



CONNECTION



May/June 2008

NUMBER 111

EPSILON SIGMA PHI

The Extension Professionals' Organization

William Gaines Smith, Director of Alabama Cooperative Extension System, Named 2008 Distinguished Ruby Recipient

William Gaines Smith of Alabama has been selected to receive the 2008 National Distinguished Service Ruby recognition. Gaines Smith is Director of the Alabama Cooperative Extension System (ACES), the Cooperative Extension organization of Alabama A&M University and Auburn University.



He will deliver the prestigious Ruby Lecture during the Ruby Luncheon on Wednesday, September 17, 2008, at the Galaxy III Conference in Indianapolis, IN. The Distinguished Service Ruby is the highest and most prestigious recognition presented by Epsilon Sigma Phi and is designed to recognize truly outstanding thinking, performance and leadership in Cooperative Extension. His distinguished Extension career certainly has inspired professional excellence across the country.

Dr. Smith's Extension leadership has spanned a 43 year career. As Extension Director, he currently leads the Alabama Cooperative Extension System which draws on the expertise of faculty from Auburn University and Alabama A & M University. Having served in leadership positions at the County, District, and State levels, Gaines Smith is one of the most versatile national Extension administrators. Most recently, he has worked diligently to integrate the Extension programs of ACES with the research programs of the Alabama

Agriculture Experiment Station and the various colleges and schools at Auburn University and Alabama A&M University. He has directed the shift from county-based and generally focused programming to regionally-based programming which focuses Extension educational efforts within fourteen Program

Priority Teams. He has led ACES through times of tight budgets, organizational downsizing, and the redesign of the programming process. During these times of dramatic change, Gaines Smith has enthusiastically reassured Extension faculty and private citizens that Cooperative Extension will continue its tradition of providing cutting edge and relevant programming to meet the needs of citizens.

William Gaines Smith has played an instrumental role in securing high-speed Internet connectivity for field offices, allowing greater use of Internet communications, particularly videoconferencing. More recently, Smith has been laying the groundwork

(Ruby Continued on Page 2)

INSIDE THIS ISSUE...

Donate Your Rebate—Invest in ESP—Make It Count!	2
Update from ESP	3
Life Members and Retirees—What Have We Done for You Lately?	4
National Epsilon Sigma Phi (ESP) Executive Director Search	4
ESP Seeks Application for One Mini-Grant	4
2008 PILD is Huge Success	5
Advocacy at All Levels: Leading Extension Into a Vibrant Future—Emerging Leadership Workshop—July 31, 2008	5
Remember to Register for Galaxy III !	6
Leading Change for A Healthy Organization	6
More Galaxy III Information	6
Epsilon Sigma Phi Concurrent Sessions for Galaxy III	7
Life Member/Retiree Tract Seminars for Galaxy III	8
Donation Items Requested for Galaxy III Fundraising Auction!	9
Galaxy III—Visit the “Hoosier” State for “Down Home” Hospitality	9
Important Dates Ahead	10

(Ruby from page 1)

for what he and other Extension professionals have described as a “virtual” approach to Cooperative Extension work, reflecting how traditional face-to-face programming efforts increasingly will be outpaced by Extension’s on-line presence. He has committed Alabama Extension to becoming a national leader in Virtual Extension programming in coming years.

In 2004, Smith oversaw what is arguably the most comprehensive restructuring effort in Alabama Extension’s almost 100-year history, transforming the system from a primarily county-delivered system into one in which programming increasingly will be delivered through regional agents specializing in one of the 14 priority program areas and working across county lines. Since 1995, he also has overseen implementation of Knight vs.

Alabama, a landmark federal decision marking the nation’s first unification of the Extension programs of an 1862 land-grant university (Auburn University) with those of its 1890 counterpart (Alabama A&M University).

Dr. Smith has been a member of ESP for thirty three years. He has been instrumental in the building, maintaining, expanding, supporting, and updating of the Epsilon Sigma Phi Memorial Chapel at the Alabama 4-H Center. In 2007 he was recognized as the recipient of the Distinguished Leadership Award presented by the Alpha Pi Chapter.

Letters of congratulations may be sent to **William Gaines Smith, Director, Alabama Cooperative Extension System, 109D Duncan Hall Auburn University, AL 36849-5612.**

DONATE YOUR REBATE - INVEST IN ESP – MAKE IT COUNT!

