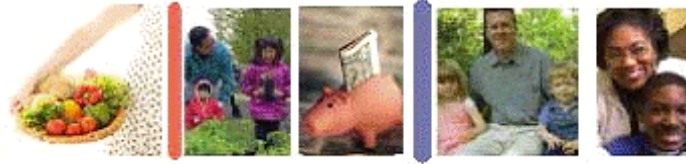




Healthy People
Healthy Finances
Healthy Relationships



FCS e-Connection – December, 2011

Dear Colleagues:

The gathering of family and friends during the month of December makes this a special time of the year. It seems fitting that the Extension Annual Conference is held during this month. It gives us a time to visit with colleagues, share new ideas and celebrate the successes of the past year. I want to thank you all for your participation both in the FCS Inservice and Annual Conference. I thoroughly enjoyed seeing all of you, and regret that we did not have more time to visit one on one.

If you are in Columbus one day, or have a few minutes to pick up the phone or send me an email, I would love to hear about how things are going, or to have a chance to dialogue about concerns or challenges you are facing. 2012 will continue to be a year of change for Extension. But, as I review new position descriptions for FCS, hear about collaborations between counties to support FCS positions, make progress with new partnerships and sign off on grant applications, I am very hopeful for what 2012 has to bring.

May you all have a wonderful Holiday Season with family and friends!

“We work as a TEAM to provide the HIGHEST QUALITY PROGRAMS that are ROOTED IN RESEARCH and as a result SUBSTANTIALLY IMPACT OHIOANS”

Karen

Karen Bruns, PhD

Ohio State University Extension
Assistant Director, Family and Consumer Sciences
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OSU:PRO – START NOW

January 15 is the deadline for employees with programmatic roles (e.g., program assistants, program coordinators, and educators) to enter their data and performance results in the OSU:pro central reporting database. Employees should work on documenting work there as appropriate for their position. Each year we use the data and information you enter in OSU:pro to generate reports and craft marketing messages for FCS. We rely on you to self-monitor and provide nothing but the highest quality, valid data. Messages have been sent recently about OSU:pro training opportunities for educators and program staff; and a help sheet is available at <http://go.osu.edu/BQu>

ENGAGEMENT IMPACT GRANTS

The Office of Outreach and Engagement has posted the Request for Proposal and Application form for the Engagement Impact grants, a peer-reviewed, competitive funding program through which you may submit proposals for up to \$75,000. Since its inception, Outreach & Engagement's successful seed grants program has helped colleges and units leverage the talent of an investment in their faculty, staff, and students to attract more than \$3 million in additional funding support for impactful programs.

The grants support interdisciplinary teams to establish and/or expand innovative, creative, scholarly outreach and engagement initiatives that impact communities and the university, build sustainable partnerships, earn recognition for the college/unit and the university, and reflect the spirit of our collective outreach and engagement mission.

As part of the application process, proposals must be ranked by the Principal Investigator's college dean or unit vice president. We suggest that the Principal Investigators contact the dean's (or vice president's) office by early February to alert them of your intent to apply and to learn the process by which that ranking will take place. The deadline to receive proposals for the Engagement Impact Grants is Friday, March 9, 2012. You can find more details at <http://outreach.osu.edu/funding.php>.

(Source: Mary Kerr, Executive Assistant, Office of Senior Vice President for Outreach & Engagement)

BUILDING UPON STRENGTHS IN MILITARY FAMILIES WEBINAR RECORDING

If you missed it live, you can watch the recording of the first web conference on “Identifying and Building Upon Strengths in Military Families.” The webinar was conducted by Dr. Kimberly Greder, Associate Professor & Extension and Outreach Specialist, Dept. of Human Development and Family Studies, Iowa State University and Dr. David Brown, LMFT Wing Director of Psychological Health, 132nd Fighter Wing, Air National Guard. The webinar is available by clicking on the green button at: <http://www.extension.org/learn/event/387>.

