



Epsilon Sigma Phi Alpha Kappa Chapter

~ President's Message ~

Winter 2018

Hello Everyone,

It is my most favorite time of the year. I know that between the middle of October and January 1st, I will get to see all of my siblings and most of my nieces and nephews. Being a Family and Consumer Sciences Extension Agent, I see daily how important family structure is. On a larger scale the impact we as part of the Cooperative Extension Service offer our communities has more value than can ever be determined. The work being done by all areas of Extension, including youth, the ag industry, leadership, community development and families should never be taken lightly. With that in mind I want you to think about a few things.

1. **Take care of yourself. If you don't, who will? We often feel this is selfish, it's not. Your family depends on you, you depend on you and you are worth it. You should enjoy life. Pick up a hobby, laugh more, and find time to relax. Taking care of yourself will enable you to be there for others when needed.**
2. **Take care of yourself professionally. This means keeping up to date on new and upcoming changes or issues by attending professional development opportunities. Things change or the way we respond to situations do. Think about how your ways of communicating have changed in just the last 10 years. This also means we need to join professional associations. These associations give us the opportunity to grow in our specialized areas as we meet other professionals from across the United States.**
3. **Join or maintain your membership in the Alpha Kappa chapter of Epsilon Sigma Phi. In this association you will be at the table with professionals from all areas of extension and from different levels (administrators, specialists, agents). If not for joining ESP years ago I would not have had the opportunity to learn from experts in other areas of the cooperative extension system. Joining the association is a painless process and our committees work hard to make it not only educational but also fun.**

In closing I encourage you to plan on joining us at our state association meeting in Bardstown, March 19, 2019 and our national meeting in Colorado Springs October 14-17, 2019. From my family to yours, Happy Holidays.

Linda

ESP Professional Development

Submitted by Amanda Dame, Professional Development Chair

Join us on March 19th and 20th for Extension 2.0! The 2019 ESP State meeting and In-Service will be held at the Nelson County Extension Office. In addition, we are offering a workshop on the move at Bernheim Arboretum and Research Forest in the morning before the meeting. Furthermore, we are offering an opportunity for everyone to socialize at a local restaurant in Bardstown for dinner.

The In-Service will be on March 20th at the Nelson County Extension Office. Our speaker for the day will be Barbara Chamberlin, Ph.D. from New Mexico State University. Dr. Chamberlin is an Extension Instructional Design and Educational Media Specialist. Barbara Chamberlin has unique job: she plays computer and video games and actively encourages those who work with her to do the same. It is all part of the research development at New Mexico State University by finding new and innovative ways to teach and help people learn. Previously a standup comic, Dr. Chamberlin now enjoys speaking to groups about technology, learning and sharing exciting research that is changing the way we think about games.

There are many new and exciting things happening in the Kentucky Chapter of ESP. We are looking forward to moving forward into Extension 2.0 in March 2019! Registration information will come in January 2019!

A block of rooms at: Hampton Inn of Bardstown, 985 Chambers Blvd, Bardstown, KY 40004. Rate \$109.00 for single or double. Call 1-502-349-0100 and use the code for the rate: ESP.

ESP Annual Meeting Morning Workshop on the Move

Submitted by Brooke Jenkins, Marketing Chair

This year, as part of the annual meeting, come early for a morning workshop on the move. Join us at the Bernheim Arboretum and Research Forest to learn how this arboretum and natural forested areas infused with the arts creates a unique site to experience nature.

Bernheim is home to over 8,000 varieties of documented trees, shrubs and herbaceous perennials. The workshop will highlight several key areas of the arboretum. We will meet in the Visitor Center, which was Kentucky's first LEED® platinum building. The presentation will discuss an overview of the arboretum and educational center and how Cooperative Extension has worked with Bernheim in the past to deliver educational programs. We will see the Canopy Tree Walk, a short boardwalk that extends into the forest canopy, suspending visitors 75 feet above the forest floor. There are multiple public art pieces showing a variety of sculptures, paintings, and other works of art. We will learn about their edible garden, a four-acre site that makes the environment healthier by meeting the most rigorous green design standards in the world. A tour of the garden will focus on seed saving, composting, and organic gardening. We will get to see the celebrated Hubbuch Holly Collection with over 300 specimens.