Randy Brooks, Chair, Resource Development and Management Committee

As you consider how to spend your upcoming tax stimulus rebate check, why not [make an investment](#) that will make a lasting difference for ESP members, for today and the future? Consider giving all or part of your rebate check to the ESP’s Endowment Fund so you know it will count toward something special.

With the rising cost of fuel, airline tickets, food, etc., it is vital for the organization to be able to effectively provide our members with financial assistance. I have mentioned multiple times in the past about how much individual chapters have received in support from the national office. From 2001 through 2007, ESP reimbursed 44 Chapters over \$234,558. Of this amount,

- 41 Chapters received over \$49,450 for voting delegates to the national meetings.
- 33 Chapters received over \$38,350 for committee members to attend national committee meetings
- 43 Chapters received over \$77,700 dollars to attend the JCEP regional workshops.
- 26 Chapters received over \$28,000 in scholarships
- 15 Chapters received \$22,000 in mini-grants and
- 25 Chapters received over \$18,500 for concurrent session presenters.

This money was tallied by Chapter, but it went to members from each Chapter.

The ESP Endowment Campaign is in its 6th year of raising half a million dollars. This campaign will endow resources for scholarships and professional development opportunities for

ESP members. The endowment will support committee member’s travel to the national meeting, JCEP regional workshop participation, scholarships for professional development, mini-grants, and costs incurred with recognition of our members. We only need about \$130,000 to reach our campaign goal. So many wonderful people from all chapters have given or pledged some amount over the past 6 years. Our hopes are to “reach the finish line” at Indianapolis during the GALAXY III Conference and we could sure use your help. With over 6,000 annual and life members, all we need is for each person to give \$25 to reach the goal! Giving all or part of your stimulus rebate check will help stimulate the ESP Endowment Fund and make a difference for the organization. **Plus, your gift is fully tax deductible!** Click on <http://www.espnational.org/Going-for-the-Goal-with-flag.pdf>.



CONNECTION

EPSILON SIGMA PHI, INC.

ESP CONNECTION

Epsilon Sigma Phi, Inc. The Extension Professionals' Organization
A Newsletter

Editor: Linda D. Cook

Epsilon Sigma Phi National Office

PO Box 357340, Gainesville FL 32635-7340

352-378-6665 FAX 352-375-0722 esppoffice@espnational.org

Website: <http://espnational.org>

ESP Connection Layout: Jeana Kienzle, Twin Falls, ID



UPDATE FROM ESP

Duane P. Johnson, ESP National President

This past month the National Board participated in their mid-year Board meeting. I am impressed by the dedicated work and commitment of your officers and committees.

Highlights of the meeting included:

- Final planning for the ESP portion of Galaxy III. It will be a wonderful professional development conference.
- Plan of work update reports from each of the committees.
- The position announcement & description for the Executive Director position were presented by Bonnie McGee, Committee Chair. These were approved and are now posted on the ESP website. Applications are due December 1, 2008 with position available in September 2009. Interviews of finalists will be in April 2008.
- The Marketing committee, under the leadership of Sandy Corridon, will be rolling out their “new image for ESP” during Galaxy III. Be sure to participate in this great effort.
- Approved the planning & organization for the 2010 National ESP Conference in Jackson Hole, Wyoming. This will be a Western Region coordinated event under the leadership of Randy Brooks of Idaho.
- Accepted the bid from Lambda Chapter to host the 2011 National Conference in Syracuse, NY, October 9-13, 2011.
- Deborah Maddy, ESP Representative to Journal of Extension gave her report with impressive growth on contributions to JOE, and the need for additional reviewers especially in FCS and nutrition education.
- Approved the funding of three mini-grants to Wyoming, Oregon, and Tennessee.
- Approved the awarding of Dick Angus Professional Development Scholarships to Mary Alice Gettings, PA and Rosie Allen, KY.
- Approved the selection of three “Friends of Extension” to be presented during Galaxy III.
- Approved an ESP sponsored “Family and Friends Cruise” in 2010 under the leadership of Mike McKinney.

As I came out of this meeting I am impressed with what ESP is and will in the future contribute to the Extension Professional and Profession. The focus of Professional Development and Leadership Development supported through grants, workshops, mentoring, conferences and recognition programs is outstanding. There is a place and benefit for all Extension Professionals regardless of discipline, role, and work location in ESP. We strongly encourage all Extension Professionals to consider participation in ESP as well as their discipline based organization.