MYPLATE FLYERS NOW ON ESTORE

Copies of a MyPlate flyer to be inserted into each 4-H food and nutrition project book are available as a download on the Ohio 4-H Projects and Publications <<http://www.ohio4h.org/publications/>> web page and now are also available for order in sets of 100 from eStore <<http://estore.osu-extension.org/productdetails.cfm?PC=2742>> . Contact Jane Wright (wright.646@cfaes.osu.edu, 614.292.0909) or Amanda Forquer (forquer.13@cfaes.osu.edu, 614.292.6942) with questions.

OBESITY UPDATE

Information and links of interest for Ohio FCS Extension Professionals. . .

Simple Suppers

Dr. Carolyn Gunther, Director of the Office of Research in the College of Education Human Ecology Office of Research and Human Nutrition, created Simple Suppers in 2010 – a novel cooking and nutrition education program. The program was piloted to a group of families in Columbus in 2010 and focuses on improving family meal structure and ultimately the overall diet quality of the foods offered in the home. For more information, visit:

<http://sfc.ehe.osu.edu/simple-suppers/links/>

The Flavorists: Tweaking tastes and creating cravings

This 60 Minutes Exclusive puts the flavor industry under the microscope and highlights the ultimate goal of the food processing industry – to create flavors so good they are irresistible. From soda pop to frozen chicken dinners, flavor scientists describe the process of creating thousands of these flavors. Dr. David Kessler suggests in the article that these stimulating flavors could be “hijacking our brains” and creating an additional addiction in American culture.

For the full article, visit: http://www.cbsnews.com/8301-18560_162-57330816/the-flavorists-tweaking-tastes-and-creating-cravings/?tag=contentMain;contentBody

Tackling the Fight Against Childhood Obesity: One family meal at a time

This recording of a webinar given by Discovery Education and the American Dietetic Association in early November is now available to the public.

Watch and listen on YouTube at the following link:

<http://www.youtube.com/watch?v=gQ5R7pWvsDo>

PREVENTING CYBERBULLYING WEBINAR

Free Webinar: Preventing cyberbullying

Learn what kids should do if they are the target of cyberbullying with Kim Lightle. Join the discussion January 10th from 6:30-7:30 pm EST.

<http://www.msteacher2.org/events/event/listByLocation?location=Common+Sense+Media+Web+Conference>

TRI-STATE DIVERSITY CONFERENCE REGISTRATION OPEN

8th Annual Tri-State Diversity Conference

February 16 - 17, 2012 at the Marriott, Cincinnati Airport

Mark your calendars. Early-bird registration now open: **don't forget you can apply for support to attend this conference from the CFAES Diversity Professional Development Fund.**

Hosted by Ohio State University, Purdue University, Kentucky State University, and University of Kentucky's Extension programs.

2012 Theme & Focus: *Diverse Communities – Common Unity*. Keynote speakers Victor Lewis and Hugh Vasquez are two of the principal cast members of "The Color of Fear," a breakthrough film about race relations in the U.S. today. Peer-reviewed workshops round out the conference to address a variety of diversity initiatives. These include:

- One Hour in My Shoes: A Cultural Competence/Multicultural Training Program on Working with Latino Communities
- Diverse Needs: Providing Common Ground
- The Human Race Machine: A Tool for Generating Discussion on Campus
- Celebrate Diversity with a 4-H Global Education Curriculum
- Girls Gone Wild: How the Media is Destroying the Identity of Girls and Women

More workshops, information and registration: <http://ces.ca.uky.edu/tristatediversityconference/>
<<http://ces.ca.uky.edu/tristatediversityconference/>>

GRANT OPPORTUNITY

Announce last year's North Central Regional Center for Rural Development (NCRCD) small grants program enabled two of our funded teams to successfully compete for federal grants, translating into an overall small grant program dollar payback of nearly 5 to 1. Experience over the past two years has shown these small (max \$20K) grants can consistently help faculty and staff position their multi-state teams for much larger federal awards or make other substantial impacts. Proposals are due January 10 and you can find the call at:

http://ncrcrd.msu.edu/ncrcrd/call_for_proposals

(Source: Scott Loveridge, PhD, Director, North Central Regional Center for Rural Development)

