



Healthy People
Healthy Finances
Healthy Relationships



FCS e-Connection – December 2012

Dear Colleagues:

This is a month of celebration. For us in Extension it has also been a time of celebrating professionally our achievements and successes through the Extension Annual Conference and the many awards that were presented. We are very proud of our FCS colleagues who were recognized in many different ways. See the Kudos section for the listing of those awards.

We are very thankful for the support of many of our current and past colleagues who have made many of those awards possible. The FCS Endowment Fund was established by colleagues over 10 years ago. That endowment continues to grow and to allow us to fund the Marilyn R. Spiegel Excellence in Family and Consumer Sciences Award, professional development grants and seed grants. Without the foresight and generosity of past and current Extension colleagues, we would not have the resources to support the growth of our FCS staff.

To continue advancing our programs and the opportunities for awards and professional development funding, please consider giving to the FCS Endowment Fund. The steps are quick and easy, just go to <http://giveto.osu.edu/>, click on “Give Now,” and enter 603274 to start giving today.

May you all have a wonderful and safe Holiday Season and a Blessed New Year!

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

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JNEAFCS CALL FOR 2013 SUBMISSIONS AND REVIEWERS

The Journal Editorial Subcommittee is soliciting articles for our 2013 volume of the *Journal of National Extension Association of Family and Consumer Sciences*. The **deadline is December 31, 2012**. Submissions are invited in three categories:

- **Research:** discusses research procedures and outcomes, whether basic or applied, quantitative or qualitative, which are essential to successful Extension programs.
- **Best Practices:** may not always incorporate a research component, but should focus on lessons learned through practical applications.
- **Implications for Extension:** features trends and other emerging issues of benefit to Family and Consumer Sciences professionals.

We all work really hard! Please consider sharing the results of your efforts with your colleagues through the *Journal of National Extension Association of Family and Consumer Sciences*. See complete Submissions Guidelines at <http://www.neafcs.org/journal-submission-guidelines> and forward submissions to lsant@uidaho.edu.

Have you ever considered becoming a reviewer for the Journal of National Extension Association of Family and Consumer Sciences? There are many reasons to volunteer. First, we need you! Second, you learn a lot about writing and publishing by participating in the review process. Third, you provide a valuable service to your colleagues. Fourth, if you are on a tenure track, you can add this activity to your dossier.

What is a reviewer expected to do? Reviewers determine whether manuscripts merit publication, suggest edits and revisions, and provide constructive advice to authors. Each reviewer may select to review from one to three manuscripts. A Reviewer's Score Sheet with instructions is provided. JNEAFCS uses a double-blind review process. All identifying information is removed from manuscripts before review, and reviewers are never identified—reviewer's recommendations are conveyed to authors by the editors. Also, reviewers have 30 days to complete and return reviews.

It's easy to apply. Simply contact Laura L. Sant at lsant@uidaho.edu.

SAVE THE DATE-LOCAL FOODS SIGNATURE PROGRAM ROUNDTABLE AND IN-SERVICE

Please hold January 23, 2013 from 10-2:45 to learn about OSU Extension's new Local Foods Signature Program in 2013. This in-service will feature information about how you and your community can participate in the program featuring *Food Production, Food and Family, Food and Business, and Food and Community*, ideas for Extension programming on local foods, networking, as well as discussions and program planning around local foods issues for ANR, CD, 4-H and FCS program staff. This will be held at the Nationwide and Ohio Farm Bureau 4-H Center. To register, please send registration form that was emailed to All-Extension ListServ on 12/10 to Hogan.1@osu.edu, fax to 740-687-7010, or mail to Fairfield County Extension Office before **January 10th**. For questions contact Kate Shumaker at 330-674-3015 or Mike Hogan at 740-653-5419.

NEW LABEL FOR SEW FUN 4-H PROJECT BOOK

Our Master Clothing Educators want to make sure beginning sewers start off on the right foot and are refining the requirements for Sew Fun. As mentioned in the 2013 Summary of Ohio 4-H Publication Changes [here](#), this adjustment returns to the "fully elastic-waisted skirt, shorts, pants, or capris" from the original book. There's no need to discard any inventory, but please make sure your 4-H members are aware of the new requirement by

affixing the following label, which is available on the staff resources page [here](#). Inventory at the state level will have this label reprinted. Questions? Please contact Jane Wright, wright.646@cfaes.osu.edu or 614.292.0909.

NATIONAL COUNCIL OF FRUIT AND VEGETABLE NUTRITION COORDINATORS

The Council is currently recruiting passionate F&V Nutrition Coordinators to join our new Farm to Fork Taskforce! If you have an interest in networking with other F&V Nutrition Coordinators, sharing best practices, working through lessons learned, and developing new leadership skills with the Council this is the group for you! If you are interested, please send an email to [Joan Atkinson](#). The Council is working in partnership with the National Farm to School Network on several activities including two webinars. Please mark your calendars for **March 19, 2013** at 1:00pm ET and **June 4th** at 1:00pm ET.