A quick look at some of the professional development opportunities offered through the leadership of the professional development committee reinforces this observation. They are:

- Seven Concurrent Sessions will be presented by ESP during Galaxy III.
- Seven Life Member Sessions will be presented by ESP during Galaxy III.
- A Galaxy Pre-Conference “Leading Change for a Healthy Organization” is offered on September 15 to the first 100 Extension Professionals who register. This is open to all Extension Professionals, cost is \$100.00 and registration is on the ESP website.
- The Ruby Lecture will be video-taped and made available on the ESP website following the Galaxy Conference.
- The Emerging Leadership Committee is planning an excellent, electronically-delivered, workshop in July.
- ESP has confirmed with JCEP the outstanding JCEP Regional Conference Workshop, “Ethics in Extension” for February 2009 in Orlando and San Diego. Dr. Pierce will be the presenter.

We look forward to seeing you in Indianapolis, IN, September 15-19.

The mission of Epsilon Sigma Phi is to foster the standards of excellence in the Extension System and to develop the Extension Profession and Professional.



LIFE MEMBERS AND RETIREES - WHAT HAVE WE DONE FOR YOU LATELY???

Della A. Baker, Chair, Membership Recruitment and Retention Committee

The ESP Board values your membership and wanted you to know about some of the opportunities that are available for Life Members and Retirees. These include:

- Implementation of a life member/retiree tract during the National ESP Conference
- Availability of life member rebates for the national conference
- Establishment of life member representation on all national committees
- Implementation of life member/retiree reception during ESP national meetings
- Support of ESP Family and Friends Cruise, (initiated by life members)
- Support of the implementation of flexible payment options for life member dues by chapters
- Support of the establishment of a "retiree of the year" award at the chapter level

We encourage you to consider serving as a committee member, officer, or committee chair at the chapter and national levels. You also are encouraged to submit a short news article once or twice a year highlighting interesting activities, identify and get involved in leadership roles in advocacy for Extension, provide training for active faculty and staff in mid-career as they prepare for retirement, and consider mentoring new Extension professionals. Contact the National ESP Office if you have questions or concerns at esppoffice@espnational.org.

NATIONAL EPSILON SIGMA PHI (ESP) EXECUTIVE DIRECTOR SEARCH

Bonnie McGee, Chair of Search Committee

The National ESP Extension professional organization is seeking candidates for the position of Executive Director. The successful candidate for this 75% position will have the skills necessary to maintain a national office, support the state organizations and the National Board through use of leadership, management, organizational skills and technical knowledge. This position functions as a salaried position subject to the authority of the National ESP Board in regard to compensation and performance of responsibilities and duties. He/she provides key leadership for communicating with the national Extension System components. The Executive Director reports to, and serves at the pleasure of, the National ESP Board of Directors. The office location will reside in the community in which the successful candidate lives. The Board's desire is to invest in a long-term commitment with the selected candidate to ensure continuity of national efforts, based on a satisfactory performance. Applicants are not limited to ESP membership. The position description details the leadership and management responsibilities of the Executive Director and can be found at <http://espnational.org>.

*Visit the National Epsilon
Sigma Phi website at
<http://espnational.org> !*

ESP SEEKS APPLICATION FOR ONE MINI-GRANT

Nancy Wallace, Chair, Member Services

Congratulations to the Wyoming, Tennessee and Oregon chapters as recipients of 2008 mini-grants. Each chapter will receive \$1,000 to stimulate the professional development of Extension faculty in their chapter/state.

ESP can award four grants per year. Currently the Member Services Committee is accepting applications for the one remaining grant. Applications are due electronically by end of business on August 1 to Linda Cook at esppoffice@espnational.org and Nancy Wallace, Member Services, chair at newwallace@comcast.net.

Grants will be awarded on the basis of the following criteria:

- The project should address professional development of members.
- Fifty percent of persons on project planning teams must be current members of an Epsilon Sigma Phi chapter.
- The planning team must be interdisciplinary.
- The project should provide model professional development events or materials that could be replicated or adapted by other Epsilon Sigma Phi chapters.



2008 PILD IS HUGE SUCCESS

Elizabeth Claypoole, ESP Representative, PILD Planning Committee

Participants in the 2008 Public Issues Leadership Development Conference left the conference with many ideas and action items for implementation in their local states. This annual conference was held April 28-30 in Arlington, Virginia. Paid staff and volunteers returned home with a greater knowledge of the political process at the Federal level and the emerging national trends and issues facing the Cooperative Extension System.

