



Chapter News, March 2017



President's Message

The vision of Epsilon Sigma Phi includes the following statement: to lead “in providing and facilitating professional development.” I sometimes think that as we get older, we lose our sense of curiosity... our sense of wonder. Dr. John Medina, in his book “Brain Rules: 12 Principles for Surviving and Thriving at Work, Home and School” described the following observation of his young son. “My two-year old son and I were walking down the street on our way to preschool when he suddenly noticed a shiny pebble embedded in the concrete. Stopping midstride, the little guy considered it a moment, found it thoroughly delightful, and let out a laugh. He spied a small plant an inch farther, a weed valiantly struggling through a crack in the asphalt. He touched it gently, and then laughed again. My son noticed beyond it a platoon of ants marching in single file, which he bent down to examine closely. They were carrying a dead bug, and he clapped his hands in wonder.” Dr. Medina believed with all of his heart that the greatest Brain Rule of all was curiosity. Bottom line – we might need to re-learn how to walk down the street.

In addition, we have so many opportunities to be curious. The 2017 ESP National Conference in Wilmington, NC offers a unique and exciting professional development program at <http://espnational.org/en/2017-esp-national-conference>. ISUEO Professional Development provides many options at <http://www.extension.iastate.edu/professionaldevelopment/>. Many of us belong to other organizations that offer professional development. Some of these are Extension related, some not. There are no lack of opportunities or choice. So let's get curious, and walk down that street with wonder.

Best wishes to all,

David N. Brown

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Human Sciences Specialist, Family Life, dnbrown@iastate.edu

Alpha Mu Chapter

2016-2017
Executive Board

David N. Brown
President

Barb Fuller
President-Elect

Mary Weinand
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Open Seat
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Web Links:

www.espnational.org

www.extension.iastate.edu/esp

ESP Honors VP Cathann Kress



Cathann Kress has led Iowa State University Extension and Outreach with focus, integrity, and wisdom since 2011, and in that time, her message has been consistent. Building a strong Iowa starts with us, the members of ISU Extension and Outreach. As vice president, Cathann has delivered messages that resonate her strong belief in personal growth and development, for example:

*“So give yourself (and your colleagues) some room to find out where you are, experiment, and adjust your understanding. Then pick the path that makes future change easier. **See you there.**”*

*“We don’t need plans to corner the market, because we have something far better than that — our commitment to excellence, access, community, and engagement. That’s what spurs us to do big things in ISU Extension and Outreach, tackling the issues facing our state and responding in times of crisis. It also moves us to make our part of the world a little bit better. This combination of big things and dents in the universe is how we build a strong Iowa. **See you there.**”*

From *The Extension Worker’s Code: Have a Vision, Keep Your Eye on the Big Things, Do the Things Which Will Count, and Finish What You Start*. Great advice for all extension professionals in being successful in our work. **See you there.**

Epsilon Sigma Phi, Alpha Mu Chapter, in recognition of Cathann’s extraordinary leadership, invites you to make a financial contribution to ESP to continue the professional development endeavors that would befit her desire for extension professionals to continue building a STRONG IOWA!

For members who would like to recognize Dr. Kress’s support of professional development with a contribution to ESP in her name, **please make checks payable to ESP or Epsilon Sigma Phi** and indicate on the memo line: Honoring Cathann Kress.

Mail to: Henry County Extension
Attention: Mary Weinand
127 Main St.Mt. Pleasant, Iowa 52641

Submitted by Terry Torneten, Resource Development Chair ttorn@iastate.edu



Thanks to Dr. Kress

As Dr. Kress moves on to her position as Ohio State University Vice President for Agricultural Administration, and Dean of the College of Food, Agricultural, and Environmental Sciences, the Alpha Mu Chapter of ESP would like to thank her for her strong support and commitment to our organization.

We would like to thank her for positioning Iowa State University Extension and Outreach in a stronger and better place and wish her well at Ohio State University.

2017 Alpha Mu Chapter Spring Meeting

The Spring Meeting of the Alpha Mu Chapter will be held immediately following the end of the ISUEO Annual Conference at approximately 4:30 PM. We have reserved Room 175-179 at Scheman Center.

We look forward to welcoming new members to the Alpha Mu Chapter and hearing about Changing Iowa Demographics from Sandra Burke of the Community Vitality Center.

