizations include National Association of Extension 4-H Agents (NAE4-HA), National Association of Family and Consumer Sciences (NAEFCS), Association of Natural Resource Extension Professionals (ANREP), National Association of County Agricultural Agents (NACAA), Epsilon Sigma Phi (ESP), and National Association of Community Development Extension Professionals (NACDEP). Take advantage of this unique opportunity and make sure you can attend the exciting event.

I would like to thank the members for their support of Epsilon Sigma Phi and remind the members of all the professional development, recognition, scholarship and leadership opportunities it provides us in Extension. Please take advantage of these outstanding opportunities and professional recognition. In addition, our PA ESP chapter and the other associations will be having our annual meetings in November 2012, in State College. At that time we will be honoring our state professional development and scholarship winners.

So please take advantage of all the opportunities and let us make 2013 a good year for the Alpha Omicron Chapter.

Galaxy IV conference -Please mark September 16-20 on your calendar for Galaxy IV



Friend of Extension Award - Melinda Graver

Friend of Extension Award – Congressman Glenn Thompson – Congressman Glenn Thompson is a lifelong resident of Centre County and a member of the PA 5th District in the House of Representatives since his election in 2008. Congressman Thompson is a member of the House Agriculture, Natural Resources and Education & Workforce Committees and has expertise in issues facing rural businesses, communities and families.

Congressman Thompson takes a personal interest in local farmers, extension educators, 4H leaders and youth in order to best represent them and promoting agriculture in the Commonwealth.



Rep. Thompson is always accessible and willing to meet personally with local farmers, county extension educators, 4H leaders, and youth in order to best represent the interests of our Pennsylvania communities. The congressman understands the value of production agriculture, in feeding and supporting our communities but also the world, and with this award nomination we thank him for his tireless work.

He always supports Pennsylvania 4-H; on August 6, 2012, he participated in 4-H State Achievement Days, a three-day educational program for 4-H members sponsored by the Pennsylvania State University's Cooperative Extension..” He welcomed participants to his alma mater and emphasized the importance of the 4-H program and the many great service contributions of its members

Continuing Professional Development – Scholarship & Loan Recipients - Brenda Bernatowicz, Chair

The Alpha Omicron Chapter offers two opportunities which support graduate education and/or professional development among Penn State Extension professionals. One is a forgivable loan open to members of the Alpha Omicron chapter of Epsilon Sigma Phi. The second is a scholarship available to members of one of the professional associations for extension educators and faculty. Each, worth from \$300 to \$500, is to be used for the educational purposes stated by the applicant.



Stacie Hritz, Agriculture & Youth Development 4-H Educator (Centre County) received the Pennsylvania Alpha Omicron Chapter Forgivable Loan at the chapter's 2012 annual meeting. Stacie applied her loan towards her Masters in Agriculture Education.

Suzanne Weltman, Extension Educator/Supervisor (Philadelphia County) applied her Pennsylvania Joint Council of Extension Professional Advanced Degree

Scholarship towards a Masters of Liberal Arts degree with a focus in Food Anthropology.



The call for applications for both the forgivable loan and JCEP scholarship will be announced via e-mail in late summer.

ESP, Alpha Omicron Chapter recognized two Extension Family and Consumer Sciences educators and ESP members at the fall membership meeting. Upon their retirement, Jane Landis and Dawn Olson elected to have their life membership fee, supported by the chapter, go towards funding the fall 2012 ESP scholarship recipient for JCEP.

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For information about either award, contact Brenda Bernatowicz at bms2@psu.edu or 724-983-2885.

Extension Relations & Leadership Awards - ESP Recognizes Rookie, Early Career, Mid-career and Distinguished Service Recipients at Annual Meeting -

2012 was a great year for Chapter Awards! Thank you to the members who applied for awards. The state winners were sent on to National ESP to be our nominees for recognition selection for the 2013 National ESP meeting at Galaxy IV in Pittsburgh. Congratulations to the following award winners:

Distinguished Service Recognition Award – Martha Gregory –

Through her work as 4-H youth development educator for the past 27 years in Lebanon County, Pennsylvania, Martha Gregory has exhibited, a strong commitment to youth and Extension programs. Martha's main objective in 4-H and youth development programming is to help youth become self-directed, productive, and contributing members of society, through participation in Extension educational programs conducted by professional and volunteer staff.

