Barb’s Notes and Quotes…

Dear Southwest Educators and Staff:

Happy New Year! Welcome to 2016, a brand new year to serve the residents of southwest Ohio with educational information.

Updates and Reminders
Don’t forget the early registration deadline of January 15 for the Tri-State Diversity Conference. Applications for presentations at the February 2 State 4-H Inservice are due to Rhonda Williams on January 5! Performance review materials are due to Carol Bottoms (bottoms.4@osu.edu) from Educators by January 15. RIV reports are due on that date, along with EEET summaries, and peer review letters. Carol will send details later this week.

This is National Mentoring Month. Mentors, why not make a contact with those you mentor? Darke County Commissioners have approved a .25 FTE increase for their ANR position. Sam Custer will now be 75% county ANR Educator and 25% state Signature Program Leader.

Get to know Barb Phares this week in her profile.

Watch for new insurance and travel cards in the mail.

We have talented Educators and outstanding programs in the Southwest Region. In 2016, let’s take the challenge of adding more class to all our programs. In Jim Tressel’s book, Life Promises for Success, he shares some ideas on how to “Do It With Class”…

Class means we have a deep and genuine respect for others, no matter what their status is.
Class is using good manners and giving compliments for a job well done.
Class is treating others like you would want to be treated in the same situation.
Barb’s Notes and Quotes, Cont’d...

Class helps others who have made mistakes, and doesn’t make excuses for their own shortcomings.
Class doesn’t tear down others and never brags about one’s own achievements.
Class does not depend on ancestry, money, our status or successes. A poor man can radiate class in what he does.
Everyone will know and respect you, if you have class. If you are without class, no matter what you accomplish, it will never have as much meaning.
(Adapted from Life Promises for Success, by Jim Tressel, Tyndale house Publishers, Inc., p. 39.)

We have many Educators who have class. They are our role models. Let’s sharpen our image even more in 2016.

This year... Live your life with passion and purpose. Cherish every moment!

Best Wishes,
Barb

Thoughts to Ponder

As we enter a new year, most of us probably think about setting goals for the coming months to increase our professional achievements or enhance our personal lives. Have you heard about 212 degrees – The Extra Degree? When we combine action and attitude, we can have real success. Think about this uncomplicated metaphor from author, Sam Parker. At 211 degrees water is hot. At 212 degrees it boils. And with boiling water comes steam. And with steam you can power a train. When you apply just one extra degree of temperature to water you can take it from something very hot to steam that can run an engine. This metaphor of 212 degrees reminds us that little things can make a tremendous difference. Little changes in action, along with persistence, can produce incredible, positive, and sustained results. What can you do to make a little change in 2016? Where can you give just a little extra degree of effort? Do it, keep at it, and you can have incredible results!! (Contact Barb for more information on “212 Degrees – The Extra Degree”)

Easy Ways for Teams to Celebrate

Make “I appreciate you because...” signs for every team member. Put up the signs for a day to allow team members to write their appreciation on co-workers’ signs.
Barb Phares

I am originally from Shelby County, Indiana. As a young child, my parents milked 150 head of registered Holsteins. Later, my family owned and operated a small family meat market. That is when my love affair with animal agriculture began.

I grew up as a 4-H member. My great-grandmother was one of the original 4-H leaders (that is what advisors are called in Indiana) of Shelby County and was somewhat of a legend in the 4-H world. My Mom served as my introduction to 4-H as she was our club leader.

In addition to enjoying 4-H as a youth, I was fortunate to also complete a summer internship with Extension in Fort Wayne, Indiana during college. After receiving my Bachelors from Purdue in Animal Sciences, I joined the staff as the 4-H “agent” in Carroll County, Indiana (Delphi). (Having a Bachelor degree was acceptable in those days!) During the next 2 years, I commuted to Purdue’s main campus (no on-line classes in those days either!) and completed a Master’s Degree in Animal Sciences.

After 4 years in Carroll County, my husband accepted a promotion to move to NW Ohio and we ended up in Mercer County. That was 30 years ago! After a wonderful journey as the 4-H educator in Mercer County for the past 30 years, I will be retiring on February 29, 2016.

The best part of this job has been working with absolutely incredible people – 4-H members, teen and adult volunteers and Extension colleagues. It has been very rewarding to watch people grow from a young age into strong adult leaders, caring parents and just good people.

I love 4-H camping and hope to continue my involvement in our locally owned and operated 4-H campgrounds, Harbor Point located on Grand Lake in Celina. The camping program has grown to capacity crowds these past many years. The teen and adult volunteer staff has certainly surpassed my expectations and is the key reason that this county has enjoyed so much success in the camping program.

A somewhat unique 4-H opportunity that I started 30 years ago is our Interstate Exchange program. During that time, our county has exchanged with 4-H families in Pennsylvania (twice) Wisconsin (twice), Minnesota (twice), New York State, Virginia, Massachusetts, Kansas, Colorado, South Dakota, Texas and Montana (twice). Many long-lasting friendships have been made. I often think I could travel most of the country and have friends to visit! Kent and I also hosted 10 international exchange 4-H delegates throughout the years and found that to be an amazing experience. We have travelled to visit our European friends 3 times and staying with the natives is certainly the way to experience a country and their culture.

I have been married to the same man for the past 34 years and he is still my best friend. Kent and I have 2 children, Samuel who is a sophomore at Purdue University and Rebecca who is a junior at Celina High School. My family is absolutely the most important thing in my life.

I am not certain what happens next – but I know that I have enough jobs to do around our small hobby farm to keep me busy for months! I am certain I can fill my time quickly and have even joked that I may get just a 40 hour a week job – which would be easy after 34+ years in Extension!

I wish all of you the best.

Barb Phares
Hello Everyone and Welcome to a Happy New Year!

Registration for Research 101 is now open! Please join us for a bountiful line-up of wonderful speakers who will help to build or enhance your knowledge and practical skills in research practices including:
- Research Designs
- Turning your program evaluation into a research project
- Survey Construction and Analysis
- Quantitative Methods
- Qualitative Methods
- Writing for Scholarly Journals and more!

The attached flyer shows the dates – all programs begin at 9:00 am and will be held in the Gehres Room of the Nationwide and Ohio Farm Bureau 4-H Center.

Click here to register... [http://go.osu.edu/research101](http://go.osu.edu/research101)

**Deadline to register is 5:00 pm, January 15! Cost for all six sessions is $124.**

---

OUTSTANDING U!

We are pleased to announce that Amy Stone has chosen Pam Bennett, Joe Boggs, and Cindy Meyer to receive recognition from Acting VP/Dean Ron Hendrick and the CFAES Staff Advisory Council for their efforts and contributions to The Ohio State University and the College of Food, Agricultural, and Environmental Sciences. All three Educators were recently involved with the OSU Green Industry Short Course, December 7 - 10, 2015 in Columbus, Ohio. The event was held in collaboration with the Ohio Turfgrass Foundation. They are outstanding members of the Extension Nursery Landscape and Turf Team who coordinated the short course this year. They will be receiving a personal letter and certificate from Dr. Hendrick.

If you want to nominate someone that has done outstanding work, that would be great! Nomination forms are located at: [go.osu.edu/OutStandingU](http://go.osu.edu/OutStandingU).

Thank you! YOU make this a great place to work!