Dear Southwest Region Educators and Staff:

Greetings! What a very busy time of year it is!! I know you all are extremely busy with farm bill meetings, PAT and fertilizer trainings, Policy1.50 training, 4-H enrollment, county legislative visits, and on and on. Believe me, I understand! Thanks for your diligence in submitting your performance evaluation materials. You know what I will be doing the next 6 weeks in my spare time!

We are currently in the process of hiring 7 new Educators and a CED in the Southwest Region. How exciting (but time consuming)! Several counties have received budget increases. Thanks for being out there and making Extension visible. Just a reminder, every county should be making visits to their county commissioners every month. Many Commissioners have told me they want to hear from their Extension staff. Please keep them updated on your great work and invite them to your programs and events.

YP4H – Have you gotten your team signed up for the 1000 mile walk being held now through Feb. 27? Administrative Cabinet and the Regional offices have teams, so get your staff together or contact a neighboring county and get started. We are in competition with other Universities, so let’s keep in step with our fantastic football team! Let Patty know if you have a team so we can help cheer you on. (I know walking takes more time out of your schedule, but it will help with the stress, make you feel better, and promote your good health.)

Please know that you are appreciated!!!! I can’t wait to get into your RIVs and capture the overall picture of what’s happening in the Southwest District. Please call if I can be of assistance to you.

Stay Warm and Live with Intention!!

Barb
Outreach and Engagement Grant Opportunities

OSU CARES/OSU Extension, the Service-Learning Initiative and the Office of Outreach and Engagement are pleased to offer this year’s OSU CARES/OSU Extension Seed Grants, Service-Learning Grants, and Engagement Impact Grants to support scholarly engagement efforts of university faculty and staff.

This year, we have more than $300,000, to support programs that establish and expand innovative, creative, scholarly engagement to address compelling challenges and critical needs in communities.

Information on the grants is available at http://outreachgrants.osu.edu, and on the attached Grant Comparison.

INFORMATION SESSION: If you, or someone you know, are interested in learning more, we are hosting an information session on Friday, November 14, from 11 a.m. to noon, in the MLK Auditorium, Hale Hall, 154 W. 12th Ave. The session will also be available for remote participants through Carmen Connect (https://carmenconnect.osu.edu/grantinfo).

Proposal submission deadline is Mon., Feb. 16, 2015.

If you would like some additional information, please feel free to contact me – and we ask that you share this information with your colleagues.

Thank you for your interest.

Best regards,
Mark McCann

2015 Ohio Ag Council Hall of Fame Nominations and Academic Scholarship Due Dates

All, Nominations for the Ohio Ag Council’s Hall of Fame are due March 31st. See the information below for the link to the nomination form. OAC’s Academic Scholarship application deadline for the 2015-2016 school year is February 27, 2015.

Best Regards,
Teresa Funk
We have all experienced what it is like to be having a perfectly fine day and have a situation or crisis arise that sends us into a tailspin. It may be something small like a traffic jam making us late, or something more severe like the loss of a job. Our response can seem automatic.

Though at first it may be difficult to accept, freedom depends on recognizing that you’re not upset because of what occurred, you are upset because of how you perceive the situation. The Key to Attitudinal Healing is recognizing that you are not a victim of the world. Another way of saying this is: There is absolutely nothing in the world that has the power to ruin your day. If you are upset, it is because you have directed your mind to be so. Initially these truths can be hard to accept because you have become so accustomed to giving your power away. Every time you blame another person for your unhappiness you are giving your power away. Stop blaming and start healing.

How you perceive a situation will determine your experience and your reaction. Let’s imagine that you have a favorite coffeehouse that you frequent. The staff knows your name and always has a warm and friendly greeting as you walk through the door. An extremely grumpy woman whom you have never seen before serves you this particular morning. She appears preoccupied rather than caring about you or what she is doing. As she pours your hot coffee a good portion spills in your lap. Despite your jumping in shock, no apology follows. Your experience is anger: both toward the waitress and the owner, Joe, for hiring such an incompetent person. Then, a friend of yours at the next booth says, "Isn’t it great that Joe hired her!"

"Great! Are you out of your mind? She just spilled hot coffee in my lap and walked away," you reply with your best indignant voice.

"Oh, you didn't hear the story?" your friend whispers.

"What story?" you angrily reply, still drying off your new slacks, wondering how you will go through the day looking as though you wet your pants.

"Yeah, Joe didn't know her from Adam. He read in the paper that her husband had died last month in a car accident. Apparently her husband's health insurance stopped, and she was looking for another job in order to pay for her sixteen-year-old son's chemotherapy for leukemia," your friend responds.

Now, you still have hot coffee in your crotch, but are you still angry? Unlikely. The only thing that shifted was your perception and attitude. Through discovering a reason to be compassionate, your entire experience changed—and there are always reasons to be compassionate.

An important part of healing (i.e., letting go of fear) is developing compassion. Instead of going out in the world and finding plenty of reasons to be upset, go out and discover reasons to extend love. There are thousands of reasons waiting for you right now. A helpful thought to remember is that a miracle is nothing more than allowing an old grievance to become a current compassion.

If you ever run short on reasons to be compassionate, remember there is always one good reason: It makes you feel better than anything else you could do.
Our Connection Page

**Family Medical Leave**
Changes are being made to the Family Medical Leave policies. CED’s will receive a hard copy of this information at their state meeting on January 28. Be sure to talk to them about it.

**OHIO STATE’S CHIEF WELLNESS OFFICER DR. BERNADETTE MELNYK CHALLENGES YOUR TEAM TO WALK 1,000 MILES!**
As a part of the National Wellness Challenge, The Ohio State University will be competing against other institutions across the country. Ohio State faculty/staff and their S/SSDPs can participate by forming teams of four to 12 people and logging weekly mileage. Teams that achieve 1,000 miles by February 27 will be entered into a drawing to win the following prizes: a catered lunch for your team, a semester long RPAC or Faculty and Staff Fitness Program membership for all team members, or lunch with the university CWO, Bern Melnyk. Create a team, put on your walking shoes and get moving! See yp4h.osu.edu for more information and to join the challenge.

**When Registrations are Paid With the Procard . . .**

We usually ask that you type in the T# for that travel in the eRequest entry. If not staying overnight and no meals can be reimbursed (when a T# is not necessary) - you need to indicate that this is the circumstance in your eRequest entry. An example is the Real Colors session coming up – many of you live/work close enough that you don’t plan to stay overnight. It will eliminate the guess work when that info is included in your eRequest.

**Camtasia Relay Training . . . (Source: Ken Kulka)**
Did you know that there is a presentation technology available to you that records your voice and content on your computer? Well there is and it’s called Camtasia Relay. It is available for free to everyone in the organization. Join me on Thursday, January 29 from 2:30-3:30 PM for an overview of Camtasia Relay and see how this tool is used to record presentations that can save you time and travel. If you are new to the college or just have never tried Camtasia Relay this session is for you. This presentation will be on CarmenConnect so you can stay right in your office and learn about Camtasia Relay! Go to this URL on January 29 from 2:30-3:30 PM and every other Thursday at the same time for more discussions on other technology tools. http://carmenconnect.osu.edu/techtalk/

Login as guest or use your OSU login credentials.