

JANUARY 2023

Zeta Chapter News and Notes

ESP COLORADO

Zeta Chapter
Epsilon Sigma Phi | Your Key to Professional Excellence

Zeta Executive Committee

Alison O'Connor, President
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Committee Chairs

Bylaws: Carla Farrand

Global Relations: Christy Fitzpatrick

Membership Recruitment and Retention:
Todd Hagenbuch & Dennis Kaan

Nominating: Todd Hagenbuch

Professional Development: Kurt Jones

Public Issues: Carla Farrand

Scholarships, Grants and Recognition:
Deryn Davidson

Resource Development and Management:
Gus Westerman

President's Message

Alison O'Connor

Back in the Saddle

Hello fellow ESP Members! I'm back. If you didn't hear, our wonderful President-Elect, Gisele Jefferson, was elected as a Washington County (Colorado) Commissioner!



Because of the many responsibilities she will be handling, she made the difficult decision to pass on the presidency and...here we are. I'm honored to serve the Zeta Chapter for another year, with support from Past-President Todd Hagenbuch, President-Elect Carla Farrand, and our fantastic Executive Committee.

For those of you who are new to us, welcome to ESP! I look forward to working with you in 2023. Be sure to reach out to any fellow member for advice, support, or questions. The mission of ESP is to help build the Extension professional - and our chapter will be offering several professional development opportunities this year. We'll kick off 2023 with a presentation by Dr. Sue Schneider on "Mindfulness for Stress Resilience" on Friday, January 13 at 12:00pm MDT. The Zoom link is on page 4. Join us with a mindful approach to the new year.

As we wrap up 2022, it was seemingly another year of turbulence and change. CSU Extension experienced many rollercoasters - but the core of what we do and how it betters so many lives remains constant. Thank you for all you do!

ESP Websites:

Zeta Chapter

National ESP

Congratulations!

To our 2022 ESP Award Winners

By: Deryn Davidson, Chair of Scholarships, Grants, and Recognition

2022 was another great year for celebrating the work done by ESP Zeta Chapter members. The annual ESP awards, presented during Forum in October, are a great opportunity for colleagues to recognize each other and the hard work being done each year across the state. A call for nominations comes out in late summer, so be on the lookout as we move from the growing season and county fairs to preserving and state fair season. They are another great way to tell the Extension story! This year we had nominations in six categories. The winners are listed below. All chapter awardees (except Meritorious and Retiree) are then eligible for the national award in the same category. Congratulations to all the nominees and all of the winners!

Lori Bates: Meritorious Award

Alice Smith: Meritorious Award

Dani Wesolowski: Early-Career Service Award

Carla Farrand: Mid-Career Service Award

Dennis Kaan: Administrative Leadership Award

**Colorado State University Trial Gardens:
Distinguished Team Award**

Team members: Dr. Jim Klett, David Staats, Alison O'Connor, Tony Koski, Eric Hammond, Amy Lentz, Katie Dunker, and Deryn Davidson



Lisa Auer

Of special note, Lisa Auer was the recipient of the National Diversity Multicultural Individual award!



You can still renew your membership by January 11!

By: Dennis Kaan, Membership Recruitment and Retention

Being a member of Epsilon Sigma Phi, Zeta Chapter provides many professional development opportunities and benefits to further your professional Extension career.

Membership: Membership in Zeta Chapter also enrolls you as a member of the national ESP organization, and a member of the Joint Council of Extension Professionals (JCEP). Discover more about JCEP.

Mentorship: There are times in each of our careers when we can use the consultation and advice of someone who has “been there and done that.” If you have been with Colorado State University Extension at least two weeks, you have likely already connected with one of our members, whether you realized it or not. We are dispersed across Colorado and our members have the experience and institutional knowledge that is valuable to new CSU Extension employees. Additionally, many of us have gotten to know colleagues in other states through our involvement with national associations. These connections across State borders can help with multi-state programming/research efforts, tour development, and information collection; just to name a few.

Leadership Development: Have you been looking for an opportunity to express your current leadership skills or build upon them? As a member of Zeta Chapter, opportunities are available to be active as an officer or participate on one or more of the chapter committees as a member or leader. There are numerous opportunities for you to grow as a leader.

Professional Development: Employees with Colorado State University Extension are expected to attend continuing education annually. Each year, Zeta Chapter, national ESP, and JCEP all offer continuing education opportunities to their members. Many of these Professional Improvement Conferences (PIC) offer subject matter and off-site workshops or industry related tours. In addition to PICs, some years there is an opportunity provided for international professional development experiences. You can also attend local professional development sponsored by the Zeta chapter.

Scholarships: There are opportunities offered at the state and national levels to apply for scholarship funds to assist with the costs of professional development experiences.

Comradery: One of our favorite things about being members of any of the Extension associations is the friendships and relationships that have blossomed out of being a part of the group. Once you are a member, make certain to participate in association activities so you can develop those same friendships and relationships.

