



Chapter News, May 2019



President's Message

Once upon a time, there was a brand-new ISU graduate that moved away to work for Extension. She had learned that adult education and serving communities was her passion, and she followed that dream farther than she ever thought possible. How? In her first week, she was introduced to her professional organization—in this case, the National Association of County Agricultural Agents—and was told, in time, she would be eligible for Epsilon Sigma Phi, the National Honorary Fraternity of Extension.

I was welcomed with open arms into my professional organization, not once, but twice! As I have grown up in Extension, I have recognized that being a part of our professional associations is the best investment in programming that I can make as an individual. The opportunity to learn from the best Extension has to offer should be something every Extension professional should explore to expand their horizons.

People have often asked what ESP can offer them. Epsilon Sigma Phi provides the opportunity to break free of program silos to tackle the issues that cut across areas—the big things, the wicked problems. Membership in ESP opens up a world of ideas from across the country and beyond. By attending professional development opportunities on the state, national, and soon international level you will be surprised how many great programs and professionals are within the Extension system.

I would encourage every member to take advantage of upcoming professional development opportunities. This year the National Epsilon Sigma Phi Conference is being held October 14-17th in Colorado Springs, CO. Registration opens on June 1 and I believe this will be a “can’t miss” conference! Following National ESP meeting, **Alpha Mu chapter will be hosting our fall meeting on October 31st at the Urbandale Extension Office, with an option for joining virtually, as well.** Agenda details will be announced later, but we want to make sure that everyone has the date on their calendar.

I hope everyone has a great summer filled with programming, family time, and vacations!

Sincerely,

Carol Waters

Carol Waters
County Director, West Pottawattamie County
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Alpha Mu is 91 and Counting!

Epsilon Sigma Phi Alpha Mu Chapter is now in its 91st year of creating space for Extension professionals to connect, promote the Extension profession, and providing recognition and award programs to support and reward Extension work. Thank you for being a member! Our chapter is 120 members strong!

This fall when the new membership year opens, you will notice a change in membership fees. In order for our state and national association to maintain a financially healthy organization, members voted to increase dues. State dues will go up by \$10 and national dues will go up by \$15. The new fee structure will be \$85 for Annual Members (\$55 national, \$30 state dues), \$93 for New Members (\$60 national, \$33 state dues), and a one-time payment upon retirement of \$235 for Life Membership (\$200 national, and \$35 state dues). Your dues help support our efforts in being the best and most supportive chapter we can be. Each year our chapter helps send delegates to our national conference to represent Alpha Mu; while there, they experience and share excellent professional development with peers from across the nation.

You can access your member profile 24/7 at: <https://espnational.org/Sys/Login>

Submitted by Mary Weinand, Treasurer mweinand@iastate.edu, and Andrea Nelson, Membership Committee Chair nelsonar@iastate.edu

PILD Highlights 2019

The Public Issues/Leadership Development Conference (PILD) was held in mid-April in Washington, D.C. The purpose for the conference is to help Extension educators learn about the national Extension system and how it fits into the federal government structure.

Carol Waters, representing ESP; Joy Rouse, on behalf of the National Extension Association of Family & Consumer Sciences; and Alan Ladd, from the Iowa Agricultural Extension Association attended this year's conference.

The theme for this year's conference was "Enhancing Leadership Capacity for Emerging Issues." Participants heard from national program leaders, participated in breakout sessions, and had the opportunity to network with colleagues. In addition,

Dr. John Lawrence provided helpful information prior to them meeting with Congressional staff members from the offices of Sen. Chuck Grassley, Sen. Joni Ernst and Rep. Steve King. Feel free to contact Carol, Joy or Alan to learn more and if you would like to attend, reserve April 5-8, 2020 on your calendar.

Submitted by Alan Ladd, Public Issues Committee Chair aladd@iastate.edu



Seeking an International Extension Opportunity?

For many extension educators, a global assignment is a career highlight, with benefits including the satisfaction of teaching, sharing ideas to help people, learning new cultural ideas, eating new foods, and getting to know another corner of the world. These assignments typically involve several months, however, which is not always feasible.

Good news! A one or two-week study tour is a viable alternative that also creates opportunity for both learning and service.

Epsilon Sigma Phi's national Global Relations Committee is pursuing a study trip to the Philippines, with the support of the ESP Board and Utah State University. The committee hopes to be able to announce more details in the near future.

Interested? Watch the national newsletter!

It's true: "Travel is the Only Thing You Buy That Makes You Richer"

Adapted from [May 2019 ESP Connection](#), our national newsletter

ESP Professional Development Proposal Submitted

The Alpha Mu Professional Development Committee submitted to National ESP, with support from Dr. John Lawrence and our chapter board, a \$1,000 grant request to fund a group book study.

The team selected the award winning book **“Finally Out: Letting Go of Living Straight,”** by Des Moines psychiatrist Dr. Loren Olson. The plan is to invite all Extension staff (in hopes of increasing membership) to study the book together. Following our group

study, we would hold an event in which we discuss the book with the author himself. The book was selected as way to build inclusivity by learning more about the needs of the LGBTQ community. An alternate plan is in place if funding is not obtained.

Submitted by Jeff Jackson, Professional Development Committee Chair, jsjack@iastate.edu

NOTE: We have an opening on the Professional Development Committee: please consider joining us!



ESP National Meeting Memories

Submitted by Barbara Dunn Swanson

Alpha Mu Chair Elect, bdswanso@iastate.edu

I have been thinking about the very first national Epsilon Sigma Phi meeting that I attended back in 2006. It was held that year in Colorado Springs. And fast forward 13 short years and the state of Colorado will again host the National Epsilon Sigma Phi meeting in 2019, from October 14 - 17, 2019.

As I looked back through my file folders and sorted through all the notes I took during my first meeting, I reflected upon the many life lessons shared during that meeting. I share with you a few take-aways – nuggets that have enduring value as we continue to pursue our mission of building partnerships and providing research-based learning opportunities to improve the quality of life in Iowa.

1. **Connection creates balance.** Whenever we are feeling “out of balance”, it may be because we are not connecting with someone, or something. Think about it the next time you struggle with balance. Is there a connection that you are missing? Once you find that connection, don’t lose it, it may indeed help you feel “balanced”.
2. **Tap into your strengths!** The passion we have about things we are good at help us create connections! Find out what you enjoy doing and then find the time to do them! Whether it is cooking, reading, fishing, skating, sewing, etc...
3. **“Every action should have more than one benefit.”** Reflect upon the “daily” rituals that help us create balance. Holidays are not the only times to celebrate tradition and rituals; rather, rituals can help an individual work through even the mundane tasks in everyday life.

Every national Epsilon Sigma Phi meeting that I have attended has helped me in my journey toward professionalism. I have met many new friends, have received recognition for my work; I have given back through delivering presentations and know the work I do is valuable to the citizens I serve.

Won’t you consider joining me in Colorado Springs in October?

Mark Your Calendars!

October 14-17, 2019

**ESP National Conference,
Colorado Springs, Colorado**

October 31, 2019

**Alpha Mu Chapter Annual Meeting,
Urbandale Iowa**

(Virtual Option Available)



<https://espnational.org/2019-conference>