

ESP COLORADO

Zeta Chapter
Epsilon Sigma Phi | Your Key to Professional Excellence

Zeta Executive Committee

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Professional Development: Kurt Jones

Public Issues: Gisele Jefferson (President-
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Scholarships, Grants and Recognition:
Deryn Davidson

Resource Development and Management:
Gus Westerman (Treasurer)

President's Message

Todd Hagenbuch

"You can't handle the truth!"

Remember that famous line in "A Few Good Men?" Truth is a funny thing: it seems like it should be the most solid, constant thing in the world, a black-and-white situation, where this is no question of what the truth is and what it isn't. But what 'truth' is in question now more than ever.

My high school psychology teacher used to say "Perception is everything!" and she was right. One person's observations, experiences, and perceptions impacts what they see as the truth. Observations, experiences, and perceptions aren't the same for everyone, so each person's 'truth' is different.

In a world where information is curated and targeted, what we each experience is different, and that changes our 'truth.' What pops up on someone's Facebook feed, internet search, or in ads as they peruse the internet impacts the information that forms their truth. What cable news network one watches, what news feed fills their inbox, and what others tell someone forms their truth, too.

In the past couple of weeks, a lot of changing information has been coming at us from everywhere. Whether it's information about the economy, the events of January 6th, 2021, or even about our own leadership at CSU, the result is the same: truths are being challenged, and that can make people feel unmoored. This is the perfect time for Extension professionals to shine and provide grounding for our communities and for one another.

At times when factual data and research-driven information is hard to come by, Extension is there, just like we have been for over a century, to provide it. When leadership is needed in communities to offer education and a common foundation from which people can build, we're ready to help. And when our coworkers and colleagues need support, they've got teammates and friends who are there to help lift them up-YOU! Thank you for being the amazing people you are and proving that in a wacky world, people can still do great things and move our communities forward. You are phenomenal!

Now *that's* the truth.

ESP Websites:

Zeta Chapter: [CLICK HERE](#)

National: ESPnational.org

A Special ESP Event!

Tuesday, June 21, 10:30am-Noon

Known as “Dr. Dave” on campus and across the country, Dave Schramm is a professor and family life Extension specialist at Utah State University in the department of Human Development and Family Studies. He has given over 500 presentations, classes, and workshops related to happiness, parenting, and couple relationships to a variety of audiences, including the United Nations and a TEDx talk in Florida. Starting with the three needs as a foundation, Dr. Dave will use stories and humor as he provides four principles for becoming better after experiencing the bitter, including some simple science-backed “happy hacks” to boost both our positivity and productivity as well as our mood and attitude at home and at work—starting today.

Please join us on **Tuesday, June 21st from 10:30-12pm** for a Zoom presentation. [Registration required](#). You will be emailed the Zoom link to join the webinar after registering. Open to all ESP Zeta chapter members. Come and laugh with us!



[CLICK HERE TO REGISTER!](#)

Life Member News

Luann Boyer, Executive Secretary

The

RETIREEE

SOCIAL



Thursday, July 21 is the 2022 Extension Retirees Social - held at a new location this year. We'll be at the McKee 4-H and Community Building at The Ranch (Larimer County Fairgrounds) in Loveland (5280 Arena Circle, Loveland 80538). This event is open to all Extension personnel; not just those who have retired. For those still working, it's a great way to visit with some of your former colleagues. Besides time for socializing, several CSU Extension Administrators indicate they are attending and will be asked to give an update after lunch with time for Q&A.

Lunch is a buffet of assorted sandwiches and wraps with salads, chips, and dessert (chocolate included). Reserve your spot by sending a check made to ESP Zeta Chapter for \$25 per person to Luann Boyer, Zeta Executive Secretary, 22500 Road 21, Fort Morgan, Co 80701. Mail payment so it will arrive by Friday, July 15 to meet the food deadline.



IS *July 21*
BACK!

A BIT OF ZETA HISTORY

By Luann Boyer

Thanks to Life Member Gail Shellberg's donation of early ESP Yearbooks, it has been fun to read through the early years of the organization. Colorado was among the early chapters formed. The Yearbooks annual report includes activities of the chapters. In the first Yearbook (1930), Colorado reported submitting \$6.00 dues to national for 12 members at .50 cents each. In the 1931 Yearbook, assets of the organization were \$2,432.95.

