

## Family and Consumer Sciences e-Connection – December 2013

Dear Colleagues:

Yesterday at annual conference, several good questions were asked that I challenge each of you to answer for yourself....

- “Why Extension?” Dr. Keith Smith asked each of us to ask ourselves why Extension is important.
- “How will we transform society?” Dr. Bruce McPheron challenged us that Extension was transformational to society 100 years ago and should be again.
- “How are you going to choose to change the world?” Dr. Marshall Stewart quoted his son in saying “it is not about giving back, it is about giving more”.

My question to you is **“How are you going to use our OSU Extension infrastructure and Family and Consumer Sciences subject matter to transform families to have Better Lives, and as a result Stronger Communities?”** Maybe you will...

- Collaborate with others around a community issue like infant mortality, food insecurity, substandard housing, children at risk, unemployment. Those are all areas where our subject matter can make a difference.
- Leverage Extension’s leadership and volunteer expertise to address these issues. What leadership role is Extension playing around these issues? How are you being strategic with addressing these community issues? Are you addressing them from an individual, social, environmental and policy perspective? How is Extension serving as a leader to help the community transform?
- Challenge the conventional thinking to be innovative in addressing community issues. We need to stay on top of the research in key areas, look for and implement the best practice, help communities assess the complexity of any issue, and then tackle the contributing factors using a holistic approach.

With our knowledge of nutrition, family finances, family relationships and the interdependency of those factors, we are positioned to transform communities. With our leadership experience, ability to work with volunteers, and connections with land-grant universities we can leverage resources. We can answer those three questions posed by our speakers yesterday, and transform communities!

Please send me an email of your thoughts on the questions our speakers raised yesterday. What other questions that were raised challenged you? How can we use Family and Consumer Sciences subject matter, to transform communities in the next 100 years?

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

*Karen Bruns, PhD*

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## BRANDING FOR FAMILY AND CONSUMER SCIENCES

With the new branding standards, we are to include the name of the college with the Ohio State logo. For Family and Consumer Sciences material, all materials should include the College of Education and Human Ecology AND the College of Food, Agricultural, and Environmental Sciences. See the branding at the bottom of this newsletter to see how that should appear.

## KUDOS

Congratulations to **Mark Failla** and **Carolyn Gunther**, who were recognized in *International Innovation*, Europe's leading portal for scientific dissemination, for their study "Training Competitive Nutrition Scientists from Underrepresented Backgrounds in 21<sup>st</sup> Century Skills to Stem the Tide of Childhood Obesity.

Kudos also to State Specialist **Caезilia Loibl**. She was named the 2013 Marie Curie Fellow by the European Commission. The fellowship awards research grants to scientists to gain experience abroad and in the private sector.

We would also like to recognize **Kate Shumaker**, recipient of The Ohio JCEP Fall 2013 professional development award of \$750, to participate in the Academy of Nutrition & Dietetics Food and Nutrition Conference and Expo in Houston, Texas.

Congratulations also to **Carolyn Gunther** on her \$25,000 award from the Department of Human Sciences to continue Simple Suppers, which aims to implement a nutrition education and cooking program targeted to parents and young children to improve food choices, eating behavior, and child weight status.

Kudos to **Amanda Rysz**, recipient of the 2014 Staff Advisory Council Above and Beyond Key Values Award. This award is given annually by the College of Food, Agricultural, and Environmental Sciences to recognize staff members within their first 3 years working with the university for dedication, cooperation and positive attitudes in the workplace.

Congrats also to NEAFCS 2013 award winners below!

National Winners:

- **Jamie Seger** in Social Networking with her Back to the Kitchen campaign
- **Dana Brown** and her Live Healthy, Live Well team placed 2<sup>nd</sup> for Family Health and Wellness
- **Polly Loy** and her team won 3<sup>rd</sup> place in School Wellness
- **Lisa Barlage** and her team placed 3<sup>rd</sup> in the national with their Internet Education Technology submission

#### Central Region Winners:

- **Michelle Treber**-Greenwood Frysinger
- **Cindy Shuster** and Team-Florence Hall
- **Jamie Seger**- Social Networking
- **Nancy Stehulak** and team- Educational Publications (Communications), 2<sup>nd</sup> place
- **Lisa Barlage** and team, Internet Education Technology (Communications), 3<sup>rd</sup> place
- **Cynthia Shuster** and Team, Educational Curriculum (Communications), 3<sup>rd</sup> place
- **Polly Loy** and Team, School Wellness, 2<sup>nd</sup> place
- **Cynthia Shuster**, Newsletters (Communications), 3<sup>rd</sup> place
- **Dana Brown** and team, Family Health and Wellness, 1<sup>st</sup> place

