Barb’s Notes and Quotes...

Dear Southwest Region Educators and Staff:

Our spring-like April showers got frozen this weekend! What a disappointment for the flowers and blossoms.

It was a great week of visits! This week I travel to Mercer County for performance visits and to interview for a new 4-H Educator. I look forward to seeing all our CEDs at our Spring CED Conference on Wednesday. Registration is now open for our Southwest Region Spring Conference on April 29. Congratulations to all our 4-H and ANR winners that were announced this past week! We are proud of you!

Have a great week as many of you finish up winter programs and move on to spring and summer plans. Take time to enjoy spring, whenever it really gets here!

Live inspired!

Barbara
April Birthdays…

- April 1 Harold Watters, Field Specialist, State
- April 4 Nadine Fogt, Extension Educator, Fayette County
- April 12 Maryann Andrews-Office Associate, Auglaize County
- April 16 Patty Corfman-Office Associate, Region Office
- April 21 Erica Bowers-Office Assistant, Mercer County
- April 24 Sarah Misiakiewicz– Program Assistant, Auglaize County
- April 26 Annie Mead-Educator/Director, Logan County
- April 30 Kathy McConkey-Office Assistant, Clark County

Barb Brahm’s Schedule

- April 11 Mercer
- April 12 Delaware
- April 13 CED State Meeting
- April 14 Summit/Admin Cabinet
- April 15 Campus/Dayton

Life is like riding a bicycle. To keep your balance, you must keep moving.” (Albert Einstein)

Had a rough patch in this work of making a difference for others? Don't look back. Tomorrow holds the promise of new insights and connections. Peddle on!

**Easy Ways for Teams to Celebrate**

At a team meeting, give everyone a sheet of paper with all team members’ names on it. Space names at least two inches apart. Have each member write appreciations about other members next to the member’s name. Members hand in completed sheets. Cut the sheets apart and compile each person’s “mound” of appreciations. Give each person their “mound.” Or put each person's mound in a special container. (A miniature Mounds® candy bar would also be appropriate to include.)

**NAE4-HA Ohio Winners**

Congratulations to those who were selected as Ohio winners of NAE4=HA Awards, and will move on to regional competition.

**Communicator Awards**

Educational Package - Team
Patty House, Bob Horton, Mark Light, Tony Staubach, Rebecca Supinger, Travis West

Educational Piece – Individual Christy Millhouse

Periodical Publication – Individual Amanda Raines

**Specialty Awards**

Excellence in Natural Resources - Team
Kim Catchpole, Nate Arnett
Hello! My name is Laura Norris and I have been working as the 4-H Educator and County Director for Shelby County for almost four years. I received my B.S. in Wildlife Biology and B.A. and M.A. in Linguistics all from Ohio University. I completed my M.Ag. in International Agriculture (MIAP) from Oklahoma State University.

I am originally from Monroe County, Ohio, where I was involved in 4-H for 10 years and showed dairy cattle, “attempted” sewing projects, took food-related projects, and brought my cat, Pookie, to the fair. Growing up my mom was the first female police officer in the county (now retired) and my dad was a coal miner (and he still is). So, yes, I am a coal miner’s daughter! I have an older sister, younger sister, and two nephews.

The summer before my senior year in high school, I participated in the 4-H Dairy Science Camp that Ohio State University used to sponsor. My goal was to attend OSU and major in Dairy Science (a letter to my sixth grade self said I was going to play basketball for them too!); however, that was not to be (dad said no). So, I picked my second love which was wildlife. I had received the book “Gorilla’s in the Mist” as a gift from my high school science teacher and wanted to be like Diane Fossey (not murdered, though). So, fate took me to Ohio University (my dad’s alma mater and where he wanted me to study education, this time I said no) and I majored in Wildlife Biology. I had my heart set on being a large carnivore specialist, esp. wolf biologist, but fate intervened again when I was placed with a Japanese student my sophomore year. Within the first week of school, I had met people from all over the world, which would ultimately lead me onto a path of International Education.

After graduating with my degree in Wildlife Biology, I spent one more year as an undergraduate to receive a double major in Linguistics and then one more year after that to receive my master’s degree and teach an undergraduate course in Linguistics. In the Fall of 1999, I left the United States to spend the next 10 years working overseas. I lived in Japan for two years working as an English Professor at Chubu University (Ohio University’s sister school) teaching academic English. I would spend eight years working in South Korea with one year at Kyungpook National University as an English Language Instructor and then seven years at Samsung working as a Corporate Trainer. At Samsung I was the Curriculum/Materials Developer and Lead Instructor. I had the opportunity to lead and manage a team of 20+ multi-nationals working together to help build business English and language competency skills in Samsung employees. Even though all instructors may have spoken English, we did not always mean the same thing. Did you know that when we Americans say the expression “to table an issue,” it has the exact opposite meaning in British English? Or that, when a British English speaker says they are “on holiday,” they do not mean an extended vacation, but they just have the day off. Aye aye aye, there were lots of misunderstandings and interesting conversations taking place on a daily basis! Do not get me started on Australian English or Africanns!!