- [Free fruit at school tied to fewer junk snacks](#). (Source: Reuters Health)

Salad Bar Resources

- [Iowa's Fruit and Vegetable Bar Guide](#)
- New Resources on [Alaska's Salad Bars to Schools page](#).
- Ohio's [Seed to Salad Toolkit](#), which includes information on food safety.
- [Missouri's Farm to School Salad Bar page](#).

LEARNING OPPORTUNITIES AT LEARN.EXTENSION.ORG

Please see [here](#) for professional development webinars offered by our peer states and open for you to attend. You can register for an eXtension ID and get their monthly updates [here](#), but you can attend even if you do not have an eXtension ID. Just go to the webinar link and follow the "connect" link in the upper right side (below the webinar time) and attend as a guest. Additional sessions may be added at any time, so check back to see what's new, or add your web-based sessions.

SESAME STREET'S NEW INITIATIVE: LITTLE CHILDREN, BIG CHALLENGES: DIVORCE

Sesame Street has launched a new initiative, *Little Children, Big Challenges: Divorce*. The program, featuring Muppet Abby Cadabby, provides tools and language to help young children (ages 2-8) cope with and understand divorce at an age-appropriate level. Project resources include a free mobile app, online resources, and multimedia toolkits containing a children's storybook, a caregiver guide, and a DVD. These materials are available online at [sesamestreet.org/divorce](http://www.sesamestreet.org/divorce)

<<http://www.sesamestreet.org/parents/topicsandactivities/toolkits/divorce>>.

As with all content produced by Sesame Workshop, this outreach initiative began with a thorough research process, which included consulting with an advisory board of key experts in child development, early childhood, and mental health fields, including former OSU Extension Family Life State Specialist, Bob Hughes (Bob is now on the faculty at Univ. of Illinois). Sesame Workshop conducted focus groups with parents and service providers to ensure that all of the resources effectively meet the needs of children and families.

To see a video and learn more about the project and Sesame Street, click here

<<http://storyboard.tumblr.com/post/37636478388/d-is-for-divorce-big-feelings-on-sesame-street#d-is-for-divorce-big-feelings-on-sesame-street>>.

JPSHE CALL FOR MANUSCRIPTS

As higher education faculty and/or administrative leadership engaged in teaching, scholarship, and service with communities, you have important experiences and insights to share about how this work generates knowledge that transforms our disciplines and institutions. The Journal of Public Scholarship in High Education is looking for manuscripts, between 15 and 20 pages in length that address (for example):

- How community engagement influences teaching and research in a particular discipline or across the disciplines

- The outcomes of institutional initiatives to stimulate community engaged teaching, research, and service among faculty and/or graduate students
- International and/or interdisciplinary teaching and research with communities
- Practical advice and guidance to faculty new to public scholarship
- The role of community engaged teaching and research in promotion and tenure
- Public scholarship as a paradigm for undergraduate and graduate student research
- Principles for the design of reciprocal, mutually beneficial teaching and research projects with communities

Please see the [call for manuscripts](#) for submission instructions and review criteria. Manuscripts should be submitted by **February 1, 2013**, for consideration in the Sept/October 2013 volume. For more information, visit the [journal's website online](#).

9TH ANNUAL TRI-STATE DIVERSITY CONFERENCE

The 9th Annual Tri-State Diversity Conference is scheduled for February 21-22, 2013 in Hebron, Kentucky with a pre-conference workshop on February 20. This professional development opportunity is planned for community and classroom professionals who are interested in expanding their diversity competence. The Extension programs at Kentucky State University, University of Kentucky, Ohio State University and Purdue University collaborate to offer this award-winning conference.

The theme for the 2013 conference is Bridges to Cultural Inclusion featuring keynote speaker Jimmy Cabrera who will entertain and interact with the audience while teaching the important message of inclusiveness, acceptance, and understanding. Mr. Cabrera will touch your heart to care and will inspire you to apply what you know toward building relationships and reaching new audiences.

Additional information on concurrent workshops and registration can be found at: <http://ces.ca.uky.edu/tristatediversityconference/index.html>. Advanced registration ends **January 23rd** so don't delay!

CENSUS BUREAU RELEASES AMERICAN COMMUNITY SURVEY ESTIMATE

The U.S. Census Bureau today released estimates from the American Community Survey (ACS) for the combined years from 2007 to 2011, providing the only statistics down to the neighborhood level on school enrollment, jobs, housing and many other measures. These estimates are ideal for measuring trends for areas with populations of less than 20,000.

