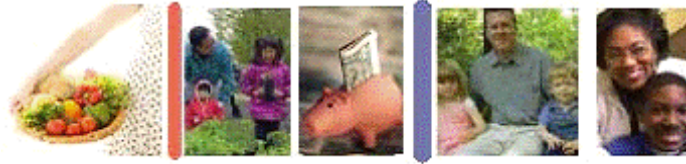




Healthy People
Healthy Finances
Healthy Relationships



FCS e-Connection – November, 2011

Dear Colleagues:

This is a sad time as we have lost a long-time colleague, Barb Rohrs, FCS Educator in Defiance County. Barb was committed to making a difference in people's lives through her Extension work. She worked tirelessly over the course of her career. She taught in all areas of FCS including community food safety, parenting enrichment and financial management. She gave leadership to the FNP program in Defiance County and was dedicated to enabling people through research-based educational programming. Barb is an example to all of us to "walk the talk" and make the most of the time we've been given.

We all send our sincere condolences to the Rohrs children on the loss of both of their parents. And I also want to send my sincere condolences to all of our FCS family. It is difficult to lose a friend and close colleague. Let us honor Barb through our work and continue to remind ourselves of what she brought all of us through her dedication to her family.

"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
Leader, OSU CARES
Bruns.1@osu.edu
614.292.9613

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MAKING A DIFFERENCE THROUGH FCS ENDOWMENT

During the past few months we have made additional professional development dollars/awards available to FCS staff. These dollars are the direct result of donations made to the Family and Consumer Sciences Extension Endowment account. The interest from this endowment helps to advance our programs. If you, your colleagues or volunteers would like to give to Ohio State, please consider giving to this fund. Just go to <http://givetoo.osu.edu/> and click on "Give Now". Then, type in fund number 603274 and just follow the instructions to give directly online.

EFNEP UPDATE

We should all be proud of the difference our EFNEP colleagues are making in people's lives. In FY 2011, EFNEP staff offered classes in 18 counties, reaching 5,593 adults. After participating in EFNEP, the number of graduates that reported acceptable practices of food resources management doubled; those that reported acceptable nutrition practices tripled and those reporting acceptable food safety practices increased by 50%. Here's a little more detailed accounting of those impacts: 90% of graduates (3,474 low income adults) reported improved nutrition practices, 83% said they improved food resource management, 64% improved their food safety practices, 96.5% of the graduates reported food intakes at exit of the program that were nearer recommended amounts for age, sex, and level of physical activity, and 34% of adult EFNEP graduates increased their physical activity.

EFNEP also offer programs for children. In all, 6,377 children participated in EFNEP programs and as a result, reported eating a wider variety of healthy foods and increased their knowledge of nutrition.

As you are aware, the Expanded Food and Nutrition Education Program (EFNEP), <http://efnep.osu.edu/>, <<http://efnep.osu.edu/m>> is a series of 8 classes targeted to families below 185% of the poverty level with children at home. EFNEP is a targeted funding line in our federal formula funding whose goals are to assist participants in acquiring the knowledge, skills, attitudes, and changed behavior necessary to achieve nutritionally sound diets; to contribute to the participant's personal development; and to improve the total family diet and nutritional well-being.

(Source: Maria Carmen Lambea)

DEC. 14 FCS EDUCATORS' IN-SERVICE

We look forward to seeing all FCS Educators on Dec. 14. The In-service Planning Committee has put together a great day for personal and professional renewal. The in-service will feature presentations and updates from **Karen Bruns, Kirk Bloir, Keith Smith, Cheryl Achterberg**, Dean of the College of Education and Human Ecology, **Tasha Snyder**, HDFS Extension Specialist, **Sharon Seiling**, CS Extension Specialist, and **Julie Kennel**, HN Extension Program Specialist. The day will also include time for our FCS statewide teams to work together on making plans to move forward in 2012 and beyond, as well as time for networking with colleagues. **Register on-line at:** <http://surveys.cfaes.ohio-state.edu/cfaes/index.php?sid=27527&lang=en>.

