Barb’s Notes and Quotes…

Dear Southwest Educators and Staff:

I hope you have a great day off tomorrow. A warm THANK YOU to all of you who have served our country and are Veterans. We appreciate all you have done. I continue to be amazed at all the outstanding programs we have in southwest Ohio. I’m off to Champaign County this week. Don’t forget to register for Annual Conference to get the early bird rates.

Have a great Veteran’s Day!
Barb
Happy November Birthdays…

- November 5 Courtney Michael-Program Assistant, Fayette County
- November 7 Linda Newman-Office Assistant, Clark County
- November 8 Godwin Apaliyah, Extension Educator, Fayette County
- November 9 Connie Veach, Office Assistant, Miami County
- November 11 Melanie Hart-Extension Educator, Greene County
- November 13 Rebecca Supinger-Educator/Director, Greene County
- November 15 Pat Holmes-Extension Educator, Montgomery County
- November 23 Pam Dixon-Program Assistant, Hamilton County

PCard Reallocation Deadline – November 25 . . .

Please note that the PCard deadline is EARLY due to the Thanksgiving Holiday. Please have all paperwork documented early!! The reallocation deadline is November 25. The normal billing cycle is the 25th of any given month through the 24th of the following month (e.g. 6/25 to 7/24). The last transactions that post to the bank on the 24th are provided to the University on the 25th, and loaded into the Financials system during the day on the 26th to ensure that transactions are posted to the current General Ledger accounting period. The monthly reallocation deadline is the second to last business day of each month. Due to weekends and holidays, the deadline may vary each month.

Thanksgiving Meal Makeover
by Shannon Carter

I can almost smell the celery and onions sautéing as they await grandma’s stuffing recipe… Mmmmmm… Have you also been thinking about your Thanksgiving meal, either what you will prepare or what you will eat? Food is an important part of most holiday traditions and memories, especially Thanksgiving. This year, maybe there is a way to take your traditional favorites and lighten them up a bit. Here are some great tips from USDA’s ChooseMyPlate.gov:

Tweek the Sweet – How about serving fruit as a colorful healthy option for dessert? Try a crustless pumpkin pie.

Cheers to Good Health – The best low calorie drink ever is water! You can add a special “twist” with a slice of lemon or lime or raspberries. Another alternative is seltzer water with a little 100% fruit juice for flavor.

Bake Healthier – Did you know you can substitute unsweetened applesauce or any fruit puree for the butter in recipes? Try replacing butter with ½ fruit puree and ½ canola oil to reduce the saturated fat and increase the fiber.

Spice it up – Use spices like cinnamon and nutmeg and you can reduce the amount of sugar in a sweet recipe. Use more herbs and less salt in savory dishes.

Barb Brahm’s Schedule

- November 10 Delaware/Champaign
- November 11 Holiday
- November 12 Faculty P&T Workshop
- November 13 Admin Cabinet
- November 14 P&T Boot Camp
I’m going to offer you two questions that have really made me step back and look. I hope they will do the same for you.

The first question is: how much time are you taking each day getting better at your work? The question is intended to have you look at how much time you are spending daily getting better on the platform, getting better as a presenter, getting better as a community leader, getting better as a coach, and getting better at the many other things we do as Extension workers. Really great questions and the obvious answer is: not nearly enough.

So I ask you: how much time are you taking each day getting better at what you do? Do you just go to work every day and do the same thing over and over again? Or do you take some time, any time, getting better at what you do? Do you take classes, go to seminars, read books, ask for help? Or do you just take it all for granted and assume you’re as good as you need to be. Here’s something I can promise you: you may be as good as you need to be, but you’re surely not as good as you could be.

I’m really going to take this question to heart and I encourage you to do the same. I’ve been doing most of what I’ve been doing for many years and I think I’m pretty good at it. But after watching some of the presenters here, I’m clear I can be a lot better than I am. And I’m confident that’s true for you to, which is why I said you’re surely not as good as you could be. I encourage you to take some time each day getting better. It surely can’t hurt and may really help take your career up to the next level.

The second question is: Am I providing the best ROI for the minutes I’ve been given on the stage? The question was intended to have me look at whether my client is receiving the best return on his or her investment for whatever time I was given to present my program. My first reaction was to answer yes, but I’m surely not going to leave it there. I’m really going to take a look and make sure that the answer really is yes.

So I ask you: someone is paying you for what you do, correct? Whether you work for a company or yourself, someone is paying you for what you do. Is that person or company getting the very best return on the investment they’re making in you? Are you giving whoever is paying you the best of what you have? Are they getting the best of you and your talents and abilities?

One of the saddest realities of the American workforce is reflected in the latest Gallup poll which said that 70% of full time workers are either checked out or actively disengaged. So for them, the company that is paying them is surely not getting the best ROI for the investment they are making in them. But just because the other 30% are engaged at work, the question still remains. Again, I don’t know what the answer to this question is for you, but I surely invite you to look, as that is exactly what I’ll be doing. Have a great week.

By Scott Hunter, Professional Speaker
Ordering Office Wear

If you are thinking about ordering office wear for your county, please feel free to contact Patty Corfman (614) 688-8330 at the region office to see if she has a list of other counties considering on ordering items as well.

Outreach and Engagement Grant Opportunities

Good afternoon.

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.

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/grantinfo1).

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

Calendar Year Purchase Order Renewals Due 11/28/2014

For Extension County Units
• Soon each office should receive a list of their CY2014 Purchase Orders. This list is intended as a reminder to help you renew your 2014 purchase orders.
• Each PO will require a unique eRequest.
• Don’t want to wait for the list from the Business Office? Review the bottom of each page of your 7OS-90 October eReport to see the current POs for your unit.
• Please submit renewals for ongoing Purchase Orders as well as one time purchase orders – this will help you to prevent After the Fact POs in the future.
• You can estimate the amount of the renewal, exact figures are not required.
• Purchase Order renewals may exceed the normal two week timing standards for requests. As renewals come in we prioritize all requests according to when we believe the PO is needed. As always if you need something right away make a note in the eRequest and have your approval mark the request as critical.
• Purchase Order Renewal Job Aid
• Contact your Business Office Representative with questions.