Barb’s Notes and Quotes

Dear Southwest Region Educators and Staff:

I have enjoyed my first fall visits with Educators. It is great to be out hearing about all the good things happening. The rest of this week includes trips to Clinton, Mercer, Auglaize, Butler and Preble Counties.

We want to say farewell to Tonya Horvath (Hamilton County 4-H Educator) who resigned effective September 1, 2015. We wish her well in her future endeavors.

Congratulations to Mark Light and Nadine Fogt who both were elected to Vice President positions on the national board for NAE4-HA! What exciting representation from Southwest Ohio!

Reminders:

CED Training – The HRA training for CEDs is scheduled for Thursday, October 1. Details will be sent later today or tomorrow to CEDs.
FSR Help – Be sure to sign up to help at the Farm Science Review September 22-24. Contact Theresa Funk at 614-292-4077.
JCEP Awards – Don’t forget to enter your work for awards, and nominate others for special awards. Due date is October 1.
County Highlights – The county highlights deadline is coming up soon. Work with your County Director to get information in for this important report.

Have a great week. Enjoy the beautiful autumn season as it begins to arrive!

Live with intention!!

Barb
We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.
—Marian Wright Edelman

**Easy Ways for Teams to Celebrate**

Encourage team members to keep track of their “big” mistakes. This reminds us that we have to make mistakes to learn from them. Then on a designated day, vote on the biggest faux paux and give the winner a booby prize.

**“Chi Epsilon Sigma Annual Membership Drive~**

It is time once again for the annual CES membership drive. Chi Epsilon Sigma is Extension’s professional organization for support staff. Membership is open to all support staff that have at least a 45 percent appointment with Extension.

Annual CES membership dues are $25. Extension administration reaffirms that dues may be paid from county/department budgets with unit director approval. To encourage staff to join that may not be able to because of budget constraints; six membership scholarships will be available. You can request an application by checking the appropriate box on the membership form. Membership information and the application are attached. Please let me know if you have any trouble opening the attachments.

The 2015 CES Annual Meeting will take place on Tuesday, December 8, at the Ohio Union in partnership with the OSU Extension Annual Conference. Mark your calendars and plan to attend. A $100 scholarship will be awarded to a CES member to assist with expenses to attend the Annual Meeting and Conference. Criteria will be based on restricted financial funding, and an application will be sent if you check the box on the membership form.

Now is the time to consider membership in CES – the Extension support staff professional organization. Experience the many benefits of the CES membership.
Excerpt from-
The Power of 10%

She was in the middle of a divorce. Her career was at a stand-still. Ten years earlier, a car accident nearly took her life and her body remained compromised. Yet, she ran.

It all began when a friend came over, noticed her spirits were down, and suggested that they go for a jog. “I didn’t know what I was doing. I didn’t have the right clothing or jogging shoes. But I went along, because I didn’t know any better,” she remembers. “All I knew was that my life was crumbling and my method of coping wasn’t working. I needed something else.”

That first evening, Carol Henry jogged two miles. “Two miles! Are you kidding me! We jogged two miles? How did that happen?” At the end of the night, after she commented profusely about how amazed she was to jog such a long distance, her friend suggested that they train for a 5K. “A 5K, what’s that?” Carol remembers asking.

During this tumultuous time in her life, her friend would come by every evening and they would jog. Carol looked forward to the daily runs. Day by day, week by week, they increased their distance...by 10%. Slowly but surely...With persistence. With passion. With perseverance.

The two friends raced in a 5K, then a 10K, and eventually ran a marathon. Carol even ran her second marathon the following year. The process became so rewarding that she decided, If I can do this, then maybe I can become a counselor and help others through their difficulties. With the same tenacity, she began taking classes to get her Masters in Psychology. One class at a time. Slowly but surely...With persistence. With passion. With perseverance.

What began as a distraction from the burdens of life led her to where she is now. As a licensed professional counselor and licensed marriage and family therapist, Carol now has a thriving counseling practice. She persevered through her darkest days and, through the power of 10%, not only improved her own life but the lives of hundreds of individuals.

It is natural to want to quit when things are difficult. Fear of failure, disappointment with reality, or anger over what we wish would happen can keep us paralyzed from taking action. Sir Isaac Newton’s first law of motion is, in very simple terms, a body in motion tends to remain in motion and a body at rest tends to remain at rest. When we are “at rest” we do not feel like pushing forward. So, many times, we don’t. What we often forget is that motivation does not always come first. Many times, it is action that must take place first.

Once we begin to move forward, we gain traction, and then feel encouraged, and then become motivated to proceed. Eventually, we look back and realize how far we’ve come. Staying in motion and persevering through difficulties, even though we don’t feel like it at first, is the key to tackling life’s challenges. Push forward, persevere, and you’ll see how that first 10% step of action can lead you to accomplish your wildest dreams.
JCEP Awards
The deadline for JCEP/ESP awards is Thursday, October 1st. Now is the time to complete your application, nominate your peers, or consider community partners for an award! The awards categories are listed below. All applications for these awards are at http://go.osu.edu/ojcepawards

Award Categories:

• Team Teaching – single-program area or multi-disciplinary teams, and categories specifically for teams with non-Extension Collaborators! At least 50% of the team must be JCEP/ESP members.