Taking the reins of the 4-H Horse Program, Martha led the effort to compile educational resources, provide training for club leaders and foster better communication with 4-H members, families, and volunteers



For the past two years, Martha served as a field based investigator on the "Friends Helping Friends" research project funded with a \$275,000 grant from NIH (National Institute of Health). Youth who participated in the Friends Helping Friends study provided insight on the characteristics of friendship, issues related to intervention when a friend is in trouble, or involved in high risk behaviors and perceived gender differences related to friendship.



Early Career Award - Jill Cox Jill Cox has helped to establish and coordinate a statewide diabetes education program for the last 5 years impacting over 2,100 participants in Pennsylvania. The program received the National Excellence in Research Award from NEAFCS in 2011 and the Regional Florence Hall Award. In addition to her diabetes work, Jill is also the co-chair of our Childhood Obesity Prevention Program Priority Initiative and involved in a research project exploring peer affected weight stability.

Since 2008, the diabetes program has received more than 2 million dollars in funding through grants awarded from USDA, Pennsylvania Department of Health and, most recently, the Centers for Medicaid and Medicare Services. The program has been delivered in 56 of Pennsylvania's 67 counties impacting the lives of more than 2100 Pennsylvanians who are at risk for or have type 2 diabetes.

Recent partnerships have included local YMCAs and FQHCs as the program continues to expand the audiences to which it is delivered. The program has also just recently been translated into Spanish so that the needs of this high risk population can also be addressed.

Rookie of the Year Award - Mary Lou Kiel - Mary Lou has conducted a variety of trainings for new and existing staff, spearheaded enrollment in the National Nutrition Paraprofessional Certification Program, and developed new user-friendly materials and trainings to keep staff up-to-date with new nutrition recommendations. She initiated an IRB approved data quality improvement research project. She has positive working relationships with professional and paraprofessional staff and has added great value to the operations and evaluation of Nutrition Links.

Diversity / Multi Cultural - Individual - Mindy Graver

Mindy has worked with the Better Kid Care educational programs in Carbon County by providing programs on inclusion of special needs children in child care settings. Mindy partnered with the local Children's Team to provide training on what the new federal laws meant and how child care providers could incorporate children with disabilities into their classrooms. This training included a panel of experts on inclusion such as Carbon/Monroe/Pike MHMR, Carbon Lehigh IU 21, Head Start, Providers 50-Behavioral Health Services, Easter Seals and PA Department of Health that included child care providers as well as parents of special needs children.



Since 2008, there have been 7 educational programs for child care providers that addressed special needs children in Carbon County which was attended by over 280 child care providers and parents.



International Service - Ann Swinker Ann developed, facilitated and participated in study tours of Normandy France's Equine Industry. In 2011/12 two programs were developed and conducted centered around a study tour to Normandy, France, the equine region of Europe. Participants in the first tour (Fall 2011) consisted of 18 producers from the U.S. or members of state's equine councils (representing 10 states). The second study tour (Spring 2012) was made up of 21 college students from all majors across the university.

Dr Swinker is an extension professional who uses many methods to promote extension education. She demonstrates strong insight and understanding of the industry and community, whether serving as a leader or as team player. Each program is an expression of her commitment to provide a quality educational experience to participants. She is highly motivated and committed to doing her best in teaching, research and extension; while serving extension, the university, the public and the profession

Memorial Fund – By now, you may have heard of the untimely death of ESP member and state past president Vicki Lewis last November. To honor Vicki's memory, the Alpha Omicron Chapter of ESP has started a Memorial Fund. This fund will assist ESP members in meeting their professional development needs through attendance at national conferences, attainment of continuing education credits and other professional development needs. If you are interested in contributing to the Memorial Fund in memory of Vicki Lewis, please send contributions made payable to "ESP - Alpha Omicron Chapter" to Cathy Bowen, 8B Ferguson Bldg. University Park, PA 16802

Highlights from the ESP National Board - Nancy Kadwill, Northeast Rep.

