Barb’s Notes and Quotes...

Dear Southwest Region Educators and Staff:

November Greetings! Where did October go? I have visited 12 Extension units and have 8 more counties to go by November 16.

I am looking forward to seeing many of you this Thursday, November 3, at our Southwest Region In Service on Mental Health Issues. We are excited to have 75 attending for the day.

We want to send our Best Wishes to Laura Norris (Shelby County 4-H) who has resigned from OSU Extension on October 28 to pursue new career endeavors. We appreciate the diverse expertise that Laura brought to our 4-H program.

Best Wishes as you begin to wrap up your autumn programming and prepare for a busy winter program season.

Live inspired!

Sincerely,
Barbara
"I can't change the direction of the wind, but I can adjust my sails to always reach my destination." ~ Jimmy Dean

"Always make a total effort, even when the odds are against you." ~ Arnold Palmer

"You only fail when you stop trying." ~ Albert Einstein

"The best preparation for tomorrow is doing your best today." ~ H. Jackson Brown, Jr.

"Failure is the opportunity to begin again more intelligently." ~ Henry Ford

Keys to a Long-Lived Organization

Constant change is the heart beat of survival for organizations today. Welcoming change and innovation is needed to thrive. Christine Renz, National Museum of Women’s History, has outlined these ten keys to a long-lived organization:

Focus on the Community. Assess the needs of your community. Every one is different.

Light a Fire. Motivate your organization for success. Inspire them to get real joy from their work.

Encourage Participation. Be a participatory organization from top to bottom. Work to get employees invested.

Commit to your mission. Review your mission often. Keep it before your members.

Be ready to adapt. Nurture skills to meet change.

Keep your structure flexible. Adopt best practices and change when needed.

Learn what Isn’t Being Done. Stay on the cutting edge to provide truly effective programs.

Take risks. Have the courage to try new things.

Culture in Diversity. Deliberately plan for diversity in activities

Learn the Joy of Partnering. Reach out to new organizations and offer them opportunities to experience the joy of serving others.

Happy October Birthdays…

- October 1 Susie Broidy, Program Assistant, Clark County
- October 9 Mark Badertscher, Extension Educator, Hardin County
- October 9 Chelsea Sites, Program Assistant, Montgomery County
- October 10 Erin Trempe, Program Assistant, Clark County
- October 10 Barb Hennard, Extension Educator, Auglaize County
- October 15 Mary Griffith, Extension Educator, Greene County
- October 20 Melinda Morrison, Educator/Director, Champaign County
- October 21 Brian Raison, Field Specialist, Greene County
- October 24 Beth Miller, Educator/Director, Auglaize County
- October 25 Cheryl Barber Spires, Program Specialist
- October 25 Linda Good, Office Associate, Miami County
- October 28 Debbi Custer, Program Assistant, Greene County

Barb Brahm’s Schedule

- October 31 Campus/RD/AD Meeting
- November 01 4-H In-service
- November 02 Hamilton/Montgomery
- November 03 SW Regional In Service
- November 04 Union
Hi! My name is Carrie Ellington and I am a 4-H Program Assistant in Champaign County. My focus is on bringing 4-H programming into the schools and afterschool programs, Cloverbuds, Cloverbud Day Camp, and CARTEENS. My favorite program to teach is Rockets Away because the students are so engaged and excited about getting to launch rockets!

I graduated from Miami University (Love and Honor!) in December 2014 with Bachelor of Arts in Journalism and Professional Writing. While at Miami I was a member of the Phi Tau chapter of Sigma Tau Delta, a staff writer for MQ Magazine, and worked as a Spanish tutor and Student Aide at the Confucius Institute. I joined the Champaign County team in April 2015. As a former Allen County 4-H member, it was exciting for me to get to return to the program I loved so much (though as a non-livestock person, I’ve had a lot to learn about the livestock projects!). I am also currently perusing a Masters of Art Education at Ohio State through an online program.

In my spare time I like to spend time with my family, including my parents and my brother Christopher who is a sophomore at Ohio University. Living at Indian Lake you can find us on the water from April to October! I also enjoy spending time reading, cooking, playing tennis, taking my German Shepard on walks, and watching Ohio State Football!
On November 10, 2016 from 3:00PM-6:00PM, Ohio State University Extension in Hamilton County is holding the Southwest Ohio Farm to School Workshop at Pleasant Hill Academy (1350 North Bend Rd. Cincinnati, OH 45223). Pleasant Hill is the site of the 4-H Agri-Science in the City program in Cincinnati. The free event will be filled with opportunities to network, learn about procurement practices, brainstorm and identify opportunities to get involved in the growing Farm to School movement. For information visit: hamilton.osu.edu.

To register for the event visit: go.osu.edu/SWFARM2SCHOOL

Food is the third greatest expense for the typical American household. Approximately 13% of the average budget is consumed by food. Consequently, 12.7% of US households are food-insecure, 7.7% of those households classify as having low food security and 5% classify as having very low food security. Ohio ranks above the national average in food insecurity. Families and children struggling with food insecurity often reach out to assistance programs. This means that 16 million children, or one in five, receive food assistance nationwide. According to the National Center for Children in Poverty, 50% of children under 6 and 41% of children 6 or older are classified as low income.

It is important to ensure that youth have access to healthy food throughout their day. The Farm to School movement is an effort that exists to help ensure that all youth have access to healthy food that will help them reach their potential and find future success. Youth spend much of their time in school so there has become a duty for schools to provide adequate facilities and instruments necessary to meet the social, emotional, educational, nutritional, and psychological needs of the students.

School districts have done amazing work stepping up to the challenges of producing 21st century learners who are ready to take on a plethora of challenges that are yet to be seen or understood. Ohio State University Extension has been an ally, helping school districts achieve these unforeseen challenges. Through the SNAP-Ed and EFNEP programs, thousands of youth have received nutrition education annually. Through the 4-H program thousands of children have experienced the power of self-directed exploration and project based learning.

By: Tony Staubach
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1 (USDA, 2014)
2 (Alisha Coleman-Jensen, 2016)
3 (United States Census Bureau, 2015)
4 (National Center for Children in Poverty, 2016)