Highlights included entertaining Keynote Speaker Ilona Nickels, Public Policy Analyst, who reminded us that having “the majority” and having “the control” in Congress are not synonymous. Splits among the House members are referenced by different groups – names such as Blue Dog Coalition, New Democrat Coalition and groups that choose ideology over compromise. Congress is an ever-changing institution!

Participants were also able to choose several breakout sessions from the 13 that were presented and were able to meet with 2 different national program leaders during breakfast on Tuesday. Twenty national program leaders were represented, more than ever before! Thanks to Linda Kay Benning and Jim Spurling for setting up these presentations.

Finally, this year’s conference agenda was planned to end on Wednesday with a full day of visits to the Hill. Volunteers especially liked being able to meet with elected officials and advocate on our behalf for all the excellent programs and impacts we have in our communities.

This is the third time that I have attended the conference since I started in Extension more than 15 years ago,

and each time I learn something new. This year was particularly informative due to the hard work of the committee members who formulated the topics and speakers based on personal recommendation and experience. All speakers received high marks from participants and next year’s committee has vowed to continue this endeavor!

I hope that more people will see this as a key conference for continued education in networking with other states, both paid staff and volunteers, regarding national Extension issues in both programming and funding. Each state brings a unique perspective to total participation – the strength of this conference. I challenge all state chapters to make sure that you have a delegation to the 2009 conference. Participate, share and learn – make 2009 better than 2008!

ADVOCACY AT ALL LEVELS: LEADING EXTENSION INTO A VIBRANT FUTURE - EMERGING LEADERSHIP WORKSHOP - JULY 31, 2008 – 3:00-4:00 PM EDT

Educating, advocating, lobbying – what is your role as an Extension professional and how do you implement that role? Do you involve volunteers? How are our advocacy efforts perceived and received by elected decision makers? These and related questions along with the how-to’s of effective advocacy for Extension will be addressed in the 2008 Emerging Leadership workshop led by Gwen Wolford on July 31. The program is offered by the Emerging Leadership sub-committee as a benefit of membership in ESP. Non-members can also participate for a fee of \$25. **Registration deadline is July 17th.**

Dr. Wolford serves as the Director of Government Relations at the Ohio State University. She serves as the liaison for the College on agricultural issues with Ohio’s Congressional delegation and their staff, the Ohio General Assembly and the

County Commissioners Association of Ohio. She also actively works as a part of the land-grant system’s overall efforts on agricultural funding and policy issues.

The program will be hosted using the Pennsylvania State University’s Adobe Connect system. You’ll be able to participate and interact from your computer desktop. Watch your email for additional registration information.

Members of the 2008 ESP Emerging Leadership sub-committee of the Professional Development Committee are Debbie Post - North Carolina State University; Jan Carroll – Colorado State University; Susan Guinnup – University of Illinois and chair, Karen Vines – Penn State University, Chair.



REMEMBER TO REGISTER FOR GALAXY III!

Go to <https://sharepoint.agriculture.purdue.edu/ces/galaxy/registration.aspx> to register. Here are some things you need to know:

- You **must** have a housing confirmation number before you can register at the \$395 early bird rate. This rate is good until June 15th. If you are not staying in a conference hotel, you will be charged a facilities fee.
- The registration fee includes the Opening Reception, the Ruby Luncheon, the Auction Dinner, the ESP Breakfast, the Recognition Banquet and the Closing Brunch.
- Registration can only be done on-line and paid by credit card. If you need to use a University PO to pay for your registration, you will need to contact Purdue Conferences directly.
- There will be no on-site registration. All registration closes on August 15th.
- Tour descriptions are now up on the Galaxy website. All the tours will be on Thursday starting at 9:30 am and are ordered when you register.



LEADING CHANGE FOR A HEALTHY ORGANIZATION ESP PROFESSIONAL DEVELOPMENT COMMITTEE

The ESP Pre-Conference, Leading Change for a Healthy Organization, is scheduled for Monday, September 15, from 9:00 – 3:30 pm in Indianapolis. This conference is designed for Extension educators across all disciplines, including county and regional directors, human resource and professional development personnel and administrators. Participants will be exposed to an integrative model for a total rewards strategy that serves as a 21st century roadmap for leaders responsible for attracting, retaining and motivating a workforce in today's work environment. Registered participants will complete a brief survey tool to help set the stage for an effective learning experience and more closely tailor the presentation to the audience's specific needs.