• Creative Works – Do you have a great newsletter, website, TV program curriculum package, fact sheet, media production or other educational or marketing item you or your team created? This is the category to get those works recognized. All Extension Professionals (including non-faculty and non-ESP members) are eligible to enter their work in this competition.

• Friend of Extension – think volunteers, business leaders, organizations, elected officials and more….up to 3 recipients will be recognized, with one being selected to represent Ohio through the National ESP award nomination process.

• Excellence in Extension - annual award recognizing a superior Extension educator; based on excellence in teaching, research and service. This is Ohio Extension’s highest honor! Any Extension employee who is a current member of Epsilon Sigma Phi is eligible. The award can be received one time only. The award includes a cash award of $1,000 plus the addition of $1,000 to the base salary.

• ESP Special Chapter Awards – Nominees are eligible to receive an award in any one category only once. A complete list of previous ESP Award Winners is available on the site with the applications. Chapter winners will be asked to complete a Regional/National Award Application in January. Award nominations require a 60 word or less abstract about the nominee. Categories are listed below. See application for details on each award.
  o National DSA Ruby Award – Must be an OJCEP member
  o Administrative Leadership Award (must have 10 or more years of service)
  o Diversity Multicultural Recognition (Individual) – (Must be an OJCEP member)
  o Diversity/Multicultural Recognition (Team) – At least 50% of team members must be current OJCEP members)
  o International Service Recognition – (Must be an OJCEP member)
  o Visionary Leadership Recognition – (Must be an OJCEP member)
  o Continued Excellence Recognition - Must be an OJCEP member. Eligible for nomination five years after receiving chapter DSA. Minimum of 20 years in Extension)
  o Meritorious Support Staff Service Recognition for support staff who have demonstrated excellence in supporting Extension programs.
  o Retiree Service Recognition given to a current OJCEP/ESP member who is an OSU Extension Retiree.

Applications are due (to the individual listed on each application) no later than midnight, October 1st! (*Creative Works must be mailed hard-copy and post-marked no later than Oct. 1.)
Christy Millhouse is the 4-H Educator in Preble County. Her B.S. is in Communication Education from Miami University. Her M.S. is in Agricultural Education from The Ohio State University.

She started with Extension as a Summer Program Assistant in Licking County during college. In 1993, she joined the staff in Shelby County as the second 4-H Educator. During her time there, she worked to expand 4-H programming to new audiences as well as working with already established areas of the program.

In 2001, she decided to make a career change and taught school for a year and then after her second child was born began working in a daycare center. When the daycare was put on the market, she and her husband took the plunge as business owners. She took on the position of owner/administrator of the Center and managed a staff of 12 employees with an average attendance of 40 children. The daycare gave her the opportunity to not only use her teaching skills but to also spend time with her own children.

In 2012 - with her children older – she returned to Extension. Christy really enjoys many aspects of the 4-H program including camp and STEM programming. She also enjoys program and event planning as well as working with teen leaders.

Christy has been married to her husband, Rich, for 18 years. Her daughter Catie, is 16 and a junior in high school. Catie is involved with a variety of school activities and is an active 4-H member. Catie is enjoying her experiences as a 4-H Ambassador, JFB member and camp counselor. Christy’s son, Andrew, is 13 and a 7th grader. Andrew is playing football for the first time and is also active in other sports. He is also a 4-H member. Christy enjoys spending time with her family, reading and cooking.
Dear OSU Colleagues:

Please take a moment to consider your participation in the following (regarding CES members):

**Newsletter, Brochure & Website Contest**  
*This is your opportunity as a CES member to be recognized for your hard work and creative skills. Have you already created a newsletter or brochure this year? Send it in! Regardless of your placing, you will receive feedback and suggestions for improvement from the OSU Comm-Tech staff.*

Submit up to three issues of a newsletter, flyer/brochure or web page you have developed. Entries may be educational, informational or promotional; typeset/typewritten; photocopied/offset printed. Entries will be evaluated for layout placement, treatment of graphics, printing, and use of color. Webpages will have additional criteria.

See our website for the official application at: [http://extension.osu.edu/about/chi-epsilon-sigma/ces-awards-recognition](http://extension.osu.edu/about/chi-epsilon-sigma/ces-awards-recognition)

**Application deadline: October 31, 2015.**

Send your entries to:

OSU Extension Pike County  
Attn: Julie Evans  
313 Mill Street  
Piketon OH 45661

**Dorothy Rex Inspirational Award**

Established by founding member of Chi Epsilon Sigma, Dorothy Rex. Dorothy remains involved with CES as an emeriti. She was Ohio’s first president of CES and played a key role in developing the Alpha Chapter of our support staff organization.

Nominations can be made via email to Kathy Gamble at gamble.2@osu.edu and must include the nominee’s name and a brief explanation of how that member has been an inspiration to you and others. Dorothy herself will review the nominations. **The application deadline is October 31st**