Dear Southwest Region Educators and Staff:

Winter Greetings! Can you believe it is February already? Amazing!

It was good to see several of you at meetings, workshops, interviews and in services this week. It is a busy time! Hang in there! Let me know if I can help. I continue to be impressed by the great programming taking place in the Southwest Region. It is outstanding! It will be exciting to showcase some of it at the State Legislative Luncheon on Wednesday.

February is shaping up to be another busy month with lots of interviews and writing of performance evaluations. Take time for yourself – you need to do that to be your best!

Stay warm! Be safe!

Barb
Happy February Birthdays…

- February 1 Katie Schroeder - Program Assistant, Montgomery County
- February 12 Amanda Douridas - Extension Educator, Union County
- February 15 Barb Brahm - Interim Southwest Region Director
- February 21 Carolyn Allen - Program Assistant, Clark County
- February 22 Jamie Seger - Extension Educator, Miami County

Southwest Region Forum

Barb Brahm’s Schedule

- February 2 Fayette
- February 3 Delaware/Miami
- February 4 Campus
- February 5 Campus/Miami (snow date)
- February 6 STEM Inservice/Office

To request a review for promotion (Ed III or Ed IV) or request an untenured assistant professor faculty appointment, please submit your letter of request to Ken Martin, Department Chair, 2120 Fyffe Road, Room 3, Ag Admin Building, Columbus, OH 43210 or email the letter to: martin.1540@osu.edu. The letter must be received no later than midnight March 2, 2015. Educators submitting a letter will receive a confirmation email along with additional instruction regarding submission of the dossier materials for review. Educators seeking a promotion are required to submit a Research in View dossier report for review by the Administrative & Professional Promotion Committee in the spring. Educators requesting an untenured assistant professor faculty appointment are required to submit a Research in View dossier report to be reviewed in the fall by the Promotion & Tenure Committee. Based on the 2015-2016 Administrative & Professional Guide for Promotion, candidates will have the primary responsibility for preparing a dossier documenting his or her accomplishments using the outline provided by OSU Extension. Candidates must submit a letter of request to the Department Chair in the spring and provide a dossier for review by the A&P Promotion Committee. The candidate is strongly encouraged to have their dossier reviewed by their immediate supervisor prior to the spring submission. The final dossier is due in the fall. Candidates are evaluated by the A&P Promotion Committee with respect to assigned duties, considering the record of performance in meeting the criteria outlined in the promotion guidelines. For your reference, review the A&P Educator Guide for Promotion located at:


Should you have additional questions, you may contact your immediate supervisor, A&P Committee Chair, Eric Barrett, barrett.90@osu.edu or Ken Martin can be reached at 614-292-8793, martin.1540@osu.edu.
Even those experiences we deem calamitous can carry the seeds of a great blessing. It is often only in retrospect, however, that the benefit reveals itself. And whether or not it reveals itself and how quickly it does so, is dependent upon only one thing: our own individual perspective.

We determine whether something will be a blessing or a curse by the way we choose to see it.

Life is an ongoing process, and most of us meet something at almost every turn we wish were different. But just because something is not turning out the way we want, doesn't mean it won't. And when we insist on calling it good, when we make up our minds that no matter what, we're going to see it as a blessing, then our minds start working overtime to prove us right. Magical things tend to happen and that which we labeled a blessing, more often than not, turns out to be one...

...You have a mind that always tries to be right about everything so you might as well use it to your advantage. Become a hunter of blessings, actively seeking them out in every experience and person you encounter. No matter how bad a situation or person might seem, say to yourself and mean it, "There's a blessing in this, and I will find it!"

Your subconscious will accept this statement as a direct order and, if necessary, move heaven and earth to make certain the blessing is found. Follow this regimen for a while and you may very well discover that you've poked a hole in every problem and send every misery packing. Problems and miseries don't tend to stay in an atmosphere of blessings for very long.

...So the next time a difficulty arises, don't let yourself get tied up in knots. Take a deep breath and relax. You have nothing to worry about. That difficulty is nothing more than a signal that a blessing is on its way. And as you start looking for the blessing, everything else will fade away.

"Become a hunter of blessings, actively seeking them out in every experience and person you encounter."

~Kate Nowak
Be One in a Million Hearts . . . Million Hearts Week is February 9-13
Give the people you care about the best gift on Valentine’s Day – a commitment to making just one healthy lifestyle change. Million hearts is a national initiative to prevent one million heart attacks and strokes by 2017. In support of this effort, Ohio State is offering free biometric health screenings to all faculty and staff (including spouses/SSDP currently on an OSU health plan). Other offerings will include educational events, heart healthy snack demonstrations, medication reviews with a pharmacist, and stress management techniques. Help prevent one million heart attacks and strokes! For more information, including event times and locations, visit http://linktohealth.osu.edu

W-2 Form Information . . .
If you’ve signed up for online access to your W-2, your tax form is available from w2express.com/. For everyone else, your paper copy should have been mailed Saturday (1/31). For instructions on how to sign up for the online system, visit controller.osu.edu.

Open House – Library and Student Success Center . . .
Please join us for the open house for the CFAES Library and Student Success Center on Friday, February 20 from 3-5 p.m. Check out the dynamic new spaces for study and collaboration and learn about the services being offered in the center. Please RSVP to http://go.osu.edu/ssc-open-house by Friday, February 6.