The keynote speaker is Kathleen Lingle who leads Alliance for Work-Life Progress (AWLP), a national center of work-life expertise that defines and recognizes innovation, best practices and provides global thought leadership. AWLP advances work-life effectiveness as a high-performance business strategy that integrates work, family and community.

Cost of this outstanding workshop will be \$100 per participant and will include lunch and beverage in addition to the workshop itself. **PRE-CONFERENCE REGISTRATION POSTED AT <http://espnational.org>.** Participation is limited. Registration deadline is **August 1**. Please help us spread the word.

MORE GALAXY III INFORMATION

- Consult **ESP Specific Agenda** on the ESP website for meeting times for Regions, Committees and National Council.
- **Volunteers** are still needed for many jobs during Galaxy III. Go to <https://sharepoint.agriculture.purdue.edu/ces/galaxy/overview.aspx> to find your special place of service.
- The **Scholarship Auction** needs your items. Drop off will be near the Registration Desk on Monday and Tuesday. Be sure to note that you are donating the item for ESP so we get the money.
- Help is needed to host the **ESP Booths in the exhibit area**. If you would like to give an hour back to ESP, please let us know when on Tuesday or Wednesday you would be available to assist.



EPSILON SIGMA PHI CONCURRENT SESSIONS FOR GALAXY III

Advocacy at All Levels: Leading Extension into a Vibrant Future

Presenter: Gwen H. Wolford, Director, Government Relations, Ohio State University
Alpha Eta Chapter, Ohio

Educating, advocating, lobbying – what is your role as an Extension professional and how do you implement that role? Do you involve volunteers? How are our advocacy efforts perceived and received by elected decision makers? These and related questions will be addressed; along with the how-to's of effective advocacy for Extension.

The Wonders of Working the Wiki Way

Presenters: Nancy M. Porter, Financial Security for All CoP Vice Chair, Extension Family Resource Management Specialist, Clemson University Cooperative Extension Service, Alpha Phi Chapter, South Carolina; Erik Anderson, Financial Security for All CoP Instructional Designer; University of Idaho, Theta Chapter, Idaho; Debb Pankow, Financial Security for All CoP Chair; North Dakota State University, Upsilon Chapter, North Dakota

Extension professionals rely on many technologies to support communication and collaboration. This session will demonstrate how a geographically-dispersed team of family economics specialists and educators is using Wiki software to collaborate and create dynamic web-based content for the eXtension web site.

The MATRIX: A Program Management Tool

Presenters: Barbara Dunn Swanson, Extension Agent, 4-H Youth Development, North Carolina Cooperative Extension, XI Chapter, North Carolina; Robert Furr, Extension Agent, 4-H Youth Development, North Carolina Cooperative Extension, Xi Chapter, North Carolina

Participants will learn how to utilize a Program Management Matrix that can assist any agent in determining program impact and viability. In a time of economic downsizing and increasing need for program accountability the Matrix is useful in prioritizing your efforts and maximizing your outcomes. Through self-assessment and small group work, participants will learn to use the matrix to make meaningful programmatic decisions.

Connecting University and Business in Extension Programming: Strategies for Valuing Older Workers

Presenters: Laurel L. Kubin, County Extension Director, Colorado State University Extension, Zeta Chapter, Colorado; Jacque Miller, Extension Agent, Colorado State University Extension, Zeta Chapter, Colorado; and Luann Boyer, Extension Agent, Colorado State University Extension, Zeta Chapter, Colorado

Follow the journey of a multi-county, multi-university partnership in designing the first Rocky Mountain Conference on Aging (RMCoA). Topics will include: engaging the expertise of the university and business sector in addressing the issues of an aging workforce, marketing to a new audience, RMCoA content overview, and implication for Extension's workforce.

Leadership, Organizational Change and Technology

Presenters: Jerold R. Thomas, Director, Extension Center At Lima, Ohio State University Extension, Alpha Eta Chapter, Ohio and Jeff King, Program Leader, Leadership Center, Ohio State University Extension, Alpha Eta Chapter, Ohio

This session explores the latest literature in leadership and organization change related to Extension. Demonstrations of technology tools, detailed handouts and worksheets, and a post-conference website will be used. A goal is to model new leadership behavior and create a collaborative environment for professionals to create new scholarly leadership work.