I have been back in the States since 2010, but to this day still suffer from reverse culture shock. After coming back to the States, I took courses in Environmental Education (Florida) and Wildlife Management (Ohio) before going out to Oklahoma to receive my second masters in International Agriculture with a focus on Extension Studies. While studying in Ohio, I had the opportunity to work on a bobcat and fishers research project, radio collar a coyote, tag pigeons, dissect road killed bobcats, and do data entry on squirrel and deer harvests.

Currently, my “kids” consist of two mares, Shelby and Monroe, and four indoor cats, Anna, Sidney, Troy, and Fessler, and three outside cats named Kitten. My interests lie in wildlife management, small/companion animals, leadership, community vitality, and international extension and education.

If anyone has a research project or curriculum idea that you would like some help with, please give me a call. I would welcome the opportunity to help out my fellow educators.
Invitation to participate in State Health Assessment...

The Governor’s Office of Health Transformation and the Ohio Department of Health invite you to participate in Ohio’s next State Health Assessment (SHA) by attending one of five regional community forums to take place from the end of April through early May. Locations, registration information, dates and times are provided in the attached flyer.

We hope that you will take one or more of the following actions:

- Register and attend one of the regional forums
- Forward the flyer to others who may be interested in attending (a list of sectors from which we would like input is included at the bottom of this email)
- If you are unable to attend one of the forums, but would still like to provide input on the State Health Assessment and State Health Improvement Plan, sign up to receive more information through the forum registration link

These forums are hosted and facilitated by the Hospital Council of Northwest Ohio under contract with the Health Policy Institute of Ohio, on behalf of the Governor’s Office of Health Transformation and the Ohio Department of Health.

We hope you can join us to provide input on the health of your region and state. HPIO will post information about the State Health Assessment (SHA) and State Health Improvement Plan (SHIP) on our website. We look forward to your participation in this process.

These forums are open to all stakeholders who are interested in improving the health and quality of life in Ohio. In particular, we encourage representatives from the following sectors to attend:

- Hospitals and other healthcare providers (including Federally Qualified Health Centers and free clinics)
- Local health departments and other public health organizations
- ADAMH boards and mental health and addiction service providers
- Health insurance plans, including Medicaid managed care plans
- Community-based organizations and social services (housing, homeless and domestic violence shelters, faith-based, aging, community development, emergency assistance, food banks, job training, legal aid, etc.)
- Local government (county commissioners, city councils, mayors, etc.)
- Law enforcement/criminal justice
- Transportation and regional planning
- Education and child care (early childhood, K-12, higher education, educational service centers, Head Start)
- Businesses and employers (including Chambers of Commerce and banks)
- Philanthropy/United Ways
- Advocacy groups and community action agencies
- Community residents and healthcare consumer groups
- Family and Children First Councils
- Job and Family Services
- Agriculture, environmental protection and natural resources
- At risk populations, including Commission on Minority Health regional offices and partners; immigrant, refugee and migrant worker organizations; organizations that provide culturally-competent or culturally-specific services; people with disabilities; older adults; lesbian, gay, bisexual and transgender (LGBT) groups; trauma survivors; and any other groups or organizations that are addressing health disparities or promoting health equity

Thank you,
Hospital Council of Northwest Ohio (HCNO) and Health Policy Institute of Ohio (HPIO)

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Congratulations Ohio NACAA! You did very well this year and a tough Ohio competition. Several of you called or emailed for assistance prior to submission, which was great! We had no disqualifying applications this year and it was a very close competition, some were down to the fine details. Congratulations on a job well done! All 1st place applications have been forwarded to the NACAA Regional Competition. Good Luck at the next level!

2016 Ohio NACAA Communications Award Placings

Audio Recording
2 Jeff Stachler

Personal Column
HM Pam Bennett

Feature Story
1 Pam Bennett

Program Promotional Piece
2 Samuel Custer

Promotion and Tenure Boot Camp 2016 . . .
The P&T Boot Camp will be offered state-wide again in 2016. The boot camp has six – 5 hour sessions (9 a.m. – 3 p.m.). Every session includes training and technical support for participants as they complete a personal work session. The goal is to prepare professionals to be successful in understanding the P&T guidelines and developing their submission for promotion. The cost will be $120 per participant to cover the cost of materials and food. The boot camps will be held at the Ohio 4-H Center. If you are interested in participating, please send an email to Vicki Myers at myers.26@osu.edu. (Dates subject to change with advanced notice.)

2016 P&T Boot Camp –
• July 1
• August 5
• September 2
• October 7
• November 4
• December 2

USPS Reducing Postage . . .
The United States Postal Service is reducing the price of postage stamps. In a release, the USPS says the price reduction was mandated by the Postal Regulatory Commission and is the first decrease in 97 years. The new pricing went into effect on Sunday, April 10. Forty-nine (.49) cent stamps will be reduced to .47 cents. Postcards will be reduced from .35 cents to .34 cents. Commercial prices will also decrease. Contact your local USPS for an updated postage chart or visit www.usps.com.