#### Other Awards:

- **Pat Brinkman**- Distinguished Service Award
- **Cheryl Barber Spires**- Continued Excellence Award

#### Leadership and Service:

- **Carol Chandler** served as NEAFCS President in 2013. She was inducted into the role of national past president during the Galaxy Annual Conference in September. She will serve in this role in 2014.
- **Nancy Stehulak** was inducted as Central Region Director at the Annual Meeting in September. She will serve in this role until 2016.
- **Melinda Hill** represented Ohio at the Joint Council of Extension Professionals in Memphis Tennessee in February.
- **Lisa Barlage** represented Ohio at the Public Issue Leadership Development Forum (PILD) held in Washington, D.C. in April.

## PERSONNEL UPDATES

We would like to welcome **Amy Habig** as the new EFNEP Program Specialist for Ohio Valley. She will be missed as an educator but we are lucky she's still sticking with FCS. Good luck Amy in your new position!

## PROTECT CONSUMERS AND FIGHT FRAUD WITH THE PROGRAM AND PARTNER TOOLKIT FROM SAVEANDINVEST.ORG

Did you know that most investment fraud victims are not seniors? Nearly 66% are married males who live with their wives, are college educated, optimistic, self-reliant, have above average income, and have higher financial literacy levels than non-victims.

Check out and use the resources in this FINRA sponsored toolkit as you educate consumers (of all ages, including seniors) about scams and becoming financially savvy. Tools include

- Top 5 red flags you are listening to an investment scam
- Videos
- Risk meter
- Scam meter

<http://www.saveandinvest.org/FraudCenter/ProgramOutreachToolkit/>.

## JNEAFCS CALL FOR SUBMISSIONS AND REVIEWERS

The Journal Editorial Subcommittee is soliciting articles for our 2014 volume of the Journal of National Extension Association of Family and Consumer Sciences. The deadline is **December 31, 2013**. 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.

See complete [guidelines for submission](#) and email to [jesshill@uga.edu](mailto:jesshill@uga.edu).

The Journal of National Extension Association of Family and Consumer Sciences is looking for reviewers. If you haven't considered becoming a reviewer before, remember you could help out your colleagues and even add the experience to your dossier. Reviewers have the opportunity to provide feedback as well as input on what articles will be published using a double-blind review process. 30 days are given to complete and return to reviews, and the process to apply is simple, just email [jesshill@uga.edu](mailto:jesshill@uga.edu).

### **CALL FOR EVENTS: YP4H HEALTH & WELLNESS EVENTS CALENDAR**

Are you (or someone you know) organizing an upcoming health and wellness event? Please submit your events to the Your Plan for Health (YP4H) Health & Wellness Events Calendar at <http://yp4h.osu.edu/events-and-challenges/submit-event>. Complete event submission guidelines are listed on the online submission form. Events must be open to Ohio State faculty and staff. Once approved and posted, your event will appear online at <http://yp4h.osu.edu/events-and-challenges/events>. Please contact Tara Anderson at [tanderson@hr.osu.edu](mailto:tanderson@hr.osu.edu) with any questions. And thank you for helping OSU faculty and staff on their health and wellness journey!

### **WANTED: OHIO STATE UNIVERSITY BUCKEYE WELLNESS INNOVATORS**

Do you have a special interest in facilitating an innovative culture and context of wellness in your academic unit or department? If so, consider becoming a Buckeye Wellness Innovator. Buckeye Wellness Innovators serve as a liaison in sharing the One University Health and Wellness Strategic Plan with faculty and staff, participate in annual Your Plan for Health wellness activities, as well as schedule wellness activities for academic units or colleges. To look for the full requirements and primary responsibilities, visit their page [here](#).

### **RESEARCH IN VIEW TRAININGS**

Over the next couple of weeks RiV trainings are going to be offered through CarmenConnect on three different dates. Two face-to-face sessions will be offered in December, one of which is geared for educators/field specialists interested in going for promotion or currently in the P&T process. The deadline to complete your 2013 RiV documentation is **January 15, 2014**.

