Dear Southwest Region Educators and Staff:

Winter Greetings! It struggled to get here, but cold, snowy weather finally came! Take care of yourself during these busy times. Eat right, sleep well, use hand sanitizer, drive carefully, and keep warm!

Wonderful comments keep coming about all your outstanding programs. I am so proud of you! It is overwhelming to read your RIV reports and learn of all that was provided to residents in the Southwest Region and beyond.

Date Reminders
Feb. 25 Open House for Barb Phares, retiring after 31 years as Mercer County 4-H Educator; 3-6 pm, Mercer County Extension Office
March 7 Letter of Intent due to Ken Martin to apply for promotion
March 14 Top of Ohio EERA Calibration Meeting for County Directors; 9 am – Noon; Champaign County Extension Office
March 15 Miami Valley EERA Calibration Meeting for County Directors; 9 am – Noon; Montgomery County Office
March 16 Performance Review Visits Begin
March 23 Southwest Region Support Staff Conference; Champaign County Extension Office
April 13 State CED Conference
April 26 OSU Legislative Luncheon

Get busy on your winter projects! Spring is just weeks away!

Live Inspired Every Day!
Barb
Happy February Birthdays…

- February 1 Katie Schroeder-Program Assistant, Montgomery County
- February 3 Kay Kramer-Office Associate, Union County
- February 11 Ken Ford-Extension Educator, Fayette County
- February 12 Amanda Douridas-Extension Educator, Union County
- February 15 Barb Brahm– Interim Region Director, Southwest Region Office
- February 21 Carolyn Allen–Program Assistant, Clark County
- February 22 Jamie Seger– Extension Educator, Miami County
- February 22 Kathy Michelich-Extension Educator, Warren County

CFAES Staff Advisory Council Spring Professional Development Award

The CFAES Staff Advisory Council is pleased to offer a Spring Professional Development Award of up to $200 per recipient. The award must be used toward professional development expenses incurred between January 1*, and June 30, 2016. Past recipients have used this award for (but not limited to):

- Conference registration fees
- Hotel and transportation costs
- Software training

Applications are due February 21, 2015 via email to CFAES-SAC@osu.edu

CFAES SAC Staff Professional Development Application 2016 – CFAES SAC Professional Development Award 2016

For more information please visit go.osu.edu/staffprofdev

*This award can be used to reimburse an individual or department if expenses have already been incurred

Easy Ways for Teams to Celebrate

Print index-size cards with the message, “To...Thanks for...” Give team members a stack of the cards and encourage them to express appreciation to other team members. Place the completed cards on a company/team bulletin board for a specific length of time. Remove cards and give to person’s immediate supervisor.

Barb Brahm’s Schedule

- February 15 Campus
- February 16 Campus
- February 17 Tri State Diversity Conf.
- February 18 Tri State Diversity Conf.
- February 19 Tri State Diversity Conf.

County Extension Educator, 4-H Youth Development
Mercer County, Celina, OH
JR# 415273
1.0 FTE
Post Date: February 6, 2016
Deadline Date: March 6, 2016
Screen Date: March 29,30, 2016

To Apply
Ken Ford, Fayette County ANR Educator

I am excited to say that I have been married to my wonderful wife, Meredith for 12 years. I am proud of her accomplishments as a Reading Specialist, Title I Coordinator and Teacher Coach at Triad Elementary School. We have four sons and a daughter-in-law; Addison is a nurse/student at Dayton Children’s Hospital, Ainsley and his wife Brittney are stationed at Fort Bragg in North Carolina as members of the United States Army, Thomas is 10 and loves to hunt wildlife, and Luke is 8 and plays the “youngest card” every day. My wife and I attend and are very active with the Children’s Ministry Programs at the North Lewisburg United Methodist Church. We are also, 4-H Advisors where our kids have taken projects in swine, dairy feeders, steers, and chickens. Our family somehow finds time to raise sweet corn, and pumpkins.

I was born and raised on a small grain and hog farm outside Ridgeway, Ohio. I was involved in 4-H and FFA throughout my childhood. Many of the skills I use today were developed as a Junior Fairboard President, 4-H and FFA Officers and in leadership activities. I was a 1990 graduate of Wilmington College and received my Master’s Degree from Wright State University in 2009. My professional career has involved 22 years as a High School Agriculture Education Instructor and FFA Advisor for Triad High School. I also worked for Kalmbach Feeds for two years as the Manager of a 1400 head sow unit, before returning to education as an Extension Educator. It is hard to believe that February 23, 2016 will be my one year anniversary as the Fayette County Extension Educator for Agriculture and Natural Resources.
An excerpt from: Getting the BEST from Yourself and Others
By Lee Colan & Julie Davis-Colan

Control Your Inputs

Your mind is your ultimate personal computer. Like your laptop at home, sometimes you might forget to turn on your mental virus protection program allowing negative thoughts to invade your mind - without even realizing it. So, the computer adage "Garbage in, garbage out" as it applies to your mind should really be "Garbage in, garbage stays."