In 1932, Zeta Chapter submitted their annual report including officers and new initiates who were Home Management Economist Mary Sutherland and Extension Director F.A. Anderson (if Anderson sounds familiar, that is who the CSU Extension Specialist Award is named for). Five additional pledges will be initiated at the next annual meeting. Another reference in the report indicated Zeta Secretary/Treasurer E. D. Smith had been active in setting up county and community relief associations to address the extreme drouth in Eastern Colorado.

In the 1933 Yearbook, it was reported Zeta Chapter member Samuel Morgan had passed away. He was County agent in Las Animas County and held in high esteem. The article mentioned that when a tax reduction campaign was proposed it discontinued the county appropriation for Extension work. Farmers from all parts of the county united in an organized protest which resulted in the Extension appropriation remaining.

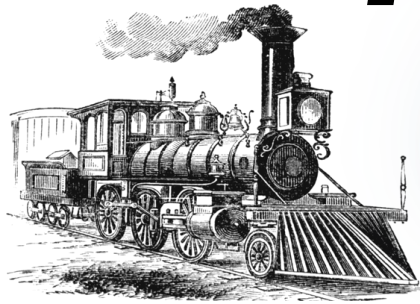
On a issue of general ESP history, the 1934 Yearbook mentions researching if Extension workers could also be included under the Federal Retirement Act of 1930 which provided for retirement at age 70 with 30 years of service in the US Government. National had appointed a Standing Committee on Retirement and was about to promote introduction of a bill in Congress when the Great Depression occurred. It was decided to defer the bill. Watch for future developments as we report the history of ESP/Zeta.



A trip on the

MIDNIGHT

Express



By Gisele Jefferson, President Elect

Thanks to Abby Weber and Bruce Fickenscher for the invite to join them on the AMTRAK to travel to the 2022 Joint Council of Extension Professionals – Extension Leadership Conference in Kansas City, Missouri in February. Now I can cross a Midnight Train Ride off my bucket list!! We traveled through the night both directions. So, I missed the scenic trip across Kansas! Travel is always an adventure; and this trip did not disappoint. We had drama, comedy and tragedy unfold right before our eyes...

The conference theme was Reflect, Reconnect and Recharge. The conference team did a great job of offering a wide variety of concurrent sessions aimed at raising the professional skills and spirits of the Extension Professional. Colorado had chapter officer representatives from ESP, CEAFCs, CAA and CAE4-HA (which I think has updated its name since I last was a member). This is another perk for serving as an officer in state Extension professional development organizations.

Oh, Kansas City is known for barbeque! We had very limited opportunities during this 2-day conference to experience the famous BBQ spots. So, I guess I'll have to leave this item on my bucket list just partially checked – and try again. Oh, at one place I asked what's the favorite BBQ dish out of the dozen or so choices. "Burnt Ends" was the reply. So, I tried it. You can get beef or pork, or both. You guessed it! It was the burnt ends of a roast. Heck, my mom taught me how to cook this KC BBQ favorite – before it was a thing!!

A BIG THANKS to Zeta Chapter for help in funding my travel expenses to this conference.



JCEP Keynote

By Gisele Jefferson, President Elect

“Aren’t You Ready to Shift from Surviving to Thriving?” was the keynote by Jones Loflin at the 2022 JCEP Extension Leadership Conference. This address was jam-packed with ideas, tips, books and quotable content to motivate and gave ample take-aways.

- Focus on a successful life, not a career.
- “In the end, as a leader, you are always going to get a combination of what you create and what you allow.” Dr. Henry Cloud in book “Boundaries for Leaders”

5 Elements to help shift into Thrive mode:

1. Address the Elephants – What is one area that would make the biggest difference for you? Be specific and identify it, how to address it and take action.

- a. MAP out some tiny habits – taken from the book, “Tiny Habits” by BJ Fogg.
 - i. Motivation – what’s our why?
 - ii. Ability – to take action – make a change in one habit at a time.
 - iii. Prompts – develop 3 daily questions/habits:
 1. Take 3 minutes to think long term and strategic

2. Reduce the Noise –

- a. Where’s the noise coming from - Internal, External or Expectations of others?
- b. Do creative work first and reactive work second – Jonathan Milligan

3. Work with those who don’t think like you

- a. Who are they? Two things to learn about them – What makes them tick? What ticks them off?
- b. ABC Technique
 - i. Ask questions. Create more learning moments. Start questions differently. Ask the question that will give you the most information. What...? How...? Help me understand...?
 - ii. Build bridges – to you or something you offer
 - iii. Capture a Commitment – make a specific plan to get back to them.