There is also a new "OSU Extension RiV Quick Start Guide" available at <http://go.osu.edu/OSUErivHelp>, which has 25 tips to help you use the NON-DOSSIER Extension section of RiV. Please make sure you review the section on GOALS. You will be able to access recordings of our RiV training CarmenConnect sessions at that link as well.

To register for one of the upcoming RiV trainings, please click here <http://go.osu.edu/RiVTrain2013>  
Sessions will be offered on the following days:

- December 11 – 9 am to noon – Ag Administration Building, Room 5 - geared for promotion / tenure candidates

If you have questions about RiV and how to record your work with OSU Extension, please contact me or Kim Showalter ([showalter.56@osu.edu](mailto:showalter.56@osu.edu)). If you are having technical difficulties with RiV (e.g., your RiV profile is not accessible), please use the [riv@osu.edu](mailto:riv@osu.edu) email address to send a message to the RiV team.

### **2014 OUTREACH AND ENGAGEMENT GRANTS INFORMATION SESSION**

Request for Proposal information is available for the 2014 Engagement Impact Grants, OSU CARES/OSU Extension Seed Grants and Service-Learning Grants at <http://outreachgrants.osu.edu>. These grants support engagement scholarship and provide faculty, staff and students with opportunities to apply innovative scholarship that addresses compelling challenges in communities. Deadline for proposals is Friday (2/28).

A brown bag info session for those interested in applying for a grant, or who might want more information before making a decision, will take place on Monday (12/16) in 110B Hale Hall. RSVP to [outreach@osu.edu](mailto:outreach@osu.edu) to attend. The session can also be accessed as a webinar through Carmen Connect at <http://carmenconnect.osu.edu/outreachgrantinfo/>.

### **FROM THE 4-H NEWSLETTER**

National 4-H Council wants to alert local 4-H chapters/extension agencies of an immediate opportunity to apply for up to \$1,000 program grant from a Darden restaurant in your community. Restaurants in the Darden family include Red Lobster, Olive Garden, LongHorn Steakhouse, The Capital Grille, Bahama Breeze and Seasons 52.

As a part of their funding priorities, Darden Foundation looks to provide funding for programs that foster opportunity for low-income students to graduate from high school and for community gardens that help promote food security. Many 4-H programs will align with either or both of these priorities. Regardless of which priority your program best aligns with, your application should weave in these overarching points along with your program's specific goals, target audiences and expected outcomes.

Online applications are being accepted through the Darden Foundation web site, [www.dardenfoundation.com](http://www.dardenfoundation.com), beginning November 15, 2013 through December 10, 2013.

### **BRANDING WORKSHOPS FROM COMMTECH**

Communications will be offering online branding workshops to help people in the college transition to the new university brand.

Kim Brown and Suzanne Steel will meet with you via CarmenConnect on the first and third Thursdays of each month at 10 a.m. They will share examples and address specific questions about materials you are creating. You will be able to submit your pieces in advance and receive on-the-spot guidance on adjustments needed to express the brand.

The sessions will end by noon, or sooner if all questions are addressed.

### **OAFCS CALL FOR PROPOSALS**

The Ohio Association of Family & Consumer Sciences has issued a call for proposals for their conference "Sustaining the Health and Well Being of Families" April 11-12, 2014 in Dublin, OH. Details can be found on the OAFCS website at <http://www.oafcs.org/wp-content/uploads/2011/12/Call-for-Proposals-OAFCS-2014.pdf>. To submit a proposal, please email Dr. Virginia Bendel Draa at [vdraa@sbcglobal.net](mailto:vdraa@sbcglobal.net) by **December 31, 2013**.

### **DIVERSITY AND INCLUSION OPPORTUNITIES FOR CFAES FACULTY AND STAFF**

The CFAES Diversity Catalyst Team has a new list serve with more information related to diversity and inclusion events. Since this list serve will not be available to non CFAES faculty, staff, or students, you will need to [subscribe](#).

Professional development grants are also being offered to faculty and staff by the CFAES Diversity Catalyst Team. For the opportunity to receive up to \$500, [complete the application](#) and return to Cynthia Toler at [toler.2@osu.edu](mailto:toler.2@osu.edu). Winners are determined by a sub-committee of the CFAES Diversity Catalyst Team with preference given to first time applicants.