ESP Awards to Be Presented March 26

Since 1928, the Epsilon Sigma Phi Alpha Mu Chapter has been an honor society representing Extension professionals at Iowa State University. One of our primary goals is to encourage excellence by recognizing Extension professionals for their meritorious service.

Join us on Sunday March 26 4:30-6:00 p.m. at the Gateway Hotel and Conference Center in Ames as we present awards for excellence.

The following individuals & organizations will be honored for their support of Extension's mission:

Friends of Extension:

Banklowa

Cici Mueller

Jayne Lupkes

Geode Forestry Inc, Bob Petrzela and Gretchen Cline

The following members will be recognized for their professional accomplishments:

Distinguished Service Award: Rich Wrage

Mid-Career: Carol LaFaver

Distinguished Team: Food Safety

Cindy Baumgartner, Nancy Clark, Barbara Fuller, Katherine Knobbe, Mary Krisco, Sara Sprouse, Patricia Steiner, Vera Stokes, Renee Sweets, Holly VanHeel, Rachel Wall, and Jill Weber, all of whom are Human Sciences Specialists in Nutrition and Wellness, and Cathy Strohbehn, Hospitality Mgmt, Nutrition & Wellness State Specialist

Diversity/Multi cultural team:

**Juntos Para Una Mejor Educación
(Together for a Better Education)**

Kim Greder, Associate Professor, Family Life Extension State Specialist; Rosa Gonzalez, Lori Hayungs, & David Brown, Human Sciences Specialists, Family Life; Mary Weinand, Sandra McKinnon, & Phyllis Zalenski, Human Sciences Specialists, Family Finance; Michelle Maynes, Extension Educator; Himar Hernandez, Assistant Director, Community & Economic Dev

*Submitted by Barb Fuller, Awards Chair,
bfuller@iastate.edu*

Our Mission Statement

Epsilon Sigma Phi (ESP) is dedicated to fostering standards of excellence in the

Extension System and developing the Extension profession and professional.

Our Vision Statement

Epsilon Sigma Phi leads the Extension System in providing and facilitating professional development that focuses on the Extension organization and the Extension professional.



Your key to professional excellence

<http://extension.iastate.edu/esp>

www.espnational.org

Member News

Time to Show Off

Annual Extension Conference and other professional meetings is exactly the right time to wear your ESP lapel pin. If you don't have a lapel pin, we provide free ESP stickers that will help show off your ESP pride! Just stop by the ESP display to get your sticker. Wearing your pin or sticker can also be a conversation starter with colleagues when you tell them they should consider being members of ESP!

In case you were wondering, name badge and lapel pin etiquette states that your name tag should be worn about the pocket on the right side of your shirt, blouse or blazer. That way people you meet will make direct eye contact with you and see your name when you shake hands. A lapel pin should be placed on the left side of a jacket, near the heart. Thankfully even etiquette yields to what makes the most sense! As long as your nametag and pin are facing out and right side up, you get an "A" for effort!

Welcome New Members!

Alpha Mu Chapter will be initiating four new members on March 27:

John-Paul Chaisson-Cárdenas
Jennifer Fischer
James Harken
Anthony Santiago

Submitted by Andrea Nelson. Membership Committee, nelsonar@iastate.edu



Professional Development: Worth A Mint!

We are ¼ of the way to our ESP Fundraising Goal! As we reflect on the reality of declining budgets, now more than ever, is our opportunity to support our own funding for professional development.

Will you consider making a donation to support your own future professional development? During our ESP meeting on March 27, we will be selecting six names, from our list of donors, to receive a gift card, as a token of gratitude for your generosity.

Make sure your name is in our basket! Your own professional development is indeed WORTH A MINT!

Submitted by Barbara Dunn-Swanson, Resource Development Committee, bdswanso@iastate.edu



Mark Your Calendar!

Key Events

October 8-12: 2017 ESP National Conference,
Wilmington, NC



October 26: ESP/ISUCEP Professional
Development Day, Ames

October 26: ESP Annual Meeting, Ames, 4PM

Sept 30-Oct 3: 2018 ESP National Conference,
Manhattan, KS

Deadlines for Scholarships/Grants

- Redinger Administrator/Leadership Scholarship, due May 1
- Professional Development Grant Program, 3rd call due May 1
- Richard R. Angus Professional Development Scholarship, 3rd call due May 1