INTERGENERATIONAL COMMUNITIES AWARD AVAILABLE

In Search of America's Best Intergenerational Communities... Think your community stands out because it works hard to acknowledge and serve all ages? Then Generations United and MetLife Foundation want to hear from you as we launch the first-ever "Best Intergenerational Communities Awards." Judges will select five communities based on standard criteria that take into account a community's own demographics, services, programs and

organizational structure. We'll recognize winning communities for their specific intergenerational successes, not as compared to other applicants. You have plenty of time to state your case: applications are due January 31, 2012.

Learn more.

http://r20.rs6.net/tn.jsp?llr=eqlpogdab&et=1108931912563&s=5058&e=001X8BeP-Ji9qQH8I788lkAeWh2EsPO6FVGnDeFXexkjp-PMKeiEP6WCnPe7dJeq-AT3h0KfoSWdrbhg6qpO5k5q7SQulfldQ28NAeBuwZ-t_R4GSF-Wbwyfh9vo2SF-tCNj4nOrZVBxw1S6lfeVZX366IIUDwi5whUP_D74Uhe1Vc_L9mVjXTw502gb6t8T-a6

KUDOS

Julie Kennel, Program Director in Human Nutrition, and team of Gail Kaye and Carolyn Gunther was awarded \$98,405 from the Ohio Department of Education for the development of the *Healthy Cycle Menu Project*. It helps schools make lunch food choices that save time, control costs, provide variety and meet the recommendations of the Dietary Guidelines for Americans

HAPPY RETIREMENT

Melanie Hadeed and **Sallie Walker**, EFNEP Program Assistants in Lucas County, are both retiring on December 31.

Lydia Medeiros, Food Safety and Nutrition State Specialist and Professor, is also retiring on December 31.

Thanks to all three of you for your many years of dedication and hard work. The people of the state of Ohio have truly benefited from your efforts. We, too, have benefited from your friendship and collegiality. Best wishes to you in all of your future endeavors!

WELCOME TO THE FCS EXTENSION FAMILY!

Tracy Henschen, FNP Program Assistant, Mercer County
Kelly Kanicki, FNP Program Assistant, Ashtabula County

NINE TACTICS YOU CAN USE TO CHAMPION CHANGE

From: Eikenberry, K. (2007). Remarkable leadership: unleashing your leadership potential one skill at a time. Hoboken, NJ: John Wiley & Sons.

1. Sell individuals. Champion change one on one. Find ways to create small group conversations, and speak individually with as many people as possible.
2. Help people take ownership. Build ownership with small changes, gaining their assistance in planning next steps.
3. Let people see your process. You will seldom know everything, and while you are waiting, the organization is wondering what is going on – and hypothesizing the worst-possible scenario.

4. Call the change a journey (because it is). This positive view makes it easier for people to join in.
5. Ask questions. Talk less and ask questions more.
6. Start small, and build a new status quo. Get people to see the value in small change, and get them there.
7. Give it words. Having a common language across the group makes it easier for people to support and create the change.
8. Ask questions. This tactic is here twice on purpose. Remember to ask questions to create a useful change dialogue.
9. Take responsibility. While you are trying to do everything you can to get the group involved and committed to the change, take the responsibility to do everything you can to make it happen (Eikenberry, 2007, p. 56-57).

Remarkable Leadership is available on loan from the Ohio State University Leadership Center. To borrow this resource or any other resource, please go to the resource search page

<http://164.107.48.88/winnebago/index.asp?lib=???>

(*Leadership Moments* is reprinted with permission from the OSU Leadership Center.)

