Dear Southwest Region Educators and Staff:

Happy Independence Day! How amazing to be celebrating July 4th already! Determine to enjoy summer as it passes by. I hope you have some special family traditions to participate in this weekend that will add to your list of cherished memories. What blessings we have living in this country. Let’s fight to keep our freedoms and work to keep our country strong. Take time to ponder words from our . . .

“Declaration of Independence”

*We hold these truths to be self-evident, that all men are created equal; That they are endowed by their Creator with certain inalienable rights; That among these are life, liberty, and the pursuit of happiness.*

For the support of this declaration, with a firm reliance on the protection of the Divine Providence, We mutually pledge to each other, our lives, our fortunes, and our sacred honor. 
    
    July 4, 1776

CEDs – Please continue to hold the afternoon of July 20 for a state wide Carmen Connect Update.

I have enjoyed visiting several 4-H camps this month. We have some very beautiful facilities. Please continue to share dates when I can visit programs and observe you teach.

Have a wonderful July 4th Celebration! Live inspired!

Barb
Secret Seven: Connect, Understand and Accept
From the book - Getting Unstuck - 10 Simple Secrets to Embracing Change and Celebrating Your Life

“Imagine what it would be like to live in a world where you are more concerned about what you have to offer than what you have to hide.”
~Unknown

This is a very powerful quote. It asks us to imagine a world very different from the one many of us live in. The current state of the world is better described by the second part of this Seventh Secret, a part not included in this title. The full secret says, “Connect, understand and accept...don’t protect, defend, and resist.”

Why is this secret so important? To get ourselves unstuck from things that prevent us from living the life we were born to live, to spread our wings and soar, we must also remember that our world is changing rapidly. Although there have always been dangers and threats, they have been heightened with the advent of the information age and its instant forms of digital communication. Our sense of safety is also impacted by the major life transitions we all experience: job security, financial challenges, illnesses, loss of a loved one, aging, etc.

In the face of this, it is no wonder we find ourselves a little breathless, bewildered and sometimes resistant to change. And yet, if we want to get unstuck, live lives of quality and dignity, accomplish our dreams, celebrate our talents, and pass on our gifts and wisdom to others, we would be wise to take the Seventh Secret to heart.

Adopting this secret allows you to change where you may feel stuck. Where there is a perceived threat, there can be a new sense of openness and curiosity, empathy and accord. Where there is distrust, there can be greater receptivity, balance and the ability to stay in the present more often.

This new approach will give you a new sense of freedom, new levels of energy and passion and a greater understanding of the role you and your beliefs play in determining the quality of your life.

In the end, it all comes down to a matter of choice. Each of us can choose to be reactive and at the mercy of a world that appears threatening, or we can choose to be open to life and its remarkable possibilities. We can be defensive and protective, or we can live with a new spring in our step and spirit, eyes that truly see, ears that really hear, and a heart that can feel the wonder and celebrate the magnificent mystery that is life.

Barb Brahm’s Schedule
• June 27 Campus
• June 28 Campus
• June 29 Delaware/Campus
• June 30 Montgomery/Clark
• July 1 Vacation

Easy Ways for Teams to Celebrate
Use at the end of a project. Light a candle to symbolize team spirit and use a “talking stick” that is passed around the circle. Each team member talks about their contributions to the project.
My path to serving as a 4-H Youth Development Extension Educator for the past nineteen years was not done in the conventional method. As a youth in the early 1970’s (yes, a long time ago!) I begged my father to let me join 4-H. We lived in town, but my dad had grown up on a dairy farm, he believed that we needed to live on a farm for me to join 4-H. Well, look at me now! I proved him wrong, that anyone can join one of the best youth organizations!

My father died of lung cancer before my senior year, so he didn’t get to see where life would lead me. He would’ve been proud to know that I was the first in our family to graduate from college, earning a B. S. in Agriculture majoring in Animal Science and later receiving my Masters in Agriculture Education Extension. As a senior at The Ohio State University, I met my husband, Tim in a Rural Sociology class. He still brags that he got an “A” in the class and I didn’t, but fails to mention that he was the teacher’s pet because of the cast on his leg from breaking it Michigan weekend.