Along with the estimates, the Census Bureau is rolling out a series of new tools to make it easier to search, embed on other websites, download and share the survey estimates. Their popular QuickFacts make it even easier to find information [here](#).

The American Community Survey provides a wide range of important statistics about people and housing for every community across the nation and are used by everyone from town and city planners to retailers and homebuilders. The survey is the only source of local estimates for most of the 40 topics it covers, such as education, occupation, language, ancestry and housing costs for even the smallest communities.

Today's ACS release consists of about 11 billion individual estimates. These five-year estimates are based on completed interviews with almost 2 million housing units each year from 2007 through 2011. By pooling several years of survey responses, the American Community Survey can generate detailed statistical portraits for small areas. Groupings of five-year estimates are released annually and can be found [here](#).

Beginning in January, the American Community Survey will become more convenient for most participants with the added option of responding online to the survey and will also add a series of questions on computer and Internet usage. The data gathered through these questions will become available beginning in 2014.

For questions or more information, contact them [here](#).

(Source: US Census Bureau)

HEALTHY FOOD CHOICES IN SCHOOLS IS NEWEST COMMUNITY OF PRACTICE

We encourage you to participate in eXtension's newest Community of Practice: Healthy Food Choices in Schools. The goal of the Healthy Food Choices in Schools Community of Practice is to provide innovative tools and information based on research in the fields of behavioral economics and consumer psychology to encourage healthier food choices among school-aged children. To accomplish its goal this community will provide educational and/or informational products that will empower school food service directors and staff, school administrators, teachers, after-school program staff, among others, to make changes that encourage children making healthier food selections in school cafeterias, without undermining revenue.

Furthermore, given the role parents and the children themselves have in the food choices they make, the CoP will also identify and develop educational and motivational materials that support and encourage improved nutrition for children at school and, ideally, at home.

The leadership for this Community is provided by Adam Brumberg, Brian Wansink, and Sandra Cuellar-Healey at Cornell University.

CALL FOR PAPERS: SPECIAL ISSUE ON CHILDHOOD OBESITY

The pandemic of overweight children has captured the attention of parents, educators, journalists, and researchers in many fields. Games for Health Journal: Research, Development, and Clinical Applications is now soliciting manuscripts for a special issue on childhood obesity scheduled to be published in 2013.

The Journal will accept manuscripts on virtually any research topic that involves using a videogame related to any aspect of childhood obesity including specific age, economic, and ethnic groups; comparison of the effectiveness of two or more games; comparison of videogame activities to either non-activity or traditional non-videogame activities; games and nutrition; videogames and behavior modification; and so on.

*The deadline for manuscript submission: **January 31, 2013***

[Manuscript submission guidelines.](#)

KUDOS

It is our pleasure to announce Monadine Matthey, (pictured on left below) Pike & Scioto County FCS Educator, as 2012's Marilyn R. Spiegel Excellence in Extension Family & Consumer Sciences Award recipient. Thanks for all of your hard work and everything you do!



We would also like to recognize Karen Bruns, (pictured on the right) who will be the 2013 chair of the APLU's Council on Engagement & Outreach, as well as Kirk Bloir, who has been elected to serve as the 2013 Ohio JCEP President-Elect.

Congrats to Nancy Stehulak on her article, *Holiday shopping: Paper or plastic?*, which was published in OSU's weekly onCampus newspaper, as well as Diane Barga on her advancement from FCS Program Assistant to FCS Program Coordinator in Darke County.

[\(Photos courtesy of Teresa Johnson, OAEP website\)](#)

Congrats also go out to Melinda Hill, recipient of the Healthy Finances Development Award to obtain Neighborworks homebuyer education certification, Dan Remley, recipient of the Mary E. King Healthy People Development Award, to attend the Priester National Health Conference, and Michelle Treber, to focus on workplace wellness via a membership in the Wellness Council of America (WELCOA).

We also congratulate the following FCS folks on ESP, OAEP, & NEAFCS awards:

ESP Team Teaching Award

One Program Area-5 or more members:

1st Place: Zero Weight Gain Challenge

First Row (LtoR): Pat Brinkman, Dana Brown, Linnette Goard

Back Row (LtoR): Michelle Treber, Lisa Barlage

Cindy Shuster (not pictured)



ESP Creative Works Awards

1E-Periodical Publication:

3rd Place: Donna Green

7A-Curriculum Package (Individual)

1st Place: Jamie Seger

7B-Curriculum Package (Team)

1st Place: Cindy Shuster, Lisa Barlage, Pat Brinkman, Dana Brown, Linnette Goard, and Michelle Treber