Zeta Chapter has set up an Eventbrite registration for membership. The membership dues for new members is \$85.00 and returning members is \$95.00. A life membership option is available for retired Extension professionals at \$275.00. Renew or join by January 11, 2023!

Why I'm a Member of ESP

By: Todd Hagenbuch, Past-President

During Forum I had a conversation with a previous ESP member who I actually didn't realize had dropped their membership. I was really surprised when I learned this person had dropped their membership, but was told they just weren't sure they found value in being a member. This got me to thinking...why am I a member of ESP?



Any of you who were at Forum a few years ago heard me express my feelings about the importance of joining Extension professional organizations, whether it's CAEFCS, CAE4-HA, CCAA, or ESP. These organizations provide not only an opportunity for professional development that is created by my colleagues, but also give a platform for my voice to be heard by administration and others in Extension. As changes occur in Extension and at CSU that impact me, having a group advocate for me and my best interests is important.

ESP is especially unique in that regardless of your programming area, you have a place at the table. I have been so inspired by the work I have seen done by agents who work in programming areas I don't work in, and much of that is because of the opportunity ESP has provided me to work more closely with these agents. ESP has broadened my perspective, my connections within Extension, and my friend base.

So why are you a member of ESP? And more importantly, if you find value, like I do, in being a member, haven't you reached out to more colleagues to get them to join, too? I challenge you to bring a new member into the fold if you haven't already - this could be part of your Connect initiatives. Extension provides opportunities to expand our perspectives, connections, and friendship base.

**Professional Development Webinar:
Mindfulness for Stress Resilience**
with Dr. Sue Schneider, Extension Community Health Specialist
Friday, January 13 at noon via Zoom

There is no lack of stress in our lives and world today. When confronted with stress, we often tense up in a fight-or-flight reaction, activating our sympathetic nervous system and fleeing the discomfort of the present moment. But there are other ways to work with stress. In this experiential workshop, we will explore some mindfulness principles and practices that can offer us alternative responses and tools that can help us decrease our reactivity, calm our nervous system, and create new pathways for compassionate self-care.

Zoom link: <https://zoom.us/j/93077083916?pwd=OTRnOW1tOXpQazlCT1N5MHg2WE5PUT09>

Life Member News & History

Luann Boyer, Executive Secretary

Memorial Recognition for Extension Professionals

At each Zeta Chapter Annual Meeting, the ESP Memorial Service is conducted for all Extension colleagues who have passed away during the previous year. Those recognized during the 2022 Memorial were:

- Margaret (Peggy) Case: Archuleta County 4-H/Youth Agent
- Cleon Kimberling: State Extension Veterinarian
- ESP Life Member Charlotte Schneider Lehmann: San Luis Valley FCS Agent (70s) and Alaska Extension (80's)
- Richard (Dick) Scott: Cheyenne & Kiowa Counties, Southeast Area Extension Agent
- Lois Seltzer: 4-H/Youth Agent, Adams County
- Louis Stephenson: Extension Agent - Park, Chaffee, El Paso, and Larimer Counties; Editor, CSU Extension

We have since learned that Leon Stanton who worked in Chaffee County for most of his Extension career passed away in October. He will be included in the 2023 Memorial Service. To help ESP keep up with this information, I would appreciate receiving any news when you hear of the passing of any former Extension colleagues. Email Luann.Boyer@colostate.edu.



Zeta Chapter History: Songs and Ruby Awards

Did you know that ESP made an effort in 1933-1934 to have an "Official Song"? According to the 1933 ESP Yearbook, the GREETING SONG for Epsilon Sigma Phi was presented by the Alpha Sigma Chapter at the Chicago meeting of the Eighth Annual Grand Council (1933). Words and music were written by T. L. Bewick, the Boys' and Girls' Club Leader for Wisconsin. The lyrics of the first verse are:

When we gather in friendly communion, Let's salute Epsilon Sigma Phi,
With a song that may weld into union, A friendship that never will die,
For we know when signing together, All the clouds disappear from the sky,
So let's sing tho' it's stormy the weather, Hail to Thee Epsilon Sigma Phi.

In 1934, this led to ESP Grand Council offering a prize of \$10 for the best song with original words composed by a member of ESP that could be adapted for Chapters and Grand Council meetings. In researching the Yearbook for minutes of the 1934 Grand Council, there was no mention of any awards for ESP Official Songs being submitted. Apparently, ESP Members are not songwriters, but rather focus on their work for improvement of farms and families.

In other historical news, the regulations that govern awarding the Distinguished Ruby Award were approved at the Ninth Annual Grand Council. Not more than one Ruby Award shall be conferred in any year except by unanimous vote of the delegates, and then only two awards at the most may be given. The voting process was quite extensive with nominations eligible to be submitted by all Chapters. After several votes and elimination, the name of the nominee with the most first-place votes then was submitted for final vote which must be unanimous.

ESP Life Membership is Tops!

