

## Alpha Rho Chapter

# EPSILON SIGMA PHI

Winter  
2020/2021



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*Knowledge  
for Life*

## **PRESIDENT'S CORNER — MARLIN BATES**

Welcome to the latest edition of the Epsilon Sigma Phi – Alpha Rho Chapter Newsletter. I encourage you to spend a few minutes reading about what your chapter is up to. Whether you're an actively engaged member of ESP or more of a sideline participant, I'm sure that you'll find something informational – and perhaps even something inspirational within these pages.

It has been an honor to serve as your President-Elect and now as your President. I had always heard that one of the distinguishing characteristics of ESP is that the membership comes from all corners of our profession. I now find myself touting that fact as one of the greatest attributes of this organization. In my role, I am afforded the opportunity to work with many Extension Professionals who I wouldn't otherwise see in Association meetings. What has struck me the most is that many of these colleagues are very new to the Association – which means that they often don't know exactly what role they are filling. Yes, this is true of committee members, but it's also true of Committee Chairs, Committee, Co-Chairs, members of the Council and even members of the Executive Board. I mention this not because we lack institutional knowledge – we have that and we're leaning on it just as we always have – but because I want you to know that it doesn't take experience to fill meaningful roles in this Association. In other words, the door for your participation is wide open and I hope that you will take the risk in stepping through it. Certainly, we want your participation, but more importantly, we need your participation for us to become all that we can be.

To all of you that take the time to make this clock tick, thank you for making ESP a delightful experience for me and for the rest of the membership. To all the rest of you, I encourage you to reach out. We know that you're busy, but we look forward to seeing you and we want to leave this Association better than we found it. We can only do that together.

### **Marlin Bates**

Alpha Rho Chapter President  
Epsilon Sigma Phi

## Retiree Reflections

Submitted by Stacey Warner, Retiree Committee Chair

The Alpha Rho Chapter Retiree Committee met on February 25, 2020, via Zoom with 18 members present. The discussion focused on how to generate enthusiasm and connection with retirees of K-State Research and Extension. One idea was to share information from retirees, beginning with some committee members.

A survey was sent out, asking retirees these questions:

1. What is a “one tank road trip” you’d like to take from your home?
2. What habit or strategy did you develop while working that is helping you thrive in retirement?
3. 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. . .

### **Bob Neier – Sedgwick County Ornamental Horticulture Agent**

*“We would like to go on the 2021 “Big Kansas Road Trip” being held May 6-9 in northeast Kansas (Nemaha, Doniphan and Brown Counties).*

*I took a demonstration that I used to teach (how to treat oaks for iron deficiency) and turned it into a full-time business during summer months. This is allowing me to phase into full retirement.*

*In retirement, life IS stress free!”*

### **Jan Stephens – Multi-County Foods and Nutrition Specialist (Greenwood, Wilson, Rolling Prairie)**

*“The Flint Hills – Highway 177 through Cassoday to Strong City.*

*Leadership and working with people. Our small communities depend on volunteer involvement. It is good to be able to be a volunteer to help support the community after working with volunteers for many years.*

*Doing more with technology. I had office professionals that were too good!”*

### **Daryl Buchholz – Associate Director**

*“We enjoy traveling the state and seeing the natural beauty. I don’t know if it is a “one tank” road trip, but our next adventure would most likely be into southeast Kansas. We went to western and northwest Kansas this past summer.*

*Keeping priorities at the top of the list. By that I mean doing the things you deem important in preparing for retirement. Taking care in making sound financial plans leading toward retirement really helps to take stress away from retirement. Also, set some goals for travel and for spending more time with family. Those remain our priorities. The pandemic has put a wrinkle in fulfilling those goals, but we are already starting to re-engage in our plans for the coming year.*

*Probably the best habit or strategy is to have some hobbies. I’m not strong on hobbies, and that has taken some adjustment. In retirement I have had greater involvement in my church, Bible studies, civic activity, and recreation – golfing and reading.”*

## Retiree Reflections (continued)

### Valeria Edwards – Johnson County Family and Consumer Sciences Agent

*"I recently read Orphan Train by Christina Baker Kline. It is historical fiction about characters who were part of the Orphan Train Movement from 1854-1929, wherein children from New York and other eastern cities were transported by train to be adopted by small town and farm families in the Midwest. The National Orphan Train Museum and Research Center are in the old train depot in Concordia. That would make a good one tank day trip for us from suburban Kansas City.*

*I'm glad I established a habit of regular physical activity (mostly yoga, Pilates and Barre).*

*I wish I would have been more frugal to make larger contributions to my HSA to cover health insurance premiums in retirement."*