4. Grow – A plant or a person will only grow as fast as its most limiting input. What’s limiting your growth?

- a. I want to improve my ability to _____? I want to learn to _____?
- b. Practice and plan to Fail
 - i. Fail fast, fail forward, fail smart, fail cheap, and fail with integrity.
 - ii. “Sometimes it’s not enough to do our best; we must do what is required.” Sir Winston Churchill -

What is required of you now?

1. Daily adjustments to how you work and communicate
2. Adoption of new habits or skills
3. Monumental shift in how you work and serve others

5. Prioritize your Personal Wellness

- a. Take care of all three rings – like circus rings
 - i. Work – job responsibilities and career
 - ii. Self – health, hobbies, interests, spirituality
 - iii. Relationships – family co-workers, friends

*just
breathe*

International Passport: Around the World in 50 Experiments

Brought to you by the ESP Global Relations Committee to encourage international awareness

Science experiments that will take children around-the-world to learn about different countries and cultures as they go! Fun and learning for families, 4-H members, summer campers and all kids who need something exciting to this summer!

What you need:

- Around the world in 50 experiments passport (found below)
- Internet to access the 50 experiments
- Pencil or pen

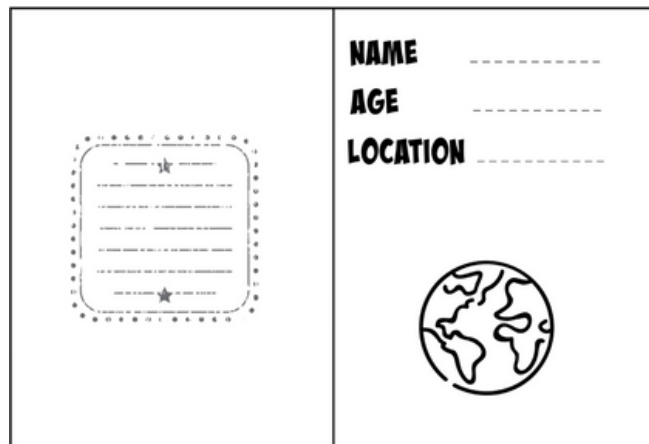
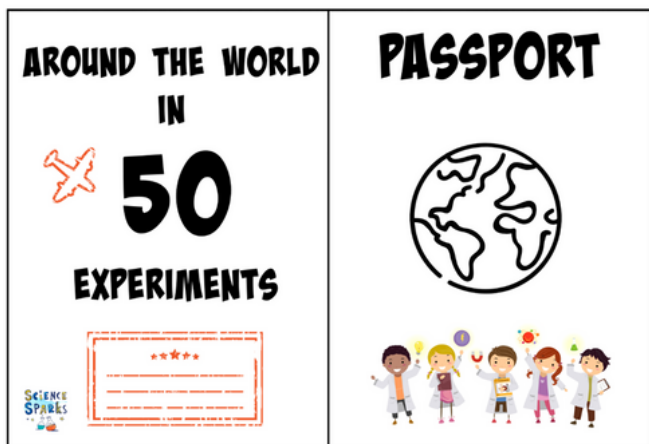
What you will do:

1. Print this page and cut out the passport handout.
2. Insert country visited stamp pages inside the passport cover.
3. Scan the QR code or visit this hyperlink to view the 50 experiments.
 - a. <https://www.science-sparks.com/around-the-world-in-50-experiments/>
4. Complete the 50 activities
5. Stamp/sign each page for the completed country.



Global Awareness Facts:

- The idea behind global awareness is to create global citizens who are open to those raised in different countries, cultures, and religious settings.
- The guiding principle behind global awareness is to create a more peaceful and just society.
- To develop global awareness, look for opportunities to meet and truly get to know your international classmates, colleagues, and neighbors.
- Reading is one of the best ways to immerse yourself in another culture.
- An open mind and a positive attitude will help you learn more about other cultures!



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For a copy of the passport, email GR committee member Dani Wesolowski at dani.wesolowski@colostate.edu

IT'S NOT TOO LATE...

Save these dates!!!

2022 ESP National Conference September 26-29, Branson, Missouri

2023 ESP National Conference September 24-28, Billings, Montana

Join an ESP Committee

Are you a bylaws boss? Pumped for public issues? A guru in global relations? Then consider joining an ESP committee to share your expertise. Our committees don't require a lot of work and are fun, so [sign up here](#). They look good on your faculty dossier, too!

