



CHI EPSILON SIGMA – GAMMA CHAPTER

# Fall 2022

## OFFICERS

### **President**

*Tami Widelski*

### **Vice President**

*Kim Campbell*

### **Secretary**

*Georganne Collins*

### **Treasurer**

*Sherry Stith*

### **Annalist**

*Robyn Edgell*

### **Past President**

*Nancy Williams*

## DIRECTORS

### **West Region**

*Stephanie Caldwell*

*Diane Turner*

*Sue Rice*

*Linda Martin*

### **Central Region**

*Marie Grimes*

*Kelsey King*

*Debra Combs*

*Donna Browne*

### **East Region**

*Lisa Stevens*

*Donna Napier*

*Eileen Kopp*

*Carrie Adkins*

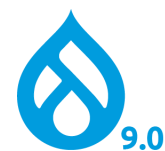
### **UK Campus**

*Cristin Costello*

*Marilyn Hooks*

*Jackie Allen*

The Chi Epsilon Sigma – Gamma Chapter website is officially moved over to Drupal 9! Take time to look it over and see everything ChiES has to offer. If you have any questions or suggestions, please reach out to your ChiES Director or a member of the board. The URL is the same – <https://chies.ca.uky.edu/>



**Drupal™**

## Congratulations Nancy!



Our Past-President, Nancy Williams, was awarded the Dr. Lisa P. Collins Outstanding Staff Award! Some of the things her nominators wrote are, “Descriptions such as impeccable eye for details, on the spot adaption to new systems, and a sense of urgency are just few ways to describe how Ms. Williams is outstanding at her job daily.

A trusted resource for volunteers and clientele, Ms. Williams embodies the vision of the Kentucky Cooperative Extension Service by serving as a catalyst to build better communities and improve quality of life. “Nancy recently transferred from the McCracken County office to the Graves County office. If you see her, be sure to congratulate her on this amazing recognition!





# A Message From Our President

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Hey everyone! I hope you, your family, and your work family are doing well. I can't believe we're getting ready to head into the holiday season; where has the summer gone? From the west to the east our entire state has been hit hard by devastation. It's wonderful to be a part of an organization that puts its people and the community first. The CHIES board has met already and has chosen our theme for the 2023 Annual Meeting, "**Reset - Restart - Reboot**". Isn't that what we do at Extension??!! Isn't that what we have to do in life??!!

I'm so happy to share that we have talked to – and are collaborating with – the Regional Extension Directors to make sure our members can attend future Annual Meetings without jeopardizing the expectations while away from the office. They will discuss it with the Area Extension Directors and the County Managers/Facilitators, so everyone is on the same page because our jobs & what we do is so valuable! They expressed that increasing and developing more Professional Improvement is imperative for retention. Not to mention sharing resources, networking, and having FUN together is essential. Once you have expressed to them that you plan to attend the annual meeting, they will cooperate with you regarding work and your travel to prevent overtime. We also had an awesome turnout at the 2022 Round Up Breakfast. Exciting days ahead!

I want to thank you for your feedback from our 2022 meeting survey. I would honestly say that 97% were positive!!! These are just a few to highlight:

## WINS:

- 121 CHIES members registered; 119 in attendance
- Well organized - FUN - Personable
- GREAT workshop choices/training opportunities - BEST had in years
- Thank you for your hard work - Board teamwork - thought & care went into planning
- BINGO-forced to move around the room and talk to people
- Emphasis put on: Engagement with other employees - Networking - new friends - building relationships
- Theme: *What I do at UK does matter & I have a purpose for being here!*
- Awesome Mental Health Class - Dr. Alex Elswick
- Excellent Conference
- Loved t-shirt & tote bag gifts

We will do our best to adjust what you shared needs improving.

Please reach out to the CHIES director in your area. Get to know them, and share a suggestion or a need. That's what we're here for.

I know we have several new employees across the state. I encourage you to share what you LOVE about being a CHIES member and ask them to join. Membership will be \$20 and enrollment forms will be out in January.

**"Remember Your Purpose"...**Focus, Passion, Selfless Sacrifice.

You can't be everything you want but you can be everything you are. Everything you need is within you. Believe in yourself as it will keep you inspired and motivated to reach all your goals.

Have a wonderful Holiday and I can't wait to see you in Bowling Green.

*Tami Widelski*

Tami Widelski  
President



# Director News

At our board meeting in August, Diane Turner was installed as the CHIES Director for the W3–W4 areas. We are glad to have her on the Chi Epsilon Sigma Board!



## Staff Appreciation Roundup

We had a wonderful time at the UK Staff Appreciation Roundup! Anna Porter and Daniel Wilson stopped by to show their support for our organization. Congratulations to Corene Trent and Lindsey Poore for winning the gift cards from our booth. Thank you to all that came. If you were unable to attend, we hope you can make it next year!



**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

# Tips & Tricks For Social Media

Algorithm. We hear that word a lot regarding social media. But what exactly does it mean? The official definition is, “a process or set of rules to be followed in calculations or other problem-solving operations, especially by a computer.” So what does that have to do with social media? Simply put, the more interactions a page has, the more it boosts the algorithm, which increases the visibility of a page.

If you manage a social media page, you want to increase the visibility as much as possible. This means more people are likely to see your posts. One way to do this is to encourage viewers to engage with your posts. For example, if you make a post about 4-H Camp, tell viewers to comment with their favorite camp memory. The more people that comment on the post, the more it will show up in the news feed for your other followers.

Another way to boost the algorithm is to post frequently. It is recommended to post at least once a day. It can be a challenge to come up with daily content. Get a “holiday” calendar or look up daily holidays online. Many of the daily “holidays” can be related to an Extension topic somehow. National Canning Day—make a post referencing some of the UK publications on canning. National Electricity Day—make a post about electricity fair categories. Not all of the holidays can be related to Extension, but so many of them can and it’s a great way to show all the things Extension has to offer!



## CHI EPSILON SIGMA ANNUAL MEETING

SAVE THE DATE • APRIL 20-21, 2023



Holiday Inn University Plaza  
and Sloan Convention Center  
1021 Wilkinson Trace  
Bowling Green, KY 42103