Dear Southwest Region Educators and Staff:

Autumn Greetings! October is going by quickly and is full of a variety of conferences, meetings and programs. Take time to enjoy the beauty of the season!

We want to welcome two new employees this week: Jami Dellifield, Hardin County FCS Educator and Fred Paul, Hamilton County SNAP Program Assistant. We are excited to have you in the Southwest Region! Best wishes as you begin your new position.

Have a great week! Cherish every moment!

Best Always,

Barb
"Don't go through life, grow through life." ~Eric Butterworth

"A person who is totally confident in who they are is never compelled to attack others." ~Rory Vaden

"When people say they'd like to be in your shoes, it's usually after the difficult journey is finished." ~ Tim Fargo

**Easy Ways for Teams to Celebrate**

Plan a “mystery celebration” for your team: a retreat to an unknown destination; a party full of surprises; a dinner at an “unusual” restaurant; a trip to a game arcade, etc. The elements of mystery and surprise will bring new energy to the team.

**Join the O-H-I-O Team of Innovation!**

Be a part of showcasing our Outstanding Highly Innovative Organization of OSU Extension work! Share your creative programming, management processes, research results and relationship-building outcomes at this year’s Extension Annual Conference, December 8 and 9. The deadline to submit your “Innovation in Action” poster or session proposal is October 14. Only nine days remaining! For more details, download the Request for Proposals instructions located on the OSU Extension Annual Conference web site (http://go.osu.edu/2015EAC). Have questions? Contact Steve Brady at brady.111@osu.edu or Patty House at house.18@osu.edu, Concurrent Sessions and Posters Committee co-chairs.

Steve and Patty
Hi – I’m Betty Wingerter, County Director and Extension Educator, 4-H Youth Development for Montgomery County. My favorite part of working for Extension has always been the people that I interact with. I love “my” 4-H kids and enjoy working with the teens to plan and conduct 4-H camp each year. Our 4-H camp is six-days and five nights long. I also enjoy the hustle and bustle of the county fair — though I admit this year that it has taken me longer to recuperate. I love watching the kids and listening to their adventures!

I think my encore career (that career after you retire) will be in accounting or book-keeping. I’ve always loved working with numbers. I’m the long-time treasurer for 4-H Camp Graham. The fiscal part of my CED job suits me well. I’m also a stickler with my camp and fair budgets (who knew?!). I’ve thought about a Dunkin Donut franchise in my community—-but I don’t do mornings well — LOL.

In some circles I am known as the “chicken lady” because of the work I do with 4-H Chick Embryology, as Superintendent of the Ohio State Fair Junior Show, and my volunteer work as Youth Director for Dayton Fancy Feathers and the Youth Committee of the Ohio Nationals Show. Chickens are a fun hobby that I hope to expand on someday.

Things I am proudest of:
My daughter, who is a 4-H Agent for the University of Wyoming Extension
Being a 4-H Educator
President of NAE4-HA
President of OEAA (now Ohio JCEP)
President & Treasurer of 4-H Camp Graham
Working with Ohio State Fair Poultry Department — and several other Ohio poultry shows
All my kids over all these years — still get cool thank you notes from these folks
The fun volunteers and colleagues that I have met and have had the honor to work with
That I have maintained a bit of creativity and humor after all these years (LOL)

Words of Advice:
Know what you priorities in life are and make them priorities
Chill out — don’t take yourself so seriously
Laugh often
Smile — even when you don’t want to or feel like it
Don’t sweat the small stuff
Use your lists — to keep yourself focused and organized
Mark off personal days in your new calendar first
Know that sometimes you have to go an extra mile or two
Quit being such a perfectionist—-(special note to self)
Know what rejuvenates you and make time to do it
Be a team player — in the office; with volunteers; with colleagues in your program area.
Your attitude is catching — make sure it is a positive one
Please Join Us for...

Research 101: Basic Training in Research Processes

Beginning in January 2016, join us for “Research 101: Basic Training in Research Processes!”
The purpose of “Research 101” is to provide you with the tools needed to turn your ideas into projects and your projects into presentations and publications.
Topics to be covered include:

- Research Designs
- Turning your program evaluation into a research project
- Survey Construction and Analysis
- Quantitative Methods
- Qualitative Methods
- Writing for Scholarly Journals

And more!

Hold the dates! Registration will be announced soon!
Research 101 will be held at the Nationwide and Ohio Farm Bureau 4-H Center on the following dates:

- Friday, January 22
- Friday, February 19
- Thursday, March 17
- Friday, April 22
- Friday, May 20
- Friday, June 24

Questions? Please contact...

Cynthia Torppa, Northwest Region Director at 419-560-1196 or torppa.1@osu.edu
Debby Lewis, Leader, Program Development and Evaluation (lewis.205@osu.edu)
Theresa Ferrari, Extension Specialist, 4-H Youth Development (ferrari.8@osu.edu)

The Ohio JCEP, Scholarships, Grants and Recognition Committee would like to announce the recipients of their September 2015 professional development awards:

From the Southwest Region:

- Kristen Corry, $280 to participate in Action Leadership Retreat
- Carmen Irving, $140 to attend NEAFCS Conference in West Virginia