Dear Southwest Region Educators and Staff:

Color is starting to come alive in the hills of southwest Ohio, and it is beautiful! I have been in Logan, Miami, Warren and Mercer Counties this week. Thursday will take me to the New Educator and Administrative Cabinet Retreat at Geneva on the Lake in Ashtabula County. What a lovely time of year!

Congratulations to Marv Olinsky, founder of Adventure Central on his induction in the National 4-H Hall of Fame last Friday in Washington, D.C.! Rebecca Supinger (Greene County 4-H Educator) is Marv’s daughter.

Be sure to sign up for the Mental Health in service on Nov. 3. All Southwest Region Program and Support Staff are welcome to attend.

“Speak only well of people and you’ll never have to whisper.”
“Become the most positive and enthusiastic person you know!”

Enjoy your week and weekend! Live with purpose!

Best Regards,
Barb
The Inaugural Leadership Summit held last week was a great success! Thanks to the OSU Extension folks who attended the event and made time to talk about leadership principles and practices. The leadership lessons shared by Jim Kouzes were fantastic, and the panel discussion after lunch truly helped round out the day with real-life insights from several local key leaders. It was quite the panel of experts; and it was great to have Dr. Bruce McPheron, our former dean and now university executive vice president and provost, share his thoughts as part of the panel.

I know a number of Jim’s key points really hit home for many of us, and I encourage our Extension faculty and staff who attended to spend some time thinking about how you can incorporate Jim’s message into your daily work and personal life. There were so many good, and immediately applicable suggestions, that I hope you also share what you learned with your co-workers who couldn’t attend the event. And please visit http://u.osu.edu/leadershipsummit for links to more information about Jim’s work in leadership education.

We all have numerous opportunities to be a leader every day, and I hope – whether or not you attend a program such as the summit last week – that all of our employees make time for some type of leadership development in your plan of work this year. It’s important for each of us to see what’s going on “out there,” take stock of where we are in our own leadership skills, and spend some time improving how we do what we do.

Kudos and many thanks to the Inaugural Leadership Summit steering committee (listed online) for planning an excellent day and setting the bar high for the next Leadership Summit. I’m excited to see what’s next!

Welcome to Southwest Region…

Please welcome Candy Matthews, Office Associate to Clinton County.

Barb Brahm’s Schedule

- October 10 Campus/Logan/Miami
- October 11 Warren
- October 12 Mercer/Admin. Cabinet Ret.
- October 13 Admin. Cabinet Ret.
- October 14 Admin. Cabinet Ret.

Southwest Region
Forum
Amanda Raines is the 4-H Program Assistant in Hardin County and has served in that role since October 2011. Her programming focus is grant-funded, non-traditional 4-H activities, including the 4-H Tech Wizards Afterschool program, weGrill CYFAR program, and Spark Lab eXtension Innovate project. Amanda also enjoys working with the Hardin County 4-H Camp Counselors, Junior Fairboard, and Hardin County Community School/Juvenile Court.

Amanda holds a Bachelor of Arts from Ohio Northern University in Broadcasting and Electronic Media. Prior to working for Extension, she was a radio news personality and field reporter. She quickly learned that a career in media would not meet her need for happiness and serving others. The stars were aligned and the program assistant position in Hardin County was open. Amanda still uses her broadcasting skills through teaching video production and other media related classes to Tech Wizards and in the Spark Lab. She is currently pursuing a Master’s of Science in Extension and Community Education at Ohio State through ACEL's online program.

Amanda was born and raised in Ada, Ohio and continues to reside there with her husband, Jamie, an engineer with Proctor & Gamble. They have a 3-year old daughter, Lily, and are excited to welcome a son in February 2017. Amanda also plays trombone in her church’s hymn band and volunteers as the auxiliary coordinator and announcer for the Ohio Northern University Marching Band. In her free time, Amanda enjoys watching and attending NASCAR races, anything starring Dick Van Dyke, and reading biographies and popular adult fiction.
“Extension”. . . Doesn’t need To Be Hazardous To Your Health!!!

Can you name three friends who are not colleagues?
Do you encourage work related phone calls at home?
Does work often prevent you from doing personal business?
Do you schedule private time into your calendar?
Do you think about work on vacation?
Do you feel comfortable taking sick days when you are sick?
Do you feel accountable to the citizens in your community for how you spend your private time?
Do you enjoy your work?

Extension is an exciting career for many individuals. It provides us with opportunities to educate and help people. . .to influence the quality of life and offer lasting impacts. However, at times our strengths may also become our weaknesses. Our commitment can consume us. Taking care of ourselves as Extension Educators becomes an awesome and stressful responsibility. You are valued by Ohio State University Extension and the people with whom you work. Please accept the challenge of caring for yourself!

As Mahatma Gandhi said, “There is more to life than increasing its speed.”

Strategies for Removing or Coping with Stress
1. Ask yourself what activities or events make you feel tense or frustrated. See if you can change or avoid these events. (Please use discretion!)
2. Learn your own energy rhythms and try to work with them.
3. Allow a little extra time for everything that you do.
4. Take time to set some priorities. And then learn to say “no” to things that do not fit with those priorities.
5. Eat regular meals and a variety of nutritious foods.
6. Get enough rest! Individual sleep requirements vary, so experiment to find out how much you need to maintain energy and alertness. Try to sleep on a regular schedule for more consistent rest.
7. Learn a relaxation technique and practice it regularly to increase your ability to stay calm. Deep breathing, meditation, stretching, long hot showers – something that triggers your body into releasing tensions. Relaxation has been proven to reduce the harmful physical effects of stress.
8. Have an escape activity, a hobby or pastime which is strictly for your own enjoyment and which you can do on a regular basis. If you can arrange it, have an “escape place” – a place where you can go to get away from it all and leave your stress behind.
9. Find times in your life for “fun”! Do what you enjoy and treat this time as something that is just as important as your other responsibilities.
10. Do not be afraid to seek professional counseling or assistance if you have a continuing problem that is causing you to feel anxious, frustrated, depressed or worried. Check out the OSU EAP programs.
11. Develop a support network of people who care about you and whom you care about. Use them when you need to talk or work through issues.
12. Learn acceptance. Often we worry about things which we cannot control. Face the fact that you cannot control every situation or occurrence, then learn to accept that as a reality. Conserve your energies for the things which you can control.

By Gail Gunderson, former Organizational Development Officer, OSU Extension