It is hard to imagine that we have already passed the half way point in this ESP year! We had a very productive mid-year board meeting in Kansas City, MO. In addition to the ESP board work, President Mark Stillwell shared some great extension programs being conducted in the Kansas City area.

Keep up the good work in ESP. It was enjoyable to meet the state presidents that attended the JCEP meeting in Mobile. We had some great discussions about states' needs and issues facing ESP nationally. It is always beneficial to pick up new ideas to share back home.

It's not too late! **National Committee members are still needed** for all committees with the exception of the Scholarships, Grants & Recognition Committee. To see the list of committees and their duties, go to the ESP website and click on the "Resources" tab. Then click on the first item in the dropdown box—"Handbook." If you would like to apply, click Committee Application. This is an excellent way for you to become more involved in our organization and to have involvement on a National committee. **I am looking for two**

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candidates to represent the NE region on the Global relations Committee so please contact me if you need more information about our committee. Let us have the NE be well-represented on all committees.

There were a record number of applications for all the scholarships and other grants so congrats to al that applied. Also check the latest ESP newsletter - http://espnational.org/images/Connections/2013_04.pdf and note that there is still a mini grant that you can still apply for by June 1st. Epsilon Sigma Phil provides grants (not to exceed \$1,000 each) to stimulate the professional development of Extension personnel.

This is a team award and submitted proposals should provide a model for events and/or materials that could be replicated by other ESP chapters.

One of the key things from the board meeting was the change in **rotation of Regional Vice Presidents**. Two Regional VPs would be elected each year. The West and Northeast VP's will be elected in odd years and North Central and South in even years. To bridge the gap, the National Board intends to extend the current term to 3 years (2014) for the current West and North East Region. The Board will appoint an individual to serve the third year should either of the current West or Northeast VP's be unable to extend their respective term. This is now in effect since this is a policy decision and not a by-law change. A staggered term process will insure continuity and strengthen ESP operations. With the current model the four Regional Vice Presidents are all elected on even years. This results in five of the 8 National Board members/committee chairs replaced every two years. Staggered timelines will allow for operational continuity and provide board mentorships resulting in a stronger, more efficient ESP National Board.

The rational is that Regional Vice-Presidents must resign from their position if elected to the 2nd Vice President while in office or wait three years before the opportunity opens again to run for 2nd Vice President. In the past four years, two of our Regional Vice Presidents made the choice to serve one year of their RVP term before running for 2nd VP. Granted, not every Regional VP will desire to run for 2nd Vice President, and granted, serving as Regional Vice President does not automatically mean that an individual would be elected to serve as 2nd Vice President...however, the staggered process would eliminate transition issues currently faced by our Association.

The **NE will still be responsible for nominating a 2nd VP in 2015** as well as a new candidate for Regional VP. In 2016 we are responsible for **hosting the national ESP meeting** in our region. So lots of key opportunities and responsibilities are coming up in the near future for our region!

Also there is a **proposal for an upcoming by-law change regarding elections via electronic ballot** that will come up for vote by the national council at the next national ESP meeting. The proposals will be finalized in advance, sent to voting delegates, and voted on at the national meeting. But we thought it would give you some good discussions points now. Be sure to designate your state's voting delegates by the August deadline to facilitate voting issues.

Finally, the National ESP Board is currently examining the Committee Structure in an effort to ensure that our committees are meeting the needs of today's ESP membership. Discussion includes:

Does the current Committee Structure work at the State and National level?

How can we best serve our membership via the Committee role?

Are new committees needed?

Could any of our committees be restructured to be Task Forces under another committee?

There have been preliminary discussions concerning Committee Chair assignments made by the National Vice-President and/or President based on the expertise of each National ESP Board member rather than having that assignment based on the region they represent. This would require a change to the Association Handbook and does not require change to By Laws or vote by the National Council.

The rational is that the committee leadership can be matched with the respective skill sets of each officer leading to stronger committee leadership and continuity within the committee structure. Due to the change in rotation of Regional Vice Presidents (who also serve as Committee Chairs) it makes sense to examine the Committee Structure at the same time.

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