Barb’s Notes and Quotes

Dear Southwest Region Educators and Staff:

What a beautiful autumn we have had! Take time to enjoy these gorgeous lingering fall days. They won’t last for long! After tomorrow, just two more fall visits with Educators.

Congratulations
Kudos to all our national and regional winners and presenters from the NEAFCS annual meeting! We are proud of your outstanding work.

Reminders
HR reminds us to check updated insurance benefits for errors anytime this week, Nov. 16-20.
Nov. 19 – Faculty P & T Workshop. Register with Ken Martin.
Nov. 19 – Extension Faculty Meeting, 2:30-3:30 pm
Dec. 2 - RIV Workshop, 9 am – 2:30 pm at Champaign County Extension Office. Register with Carol Bottoms.
Dec. 8-9, OSU Extension Annual Conference, Ohio Union

Since I’ve been in Extension for a while, I accrue quite a bit of vacation. I’ll soon be in the “use it or lose it” mode, and I need to practice what I tell all of you. So from now till January, I will be taking more than usual leave time. Please plan accordingly and get travel, leave, and other requests in to me early to avoid delays. If you need immediate assistance while I am gone, please contact Carol Bottoms, Patty Corfman, or Cindy Torppa (NW Region RD).

Enjoy the upcoming holidays with family and friends.

Best Regards,
Barbara
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

Easy Ways for Teams to Celebrate

When a team member has helped others “in a crunch” give them a Nestle’s Crunch®Bar or some Lifesavers® as a thank you.


November 6, 2015 Get the Full Benefits of Walking Meetings

Walking meetings are a growing trend, replacing a traditional sitting meeting in a coffee shop or boardroom with a little exercise. The benefits are plentiful: Research has found that walking leads to increases in creative thinking, and anecdotal evidence suggests that walking meetings spur more productive, honest conversations. Here are some tips to help your next walking meeting go well:

- Include an “extracurricular” destination. Passing a point of interest provides more rationale and incentive for the walk.
- Don’t add unneeded calories. A meeting that ends with a 400-calorie beverage undermines its health goal.
- Stick to small groups. Walking meetings work best with two or three people.
- Don’t surprise colleagues or clients with walking meetings. Notify people in advance so they can dress appropriately.
- Have fun. Enjoy the fresh air – research has also found that people who use walking meetings report being more satisfied at work.

Adapted from “How to Do Walking Meetings Right,” by Russell Clayton et al.
NEAFCS 2015 – The Greenbrier, White Sulphur Springs, WV

Concurrent Sessions:

*Using Family Life Education Methodology in Extension for Strong Family and Consumer Science Programming* – Patrice Powers-Barker, Katie LaPlant, Carmen Irving, Jacqueline Kirby Wilkins

Utilizing Technology to Reach Learners, Build Audiences and Gauge Behavior Change – Kristen Corry, Betsy DeMatteo, Kathy Dodrill, Polly Loy, Cynthia Shuster

Preparing Tomorrow's Leaders Today – Margaret Jenkins, Kelly Royalty, Nanette Neal

*Manage Your Money Email Challenge: Reaching Consumers in Their Spaces* – Cynthia Shuster, Kristen Corry, Kathryn Dodrill, Polly Loy, Betsy DeMatteo

*Successful Co-Parenting: a Family Stability Program* – Terri Worthington, Kristen Corry, Jim Bates, Carmen Irving, Lisa Miller

Showcase of Excellence:

Food Safety Education for Teens: Collaborative Teaching of Extension and Schools – Kathryn Green

Do You Have Food $ense: Utilizing Community Partnerships to Reduce Food Insecurity – Margaret Jenkins, Mona Glover, Anna Saunders

Awards:

Dean Don Felker Financial Management Award - 1st Place Central Region Winner – Kristen Corry and team

Program Excellence Through Research Award - 3rd Place National Winner and 2nd Place Central Region Winner – Patricia Brinkman and team

Participation:

- Professional Development
  - Program Development Committee – Margaret Jenkins (Chair), Pat Brinkman (Chair-Elect)
  - Arrangements Committee – Melanie Hart (Chair)
- Member Resources
  - Exhibits Committee – Kate Shumaker (Chair), Melinda Hill, Kristen Corry
  - Membership & Mentoring Committee – Michelle Treber
- Awards
  - Awards Sponsorship Committee (Silent Auction) – Cheryl Spires (Chair), Michelle Treber
  - Awards Ceremony Committee – Lisa Barlage
  - Awards Training Committee – Barb Hennard (Chair)