Your mind never sleeps. You can't pull a "fast one" on it. Whatever your mind hears from others, and especially from you, it records and stores. The mind doesn't discriminate between input that is good for you or harmful to you - it collects all input. If you hear something often enough, you will tend to believe it and act upon it. Your mind can be your greatest ally or worst enemy. Seek positive inputs and you will improve your chances of producing positive outputs.

We draw into our lives that which we constantly think about – good or bad. If you are obsessing about what your boss will do if you make a mistake, then guess what's likely to happen? If you are always thinking about why you can't seem to get a break, or when the next shoe will drop in your relationship, or what will happen if you can't afford to pay for your car repairs or why you don't get as much recognition as your colleague, then you are programming your mind (and those around you) to turn these thoughts into your reality. Negative thoughts are landmines along the pathway to being your best.

Consider three common influences that can program us daily. They have the potential for a positive or negative impact on our thoughts and, ultimately, our results.

1. Television - Studies show that the subconscious mind is most receptive five minutes before we doze off at night, a common time for watching the news. Unfortunately, much of the news today shows the worst side of people and the world. When I was a kid my mom used to say, "Boy oh boy, we can watch the six o'clock news and not eat or watch the 11 o'clock news and not sleep." Mom's words still apply today. So, when you hear a news story, remind yourself that it's considered news because it is unusual. Doing so will help you balance potentially negative input with more uplifting thoughts.

So how can we remain well-informed and maintain a positive outlook? Monitor what you watch. More recently, my mom said, "I have 600 T.V. channels and nothing to watch!" An exaggeration of course, but if we choose programs that are more educational, artistic, spiritual or sports and comedy oriented, we will stimulate positive thoughts. Our thoughts today form our results tomorrow.

2. Newspapers – Many people, particularly in the business world, start their day with the newspaper. Whether it's a glimpse at the headlines or a front to back reading, there is plenty of positive and negative news to read. Before you dive into the daily newspaper or on-line news portal, take a quick inventory of all the things you have to be grateful for. Additionally, make it a habit to finish your reading with an inspiring story so your mind is primed for a positive day.

3. Other people – Make the choice to surround yourself with people who offer positive inputs. There will always be negative people and perspectives. Since we cannot hide from them, we must learn to filter out negative input to minimize "garbage" in our thoughts. The best strategy is to make a conscious effort to get to know and spend time with people who have a positive outlook.

These three sources of input have the potential for a positive or negative impact on your attitude, and ultimately, your results.

You are what you think, so control your inputs!
Support Vicky’s Fight . . .

Many of you know Vicky Oboy, former 4-H Educator in Carroll County. Having never been a smoker, Vicky was blind-sided with a diagnosis of lung cancer, Stage IV Adenocarcinoma in her lungs, lymph nodes and liver. Vicky is a member of a small group that is able to be treated with a fairly new chemo drug in the form of a pill (at a cost of $16,000 per month). If you would like to make a donation to a fundraiser that has been created for her and her family, visit https://www.crowdrise.com/supportvickysfightforherfamily. Vicky and her husband, Mark have two children (Zach, age 13 and Lydia, age 7). Mark is also on the board for 4-H Camp Piedmont.

Ohio’s Food Code . . .

There have been significant changes in Ohio’s Food Code, and all county offices should expect some questions about Food Safety classes, especially ServSafe. Information can be found from the FCS website of OSU Extension at http://fcs.osu.edu/food-safety/servsafe to route folks to the people in our organization who can help them in their quest to obtain certification. You may find that your county sanitarian is interested in who, from the surrounding area, can help in providing both proctor, exam and classes.

Large group:
Nadine Fogt (Fayette County, 4-H) and two Fayette County 4-H Alums were invited to speak in DC at the Youth at Heart National 4-H Council meeting.

Picture of Four:
Nadine Fogt is pictured with Jennifer Sirangelo, National 4-H Council President and CEO and teens from Fayette County. Nathan Grine is freshman at OSU and a member of the Ohio 4-H Teen Advisory Committee. Foster Simpson is a fourth-year accounting major at U of Cincinnati.