When I graduated from OSU, I moved to southwest Kansas to work for DeKalb Swine Breeders breeding stock operation, a 1,200 sow herd. I only stayed a short time before returning to Ohio to marry Tim and start a new path. We will be celebrating 34 years of marriage in October. I stayed home for ten years to raise three children, all who were active in 4-H. We are quite proud of all of them and the fact that all three were the valedictorian of their high school class. The oldest, Kyle was even a three-year board member of the National 4-H Council during his college days. He met his wife, Angie, when they were living at the National 4-H Center their freshmen year. All three of our children earned college degrees from Ohio State. Kyle and Angie, both attorneys (U. of Iowa Law School), live in Iowa with our two darling grandsons. Kelsey, the middle child, earned two OSU degrees. Last year, she graduated from the University of Minnesota Hubert Humphrey School of Public Policy with her Masters and works for a consulting company doing urban development for small cities. The youngest, Garrison earned a degree from the CFAES with a degree in Agriculture Education Extension. He loves the camp life! He works in the mountains outside of sunny San Diego for a YMCA camp and also works for the neighboring Girl Scout camp overseeing the Outdoor Adventure activities such as high ropes.

Between work responsibilities (Tim is a VP with Huntington Bank), we enjoy spending time relaxing on our boats at Lake Cumberland in Kentucky. We are refurbishing our second houseboat, the first one sank due to the snowstorm this past January. Yes! It sank due the dock sinking from the 20 inches of snow! As more mature folks, Tim and I try to stay young by going to a lot of country music concerts.

I’ve enjoyed my nineteen years with OSU Extension. It is my second family. My 4-H’ers are like my children and I take great pride in seeing them grow and mature into contributing adults. How lucky am I to get to witness this! Working with my camp counselors and going to camp is my favorite part of my job. Every camp, I’m sad to day “goodbye” to the seniors, and soon, I will be sad to say my final “goodbyes” to my 4-H family.
No Issue Next Week . . .
With the Independence Day Holiday next Monday, there will be no issue of the weekly newsletter. We hope that you take some time to enjoy the long holiday weekend.

Update on Mary . . .
Mary Longo, Extension Educator, 4-H Youth Development, Marion County, is no longer at the Select Specialty Hospital on Dennison Avenue in Columbus. She has been transferred to Whetstone Gardens and Care Center, 3710 Olentangy River Road, Columbus, OH 43214. This is just north of Riverside Methodist Hospital. Visiting hours are 8 a.m. to 8 p.m. daily. Also, cards and notes can be sent to that address.

Travel and PCard Changes . . . (Source: CFAES Weekly News Digest)
Travel Procedure Changes effective July 1, 2016
In order to create consistency for customers in the Wooster and Columbus Business Operation Center locations we are changing some requirements for travel submissions for quicker reimbursements and better controls.
• eRequest number for PCard and pre-payments required on the Travel Reimbursement Form.
• Agenda for registration is required to be attached to Travel Reimbursement Form (unless already attached to Travel Request).
• Itinerary for airfare is required to be attached to Travel Reimbursement Form (unless already attached to Travel Request).
• Blanket T numbers will be limited to only transportation expenses (no overnight costs).

Purchasing Card (PCard) Procedure Changes July 1, 2016
For All PCard Users:
• Sponsorships guidelines have been added to the supporting documentation requirements. This requires approval from FAES before making the purchase. Sponsorship Guidelines
• PCard Statements: PCard statements must now be reviewed and signed by the PCard manager AND an additional person in the unit. This creates stronger internal controls.
• PCard Statements: PCard statements no longer need to be mailed to the Columbus BOC. (Cards that were reallocated in Columbus previously had to send statements to Columbus). Statements can remain in a file with the PCard manager.
• PCard Statements: The Business Operations Center may periodically request the PCard manager to mail one month’s statement and log to verify that proper procedures are being followed.
• Records Retention: Reminder – PCard statements and logs should be retained for 4 full years. Local copies of support documentation (receipts, attendee lists, packing slips) that have been scanned and attached to an eRequest should be retained for 60 days prior to destroying.

For Extension Only:
• User agreement forms and unit director agreement forms have been eliminated. The only form required for PCard designating PCard authority is completed by the PCard manager at the time of application. Unit directors may still choose to limit who may use the PCard. This simply eliminates the formal process for documentation.
• The Overnight Checkout Form is now optional. It may be used at the discretion of the PCard manager but is not required,
• A Non-Capital Equipment Log is no longer required to be uploaded to the eRequest for PCard transactions. The log should still be updated as purchases are made; it is just no longer required to be attached.
Questions: cfaesbusiness@osu.edu