If you retired in 2022 or are planning to in the near future, you can remain an active member of ESP by paying Life Member dues (\$275). Life Members are a welcome (and needed!) addition to our Zeta Chapter, and you can continue to serve on national committees as an officer, committee chair, or committee member. You can present at National ESP conferences, receive a stipend as a committee member, or receive a significant discount on the National Conference full registration fee.

Life Membership is paid ONCE (\$275). For Colorado, you send your \$275 to Zeta Chapter Treasurer Gus Westerman who sends it to National. The Life Member National Conference Registration has been reduced by \$200 each year so it almost pays for itself in one year. The 2023 National Conference is in Billings Montana September 24 to 28. Send your payment to:

Gus Westerman
Dolores County Extension
P.O. Box 527
Dove Creek, CO 81324

Silent Auction Huge Success!

Gus Westerman, Resource Development and Management

On behalf of ESP Zeta Chapter I would like to send a huge THANK YOU to everyone who supported the 2022 Silent Auction which was held during the CSU Extension Forum Intern Poster Session. The 2022 Silent Auction was a great success and raised \$1,067.00, exceeding our budget and expectations! This fundraiser allows the ESP Zeta Chapter to build our Professional Development Scholarship Fund.

ESP Zeta Members generously donated items that represent the many counties and regions of Colorado. 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. One of the major programs the ESP Zeta Chapter uses to further this mission is our scholarship fund. This fund allows our members to take advantage of exciting professional development opportunities that helps us build on our careers and become more valuable team players within CSU Extension.





GLOBAL RELATIONS

By Christy Fitzpatrick, Chair

First, join us! The Zeta Global Relations will be reconvene meetings in January. Please let Alison know if you would like to join us and she'll pass your contact information along so we can invite you to our meetings.

Speaking of international travel and experiences, many CSU Extension retirees use their Extension skills as they continue meeting new people, seeing new places, and sharing skills. In November, Mary and Gary Small and Christy Fitzpatrick traveled to Chichicastenango, Guatemala with Pura Vida Ministries to help construct a new house for a local family. While there, we got to know the family, the local Pura Vida construction staff and also had the chance to meet with students that we sponsor. We saw a beautiful country, explored the Chichi market, were guests at a local school, and got practice our Spanish. We were so privileged to learn from everyone we met!

I think Mary's reflection sums up well our feelings about the trip and about how working for Extension has prepared us so well for these new experiences: "The mission trips are life changing. They are humbling; they make us grateful for the everyday things we take for granted like clean water and a safe food supply. Like Extension, the trips are about relationship building and lifting people up. We take away much more than we give."

The Global Relations committee exists to share information and knowledge that build relationships and connections across our communities and our world. We look for intercultural and international opportunities to share and are currently looking forward to being able to tell you more about the next national Global Relations Committee International Study Tour which is in the works for 2024. Our work is interesting and fun - please consider joining us!



Chichi Market, Guatemala



Mary Small and her construction partner



Students from the Chichicastenango School

Photos by Christy Fitzpatrick

CSU Engagement and Extension Awards

By Carla Farrand, President-Elect

Your one-stop-shop for all the awards available during the year!

CSU Awards

Due February 1st

- [Community Engagement Scholarship Awards](#)
- Award Categories: Distinguished Community Engagement Scholarship Award and Emerging Community Engagement Scholarship Award
- Winner of the Distinguished Community Engagement is expected to be eligible and compete for national awards: C. Peter Magrath Community Engagement Scholarship Award, Engagement Scholarship Consortium Excellence Awards, and the APLU Innovation and Economic Prosperity University Awards

Due September 11th

- [Professional Development Award](#) - CSU Commitment to Campus Professional Development (C2C)
- CSU Administrative Professional or State Classified

Due September 30th

- Distinguished Service Awards
- Link is emailed in September
- F.A. Anderson Award: Those eligible are state or regional CSU Extension personnel whose primary area of responsibility and achievement is at the statewide level. Previous winners of this award are not eligible for a second award for five years.
- Alton Scofield Award: Those eligible are county, area, or regional CSU Extension personnel whose primary area of responsibility and achievement is at the county or area level. Previous winners of this award are not eligible for a second award for five years.

CSU Extension Excellence Regional Awards

Due April 15th

- Email will be sent from Regional Directors
- Awards are awarded within the regions at their regional meeting
- Award Categories are:
 - Outstanding educator/communicator- Demonstrated excellence in teaching and/or program management or planning.
 - Early adopter/Program innovator- Recognition for new programs, initiatives, and/or innovative programs.
 - Volunteer manager- Demonstrated excellence in volunteer management and promotion.
 - Community/Partner engager- Demonstrated excellence in citizen impact and community collaborations.
 - Diversity promoter- Demonstrated excellence in diverse and/or inclusive audience programs.
 - Outstanding Administrative Support-Demonstrated excellence in administrative support service



ESP Websites:

Zeta Chapter | National ESP

I DON'T CALL THEM
NEW YEAR'S RESOLUTIONS.

I PREFER THE TERM:
CASUAL PROMISES
TO MYSELF THAT
I AM UNDER NO LEGAL
OBLIGATION TO FULFILL

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