Leadership Acumen in Fund Development: Avoiding the Seven Deadly Sins!

Presenters: Bruce DeYoung, Emeritus Professor of Management, Oregon State University, Gamma Chapter, Oregon and Kathy DeYoung; Executive Director, Financial Stewardship Resources, Inc. Corvallis, OR.

This session develops leadership acumen needed to implement fund development on behalf state chapters of Epsilon Sigma Phi and Extension Professional Associations. These leaders are typically unaware of significant administrative issues that can jeopardize such initiatives. Learn to avoid seven key administrative missteps that may delay or halt fund development.

Leadership Northwest Missouri: A Regional Approach to Leadership

Presenter: Beverly Maltsberger, Community Development Specialist, University of Missouri Extension, Alpha Tau Chapter, Missouri

Educating, advocating, lobbying – what is your role as an Extension professional and how do you implement that role? Do you involve volunteers? How are our advocacy efforts perceived and received by elected decision makers? Leadership Northwest Missouri is a regional leadership program which will address these and related questions; along with the how-to's of effective advocacy for Extension.



LIFE MEMBER/RETIREE TRACT SEMINARS FOR GALAXY III

Financial Planning for the Second Half of Your Life: 10 Key Issues

Presenter: Barbara O'Neill, Extension Specialist – Financial Resource Management, Rutgers Cooperative Extension

As people get older, their personal finances often get more complex. They face new financial challenges and decisions, such as making required minimum distributions from tax-deferred retirement plans. In this workshop, participants will learn about common feelings and financial errors of older adults and ten key later life financial issues.

Medicare Mysteries No More

Presenters: Mary Loftis, Extension Assistant, University of Nebraska Lincoln – Extension; Nancy Frecks, Extension Educator, UNL Extension; Sonya L. Glup, Extension Assistant, UNL Extension; Mary Ann Holland, Extension Educator, UNL Extension; Eileen Krumbach, Extension Educator, UNL Extension; Jeanne Murray, Extension Educator, UNL Extension; Sue Pearman, Extension Associate, UNL Extension and Debra Schroeder, Extension Educator, UNL Extension

Medicare, prescription plans, supplemental insurance . . . these words strike fear in the hearts of everyone approaching 65. What does Medicare cover? How do you choose? How do you sign up? How can you help others? Free resources and down-to-earth answers for everyone without a sales pitch.

Shape Up Your Memory

Presenters: Christine Kniep, Family Living Educator/ Department Head, Wisconsin Extension; and Edie Felts-Podoll, Family Living Educator, Department Head, Wisconsin Extension

Keeping the brain active throughout our lifetime increases its vitality. This workshop will review strategies to keep your mind active, reducing the risk factors for brain disease. Participants will assess their “Healthy Brain Habits” and practice brain fitness techniques including Neurobics, Core Intelligences, Mind Aerobics, Mind Games and Brain Breaks.

Financial Health Care Costs and Inflation in Retirement

Presenter: Dr. Thomas Stinson, Extension Economist, University of Minnesota Extension

Retirees are challenged by projecting expenses that are out of their individual control: health insurance premium increases, long term care costs, and inflation. Learn which economic indicators to monitor to keep financial projections current.

Helping Others Deal with Personal Loss

Presenter: Jim Rutledge, Extension Life Member

There's a good chance you know someone who will someday suffer a great personal loss. Most of us know there are stages of grief. This workshop will help you turn those stages into action plans to help others deal with the loss of a spouse, child or parent.

Aging in Place

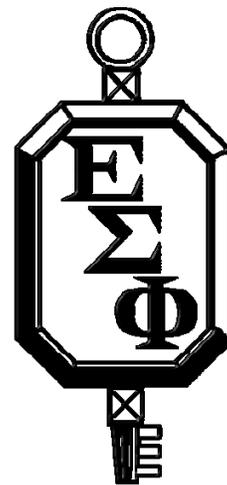
Presenter: Becky Reynolds, County Extension Agent – Family & Consumer Science, Arkansas Cooperative Extension

As we age, we discover once routine things are becoming harder to do. Most adults prefer to not have to move from their present residence in order to secure necessary support services for changing needs. Choosing Universal Design products make daily living easier. Simple exercises make arthritis more manageable.