Registration will begin at 9 AM, with the program lasting from 9:30 to 11:00 AM. Light walking is required. Afterwards, it is less than 30 minutes to travel to the Extension Office for the annual meeting. Make plans to participate in this informative program!



2019 Epsilon Sigma Phi Membership Drive

The mission of Epsilon Sigma Phi is to foster standards of excellence in the Extension System and to develop the Extension profession and professional. The benefits of membership include scholarships and award recognition for years of service, excellence in programming and overall development as an extension professional. The 2019 ESP membership drive is underway. All Extension professionals who have worked 3 years and longer are invited to join. New members and renewing members can follow the online registration process by going to <https://epsilonsigmaphi.wildapricot.org>. Dues are \$75 for new members and \$65 for returning members and \$220 for lifetime. Dues cover both membership to the state and national organization. The deadline to join is January 30th. Professional development funds may be requested for reimbursement through District Director approval. Please contact Lynnette Allen, lallen@uky.edu with questions on becoming a member or renewing dues.

ESP Current Officers for 2018-2019

President, Linda Combs – lcombs@uky.edu
President-Elect, Sally Mineer – smineer@uky.edu
Secretary, Amanda Hardy – Amanda.hardy@uky.edu
Treasurer, Tyrone Gentry – tentry@uky.edu
Past President, Annette Heisdorffer – Annette.heisdorffer@uky.edu

ESP Committee Chairs for 2018-2019

Chapter Relations – Clint Hardy chardy@uky.edu
Global Relations – Steve Musen steve.musen@uky.edu
Membership Recruitment & Retention – Lynette Allen lallen@uky.edu
Professional Development – Amanda Dame amanda.dame@uky.edu
Public Issues – Paula Jerrell pjerrell@uky.edu
Marketing – Brooke Jenkins Howard brooke.jenkins-howard@uky.edu
Resource Development & Management – Donna Fryman donna.fryman@uky.edu
Scholarship, Grants & Recognition – Julie Brown julie.brown@uky.edu
Retirees & Life Members – Charlene Jacobs charlene.jacobs@uky.edu
Peggy Powell peggy.powell@uky.edu
News Letter – Kelli Bonifer kbonifer@uky.edu

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Licking River – Hannah Mayrand hmleon2@uky.edu
Lincoln Trail – Jennifer Bridge jennifer.bridge@uky.edu
Louisville – Sheila Fawbush sfawbush@uky.edu
Mammoth Cave – Julie Brown julie.brown@uky.edu
Northern KY – Judy Hetterman jhetterm@uky.edu
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Specialists – Sarah Brandl sbrandl@uky.edu
Wilderness Trail – Matti Daniels matti.daniels@uky.edu



Check it out! ESP offers a great resource in its offering of webinars.

ESP webinars are located on the following website: <https://espnational.org/en/view-webinars>

ESP Awards & Recognition

It is the time of year to start thinking about entering awards for ESP. The award information can be found on the state ESP website under Awards Information <https://epsilonsigmaphi.ca.uky.edu/content/awards-information>. There are several awards for our members to apply for on the National & State Level. The National Awards have to be completed online through the National ESP Website but the Chapter Awards have to be completed and e-mailed to Julie Brown.

If you have any questions about the ESP awards, please contact Julie Brown at julie.brown@uky.edu or 270-842-1681.

2018 National ESP Conference – Manhattan, Kansas
Kentucky Delegation



Chapter of Merit Platinum Level Award
Accepting the award is Linda Combs



Distinguished Service Award
Myron Evans