DATES TO REMEMBER

- December 14 FCS Educators In-Service, Ag. Admin. Auditorium
- December 15 Extension Annual Conference, Ohio Union
- January 15 OSU:pro data entry due

UPCOMING NATIONAL CONFERENCES

- February 7-9, 2012 JCEP Leadership Conference, Crowne Plaza Riverwalk, San Antonio, Texas
- February 16-17, 2012 Tri-State Diversity Conference, Hebron KY
- April 10-12, 2012 Priester National Extension Health Conference, MD
- April 15-18, 2012 PILD Conference, Westin, Alexandria, VA
- September 24-28, 2012 NEAFCS Annual Conference, Columbus, OH
- September 15-19, 2013 Galaxy IV Conference, Pittsburgh, PA

HELPFUL LINKS

- Extension Family and Consumer Sciences - <http://fcs.osu.edu/>
- OSUE FCS Facebook Page - <https://www.facebook.com/osuefcs>
- FCS Blog - <http://osufcs.wordpress.com/>
- Extension Intranet Calendar - <http://www.ag.ohio-state.edu/~intranet/>
- OSU Extension Communiqué - http://www.ag.ohio-state.edu/~intranet/news_matrix.php?newsletter=1

- Extension Policy & Procedure Handbook - <http://extadmin-cms.ag.ohio-state.edu/policy-handbook>
- eXtension - <http://www.extension.org/>

Signature Programs

- Dining with Diabetes – <http://diabetes.osu.edu>
- NewStart – <http://newstart.osu.edu>
- Real Money, Real World - <http://realmoneyrealworld.osu.edu/>

EHE Department Extension Websites

- Community Nutrition Programs (EFNEP & FNP) - <http://fnp.osu.edu/> and <http://efnep.osu.edu>
- Extension Human Nutrition - <http://fcs.osu.edu/hn/>
- Occasional Quantity Cook - <http://www.ag.ohio-state.edu/~oqc/>
- Ohio ServSafe™ – <http://servsafe.osu.edu>
- Extension Human Development & Family Science - <http://families.osu.edu>
- Positive Parenting Newsletter - : http://families.osu.edu/stages-of-life/parenting/positive_parenting.php
- Senior Series - <http://seniorseries.osu.edu>
- Extension Consumer Sciences - <http://fcs.osu.edu/cs/>
- Universal Design - <http://ehe.osu.edu/ud/>

Marketing

- Communication & Technology - <http://commtech.ag.ohio-state.edu/>
- Templates - <http://commtech.ag.ohio-state.edu/resources>

OSU Resources

- EBSCOhost literature search database - <http://library.ohio-state.edu/record=e1000149~S7>
(be sure to use the off-campus sign in link)
- IRB - <http://orrrp.osu.edu/irb/about/>
- OSU CARES - <http://osucares.osu.edu/>

Professional Associations

- American Association of Family & Consumer Sciences - <http://www.aafcs.org/>
- ESP - <http://www.espnational.org/>
- National Council on Aging - <http://www.ncoa.org/index.cfm?bType=ie4>
- National Council on Family Relations - <http://www.ncfr.org>
- National Extension Association of Family & Consumer Sciences - <http://www.neafcs.org>
- OAEP - <http://oeaa.osu.edu/>

Journals

- Journal of Extension - <http://www.joe.org/>
- The Forum for Family and Consumer Issues - <http://ncsu.edu/ffci/>

Blogs

- Eat, Save and Be Healthy: <http://osufcs.wordpress.com/>
- Safe Food Handling & Preservation: <http://safefoodforyourfamily.wordpress.com/>
- Live Healthy, Live Well: <http://livehealthyosu.com/>
- Parents in Action: <http://parentsinaction.osu.edu/>
- Move It Miami County: <http://moveitmiamicounty.wordpress.com/>

Other

- CYFERnet (Children, Youth, Family Educational Resource Network) - <http://www.cyfernet.org/>
- MyMoney.gov - www.mymoney.gov
- National Collaborative on Childhood Obesity Research - <http://www.nccor.org/>

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