### **2014 TRI-STATE DIVERSITY CONFERENCE DIVERSITY CHAMPION AWARDS**

These awards recognize the accomplishments of individuals and teams that contribute to diversity and inclusion through exemplary leadership. Recipients should demonstrate a commitment to diversity and inclusion through diversity and multicultural programming, cultural competency, community outreach activities, or other initiatives that are in keeping with the goal of this annual Tri-State Diversity Conference. Email Pat Holmes [holmes.86@osu.edu](mailto:holmes.86@osu.edu) for an application. Nominations are due by January 16, 2014.

## **MILITARY FAMILIES RESEARCH INSTITUTE FROM PURDUE UNIVERSITY**

We have veterans living in all our Ohio communities, whether or not we are close to a base. Last month, eXtension highlighted the work of the Military Families Research Institute, from Purdue University. In particular, they have an excellent series of publications about how 11 different sectors can help veterans and their families, including Early Childhood professionals, financial professionals, and family/friends/neighbors. Check these and similar resources out [here](#). MFRI also has an e-newsletter that might help your work with veteran families [here](#).

## **MAKE SMALL CHANGES FOR A HEALTHY HOLIDAY-MAKEOVER YOUR HOLIDAY PLATE WITH MYPLATE**

With the holidays approaching, it becomes increasingly more difficult to make healthy choices. However, MyPlate has made it easy to eat healthier while still enjoying your holiday favorites. To read the full article or find out how you can join MyPlate's Holiday Makeover, visit their site [here](#).

(Source: US Department of Agriculture)

## **USDA ON YOUTUBE UPDATE**

Check out the USDA's most recent video on the Farm to School program with the goal of getting more locally grown food into schools at [http://www.youtube.com/watch?v=pvZVZnFTUCI&feature=youtube\\_gdata](http://www.youtube.com/watch?v=pvZVZnFTUCI&feature=youtube_gdata).

(Source: US Department of Agriculture)

## **SLICING FRUIT CAN ENCOURAGE KIDS TO EAT MORE FRUIT!**

A new study from Cornell University's Food and Brand Lab shows that slicing fruit for students in elementary schools can increase fruit sales by 71%! According to interviews conducted with students, there are two main reasons that students prefer cut fruit: 1) Braces and missing teeth make it difficult to bite into whole fruits. 2) Older girls reported that it was unattractive to bite into whole fruit. Cutting fruit not only increases sales but also increases consumption and decreases waste! The study found that the number of students that ate over half of their pre-sliced apple increased by 73%! This finding is key because after all, kids actually have to eat the fruit to get the nutritional benefits!

For more information about this study and for more tips on getting kids to eat healthy visit [extension.org/healthy\\_food\\_choices\\_in\\_schools](http://extension.org/healthy_food_choices_in_schools).

(Source: eXtension)

## **ANNUAL CONFERENCE RECOGNITION**

**Melinda Hill** – Marilyn Spiegel Excellence in Extension Family & Consumer Sciences Award

**Linnette Goard** - Home Food Preservation Team Teaching Award

Scholarships:

- **Melinda Hill** – Professional Development Scholarship
- **Kate Shumaker** – Professional Development Scholarship

Team Teaching Awards:

- Multi-Disciplinary – 5 or More members, 2<sup>nd</sup> Place - Extension's Place at the Local Foods Table, **Dan Remley, Kate Shumaker, Heather Neikirk, Linnette Goard, Eric Barrett**
- One Program Area – 5 or more members, 1<sup>st</sup> Place – Kick Off the Pounds Wellness Challenge, **Cynthia Shuster, Lisa Barlage, Pat Brinkman, Dana Brown, Carol Chandler, Marie Economos, Jennifer Even, Marilyn Rabe, Cheryl Barber Spires, Beth Stefura, Susan Zies, Michelle Treber**
- One Program Area – 5 or more members, 4<sup>th</sup> Place – Dining With Diabetes: Beyond the Kitchen, **Dan Remley, Susan Zeis, Barbara Hennard, Shari Gallup**

Creative Works Awards:

- Personal Column, 1<sup>st</sup> Place – **Donna Green**
- Periodical Publication, 1<sup>st</sup> Place – **Donna Green**
- Periodical Publication, 2<sup>nd</sup> Place – **Cynthia Shuster, Pat Brinkman, Lisa Barlage, Michelle Treber, Dana Brown, Linnette Goard**