The Best Selling Dietary Supplements and the Research Behind Them

Presenter: Sara Oldroyd, Family and Consumer Sciences Agent, Utah State Cooperative Extension

Finding reliable sources for research-based information on the uses, dosage, and side effects of dietary supplements is needed. The top selling supplements including glucosamine, fish oil, Echinacea and St. John's Wort will be discussed as well as tips on how to become a supplement-savvy consumer.



DONATION ITEMS REQUESTED FOR GALAXY III FUNDRAISING AUCTION!

James Hovland, Galaxy III Auction Facilitator

The Silent and Live Auction will take place on Wednesday September 17, 2008 during the Galaxy III Conference in Indianapolis, Indiana. Here's is an opportunity to support services such as professional development, provided by our professional associations for you and your Extension colleagues. Organizations that will benefit from the auction proceeds include: Epsilon Sigma Phi, National Association of County Agricultural Agents, National Extension Association of Family & Consumer Sciences, National Association of Extension 4-H Agents, National Association of Community Development Extension Professionals, and Association of Natural Resource Extension Professionals.

Donation of Items for Auction

Donors will be asked to designate an association to benefit from the sale of the donated item. Items are suggested to be "something unique that represents your culture, community, hobby or special interest," and ***should be valued at \$30 or more***. Association chapters/donors are encouraged to donate higher-valued, higher-quality items (due to limited auctioneering time the higher-valued items will be placed in the "live auction," as determined by the auction committee members).

Auction Items Registration

Registration of auction items will be held in the same location as conference registration, during designated time periods posted. Registration of auction items will occur on Monday and Tuesday. If you are sending auction items in advance please provide the following registration information along with the items.

Registration Information Needed

- Name of item
- Description
- Estimated value
- Donor (individual/association chapter) name
- Donor contact information
- Local contact information (hotel name and room number)
- Designated association to receive proceeds of sale

Advance Shipment of Packages

To send auction items in advance, packages should be sent to:

Purdue University CES
Hamilton County Office
Attn: Galaxy Auction
2003 East Pleasant Street
Noblesville, IN 46060-3697
(If shipment carrier requires a phone number, please use 317-776-0854)

Packages must be received between September **1st and 12th (deadline)**. Please include registration information in your package.

For further information please feel free to contact the Galaxy III Auction facilitator, Jim Hovland, at 920-948-4460, or james.hovland@ces.uwex.edu. Your individual contribution along with those from your State Associations/Chapters will ensure a successful fundraising effort.

GALAXY III – VISIT THE “HOOSIER” STATE FOR “DOWN HOME” HOSPITALITY

Sandra Fry, Member, ESP Professional Development Committee-Southern Region

Having lived most of the first half of my life in Indiana, I look forward to the occasional visits with family and good friends still living there. When speaking about Galaxy III to fellow Extension workers, the first thing they ask is "Where is it?" The next comment is "Indianapolis, what's in Indiana?" My answer – "Great scenery, a rich cultural heritage that varies from the north to the south in a relatively small state, and Galaxy III."

Who cannot know about sports in Indiana with Larry Bird and Peyton Manning bringing notoriety to the state? And don't forget the Indy 500 – fast cars, fried chicken picnics in the in-field, and sunburns! September 15-19, visit Indianapolis, Indiana for Galaxy III for fun and fellowship. And - don't forget the great concurrent sessions, poster sessions and keynote speakers that have been lined up for this exciting conference.

In my fourth grade Indiana history lessons, I was taught that Hoosier derived from the question "Who's there?" When I read an article about how the word "Hoosier" came about, there were several different speculations about its origin. One of them was "down home hospitality." So I invite you to see for yourself "who's there" when you come to Indianapolis for "down home" hospitality.





****IMPORTANT DATES AHEAD****

June 15, Early Bird Registration deadline for Galaxy III

August 1, Deadline to submit Mini-grant applications for second opportunity

August 1, Voting Delegates Submitted to National ESP Office

August 15, Galaxy III Registration Closes

September 15, 2008, ESP Pre-Conference, Leading Change for a Healthy Organization

[September 15-19, 2008, Galaxy III, Indianapolis, IN](#)

September 13-16, 2009, ESP National Conference, Fargo, North Dakota

October 12-15, 2010, ESP National Conference, Jackson, Wyoming

October 9-13, 2011, ESP National Conference, Syracuse, New York