### David Schafer – State Extension Meat Specialist

*"Historic sites loop from Manhattan through the Flint Hills and around Southeast Kansas.*

*I kept working with the Kansas Meat Processors Association for 16 years as the Executive Director and am still "on loan." I started a tree pruning and removal business which I am still doing. This provides active work outdoors, a flexible schedule, some supplementary income and satisfaction to be doing something worthwhile. Eat meat. Keep using your talents and interacting with a variety of folks.*

*Get more computer/smart phone savvy earlier in my life. I gave my first computer in the early 1990s to our secretary. I have used one and still do but needed to get more elementary training sooner. Don't put off things you really want to see done. Time, energy, and health gets shorter to do them."*

### Phil Sloderbeck – Southwest Area Director

*"The Smoky Hill River Festival in Salina September 2-5, 2021*

*The use of technology comes in handy in many ways, especially during the pandemic, from making financial and legal transactions to scheduling vaccinations (just made an appointment for vaccine for next week).*

*I can't think of anything. I was blessed to be able to retire early and have never regretted it. I feel like I had a successful career and left any stress behind when I retired."*



**The ESP Global Relations Committee** would like to share an opportunity with you as a way to expand our understanding of global culture. Thanks to the KSU International Student Center, we can again travel (virtually!) to some fascinating places this semester via their **International Coffee Hours:**

**Indonesia – 3/26/2021, Egypt – 4/9/2021, Mongolia – 4/30/2021**

Each Coffee Hour is held on **Friday** from **4 to 5 p.m.**

Zoom details will be posted the week of the scheduled program at <https://www.k-state.edu/issc/programs-events/coffee-hour.html>

## Need More Information?

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

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 Professional Development Grant Applications Due May 1

Applications are now being accepted for ESP Endowment Professional Development Grants and the Jim Lindquist Administrative Leadership Scholarship. Carefully follow the [application instructions](#) for this simple process. Grants may be used for travel to professional development conferences, virtual conference registration or graduate studies (must be paid directly to the institution).

## Has Your Payroll Deduction to the ESP Endowment Stopped?

If you've elected to contribute to the ESP Endowment Fund through payroll deduction, please check your pay stub to make sure the deductions are still being taken. Would you like to make tax deductible payroll deductions to the fund? You can set it up by completing the [Payroll Deduction Form](#). Be sure to specify "Account Number D74110 - Extension Endowment Fund."

## Celebrate Jim Lindquist's Retirement with a contribution to the Lindquist Administrative Leadership Fund

Jim Lindquist is retiring after 47 years of dedicated service to K-State Research and Extension. We invite you to celebrate Jim and thank him for a job well done through a contribution to the Jim Lindquist Administrative Leadership Scholarship Fund which is used to fund travel grants for ESP members. You can make a one-time or recurring donation [online](#). Be sure to designate fund D76590.

## A Message from the Constitution & Bylaws Committee

The Constitution and Bylaws Committee would like to make the members of the council know of the changes to the Bylaws that were accepted on October 26, 2020:

### Article IV

#### Council

**Section 1. OFFICER REQUIREMENTS.** The officers shall be members of the Alpha Rho Chapter of Epsilon Sigma Phi who are in good standing. Officers listed in Article V of the Constitution shall constitute the executive board. The president-elect is elected annually and shall succeed the president at the annual meeting. The secretary and editor will be elected in even numbered years for a two year term. The treasurer **and**, historian, **and vice-president of the Kansas Joint Council of Extension Professionals (KS-JCEP) representing the Alpha Rho Chapter** will be elected in odd numbered years for a two year term. **Two (2) representatives to the KS-JCEP board of directors shall be elected annually.** The secretary, treasurer, historian, **and** editor, **and KS-JCEP representatives** may be re-elected to succeeding terms. The past president will serve one year immediately following his/her term as president. Elected officers shall hold their offices until their successors are elected and qualified.

**Section 2. COUNCIL DIRECTOR REQUIREMENTS.** The council directors shall be members of Alpha Rho Chapter of Epsilon Sigma Phi who are in good standing. The council shall consist of the executive board and elected directors representing each of the segments of Alpha Rho Chapter membership: **southwest, northwest, northeast, southeast, west, central, east, state, and retired.** Council directors shall be elected for two-year terms -- **northeast, southeast, east** and retired in even numbered years; **northwest, southwest, west, central,** and state in odd numbered years. Directors may not succeed themselves. The Director for Extension (or a representative) **and the two elected representatives to the KS-JCEP board of directors** shall also be **a**-council members. **(Note: final sentence moved from the middle of this section to the end.)**

*All changes were accepted October 26, 2020.*