- Video CD's, DVD's, or Podcasts, 1<sup>st</sup> Place – **Linnette Goard**, Melanie Forsythe, John Rice, Walter Warkus, Mitch Moser, Chris Dicus, Mike Jeffers, Ken Chamberlain
- Educational Exhibit, Internally Produced, 2<sup>nd</sup> Place – **Marilyn Rabe**, Susan Colbert, Julie Fox, Mike Hogan, Stacy Haught, Christie Welch
- Newsletter, Internally Produced (Team), 3<sup>rd</sup> Place – Tim Tanner, **Joseph Maiorano**, Sarah Cross, Heather Keller, Barb Birney
- Newsletters, Internally Produced (Individual), 2<sup>nd</sup> Place – **Cynthia Shuster**
- Promotional Flyer, Internally Produced, HM – **Monadine Matthey**, Julie Evans
- Curriculum Package (Team), 1<sup>st</sup> Place – **Pat Brinkman, Lisa Barlage, Cynthia Shuster, Michelle Treber**
- Project Book, 1<sup>st</sup> Place – **Pat Brinkman**, Ann Golden, Laryssa Hook, Christy Leeds, Mary Longo, **Michelle Treber**, John Victor, Kim Wintringham, Jane Wright, Susie Young
- Project Book, HM – **Marilyn Rabe**, Susan Colbert, Julie Fox, Mike Hogan, Stacy Haught, Christie Welch
- Blogs, 1<sup>st</sup> Place – **Lisa Barlage, Michelle Treber, Linnette Goard, Elizabeth Smith, Pat Brinkman, Cynthia Schuster, Cheryl Barber-Spires, Beth Stefura, Susan Zies, Marilyn Rabe, Donna Green, Kathy Green, Shannon Carter, Daniel Remley, Marie Economos, Jennifer Even, Polly Loy, Kathy Dodrill, Dana Brown**
- Social Networking Medium, 1<sup>st</sup> Place – **Michelle Treber, Lisa Barlage, Pat Brinkman, Dan Remley, Beth Stefura, Linnette Goard, Cheryl Barber-Spires, Susan Zies, Jennifer Driesbach, Dana Brown**

#### ESP Special Chapter Awards

- Distinguished Team – **Lisa Barlage, Pat Brinkman, Dana Brown, Carol Chandler, Marie Economos, Jennifer Even, Marilyn Rabe, Cynthia Schuster, Cheryl Barber-Spires, Beth Stefura, Michelle Treber, Susan Zies**

#### Service Awards – Program Area Winners, FCS

- Early Career (0-10 Years) – **Michelle Treber**
- Mid-Career (10-20 Years) – **Kirk Bloir**
- Distinguished Service (20+ Years) – **Karen Bruns**

#### Extension National Association Awards – NEAFCS

- Distinguished Service – **Kate Shumaker**

### LEADERSHIP MOMENTS: FROM NOW ON...

From: Cottrell, D. (2013). *Tuesday Morning Coaching*. New York: McGraw-Hill.

- It's okay to fail - everyone fails at some point - but it's not okay to keep failing.
- Denial only delays success.
- Success rarely shows up quickly. It appears after trial, error and prolonged effort.
- Growth and success are optional, and if we choose that option, we have to change.
- Successful people never make excuses to justify why things are the way they are, and they don't complain about the ways things should be.
- Change should be constant and welcomed, even when things aren't going well.
- Problem-solving process that can be used for virtually any issue - write down:
  1. The problem as you perceive it;
  2. The impact it has on you or others
  3. What you want to accomplish j- your desired end state;
  4. Why you think the problem exists;
  5. Potential solutions (Cottrell, p. 87).

*Tuesday Morning Coaching* is available from the OSU Leadership Center. [Click here to borrow this resource](#) or any other resource. Once you are on our website, click on the Spectrum icon.

### DATES TO REMEMBER

- March 7                      Appalachian Health Summit

- February 20-21      Tri-State Diversity Conference, Hebron, KY

## UPCOMING NATIONAL CONFERENCES

- April 28-30      North Central Leadership Conference, Omaha, NE
- May 4-7      National Urban Extension Conference, Atlanta, GA

## 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://extensionstaff.osu.edu/policy-and-procedures-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://orrrp.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](http://www.mymoney.gov)
- National Collaborative on Childhood Obesity Research - <http://www.nccor.org/>