8C-Project Book

1st Place: Jenny Even and Carol Miller

2nd Place: Donna Green

9C-Blogs

1st Place: Lisa Barlage, Linnette Goard, Liz Smith, Jenny Even, Michelle Treber, Pat Brinkman, Cindy Shuster, Marilyn Rabe, Susan Zies, Beth Stefura, Cheryl Barber-Spires, Dana Brown, and Marie Economos

OAEP Years of Service Awards:

Kathy Oliver-30 years (pictured on the right)

Cindy Shuster-25 years

Susan Zies-25 years

Marilyn Rabe-20 years

Marie Economos-10 years

Donna Green-5 years (pictured below)

Melanie Hart-5 years (pictured below)

Christine Kendle-5 years (pictured below)

Kara Newby-5 years (pictured below)

Jamie Seger-5 years (pictured below)





OAEP Regional Achievement Awards:

2-10 Years

Beth Stefura-North East
Michelle Treber-South Central
Jamie Seger-West

Over 10 Years

Susan Zies-North East
Lisa Barlage-South Central
Kathy Michelich-West

Extension National Association Awards- NEAFCS

Distinguished Service-Pat Brinkman (pictured
the right)

Continued Excellence-Cheryl Barber Spires
(pictured on the left)



on



LEADERSHIP MOMENTS: PAINT CLEAR PICTURES OF WHAT IS DESIRED

From: Jensen, P. (2012). The winning factor. New York: AMACom.

It is common for coaches to tell people what they don't want them to do, but it's often difficult for them to articulate what they do want. This seemingly simple concept - tell people what you want, not what you don't want is so easy to put into words, but so hard to put into action! Remember that people can't do things they can't imagine. Once we understand, at the cellular rather than the intellectual level, that imagery truly is the language of performance, everything opens up for us in a different way. We begin to realize, for example, that we must communicate so that people can create clear pictures in their minds of what we want, if we are going to get them to do what we want. And when we say "communicate," we don't mean just through the words we use, though our choice of words is important. If we want our people to perform in a particular way but don't behave that way ourselves, the picture we are creating can get very blurry, no matter how clear our words may be (p. 116)!

(*Leadership Moments* is reprinted with permission from the OSU Leadership Center
<http://leadershipcenter.osu.edu>.)

DATES TO REMEMBER

- January 16 P&T Training Session – 4-H Center
- January 23 Local Foods Signature Program Roundtable and Inservice - 4-H Center
- January 30 Live Healthy, Live Well State Team Meeting-Franklin County Extension Office
- March 13 Farm to School Conference-4-H Center
- March 21 Summer Food Service Program-only new SFSP counties in FY12 and/or FY13
- March 22-23 Ohio Association of FCS Annual Meeting-Cambridge, OH
- April 30 Summer Food Service Program-all FNP SFSP counties
- August 27/28 Annual FNP Business Meeting

UPCOMING NATIONAL CONFERENCES

- Feb. 20-22 Tri-State Diversity Conference, Marriott Airport, Hebron KY
- April 16 & 17 Priestler Health Conference, Corvallis, OR
- May 6-9 National Urban Extension Conference, Overland Park, KS
- May 20-23 National Extension Conference on Volunteerism, Frankenmuth, MI
- June 4-5 Pathways to Financial Security, Madison, WI
- Sept. 15-19 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>
- Community Nutrition Programs (EFNEP & FNP) - <http://fnp.osu.edu/> and <http://efnep.osu.edu>
- Occasional Quantity Cook - <http://www.ag.ohio-state.edu/~oqc/>
- Universal Design - <http://ehe.osu.edu/ud/>
- Extension Intranet Calendar - <http://extensionstaff.osu.edu/events>
- OSU Extension Communiqué - <http://extensionstaff.osu.edu/communique>
- Extension Policy & Procedure Handbook - <http://extadmin-cms.ag.ohio-state.edu/policy-handbook>
- eXtension - <http://www.extension.org/>
- Dining with Diabetes – <http://diabetes.osu.edu>
- NewStart – <http://newstart.osu.edu>
- Real Money, Real World - <http://realmoneyrealworld.osu.edu/>

Marketing

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

OSU Resources

- OSU Library - <http://library.osu.edu/>
- IRB - <http://orpp.osu.edu/irb/about/>
- OSU CARES - <http://osucares.osu.edu/>

Professional Associations

- American Association of Family & Consumer Sciences - <http://www.aafcs.org/>
- National Council on Aging - <http://www.ncoa.org/>
- National Council on Family Relations - <http://www.ncfr.org>
- National Extension Association of Family & Consumer Sciences - <http://www.neafcs.org>
- ESP - <http://www.espnational.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/>

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/>

Family and Consumer Sciences

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