FROM THE NOVEMBER MONTHLY OBESITY BRIEF . . .

Don't Let the French Fries Win! How to get your kids to eat their veggies

In this Huffington Post article, author Laura Novick O'Keefe provides an explanation for why kids prefer sweet and salty foods, and also gives examples of methods for introducing new vegetables and other healthy foods into children's diets. An interesting lay-publication article. http://www.huffingtonpost.com/linda-novick-okeefe/dont-let-the-french-fries_b_980479.html

Time to Revive Home Ec

This editorial piece published in the New York Times suggests that Home Economics classes should be "revived" in schools across the country to promote healthy lifestyles and eating habits. The author maintains that "too many Americans simply don't know how to cook" and suggests that teaching middle and high-schoolers how to cook nutritious meals themselves could be a proactive approach to the obesity epidemic. Nutrition-based cooking classes could present an opportunity for FCS Educators to partner with local home economics teachers in middle and high schools to plan and/or facilitate such programming. The article also includes an "outsider's" insight into the past and current work of home economists in both schools and land-grant universities.

<http://www.nytimes.com/2011/09/06/opinion/revive-home-economics-classes-to-fight-obesity.html>

The Childhood Obesity Epidemic: Threats and Opportunities

This archived video webinar from the Centers for Disease Control and Prevention focuses on the contributing factors and consequences of childhood obesity, including decreases in physical activity, socio-economic and environmental determinants, and advertising practices of the food industry. Efforts to reduce the burden of this public health epidemic are discussed.

<http://www.cdc.gov/about/grand-rounds/archives/2010/06-June.htm>

Interactive National Food Desert Map Available Online

This user-friendly map can be used to identify potential programming needs in Ohio communities. <http://www.ers.usda.gov/data/fooddesert/fooddesert.html>

(Compiled by Jamie Seger)

NEW FCS MARKETING COMMITTEE NEEDS YOUR INPUT

A new FCS marketing committee is being formed and your input is needed. The goal of the committee is to improve visibility and awareness of the high quality FCS programs we offer. We have many outstanding FCS programs that we deliver on a contractual basis and top-notch publications and curricular tools. These products are used extensively, but what additional audiences, both locally and nationally, could benefit from these materials and would be willing and able to pay for them? The committee will look at this question by identifying potential audiences, what they need and want, and what curriculum and publications we currently have available for sale. Next, we will be looking at how to market those 'for sale' pieces. An additional goal is that we will be able to promote our ability to deliver contracts or grants with agencies and groups as those opportunities arise. Please consider sharing your input to our brainstorming and action sessions. The committee consists of Kirk Bloir, Carol Chandler, Sharon Seiling, Nancy Stehulak, Kara Newby, Linnette Goard and Liz Smith. Our first face to face meeting will be December 8th in 230 Campbell Hall. For details on sharing your insights or joining the committee, please call Liz Smith at (419) 310-725 or e-mail her at smith.3993@cfaes.osu.edu.

BUDGET IN A BOX

Budget in a Box...is on eStore at: <http://estore.osu-extension.org/productdetails.cfm?PC=2488>
It's highlighted on the front page of the site. Take a look! Help us market this budgeting tool to your local audiences to begin to build more awareness of and market demand for our OSU Extension Family and Consumer Sciences publications.

2012 NEAFCS ANNUAL SESSION CALL FOR PRESENTATION PROPOSALS IS OPEN

The 2012 National Extension Association of Family and Consumer Sciences Annual Session will be in Columbus; we hope to see a great turn-out of Ohio State University FCS presentations!

NEAFCS members are invited to submit presentation proposals for Concurrent Sessions and Showcases of Excellence. To apply, submit your application, including 30-word program description and 300-word program abstract by January 31, 2012. Applicants will be notified of the Selection Committee's decision by April 15, 2012.

[<http://r20.rs6.net/tn.jsp?llr=ywfgo8bab&et=1108610164844&s=8219&e=001Kf69I1PRJ2qNbS8AzgAgzMLp8zFDrSXXGFFMWcdiOCc_tktwe9UkrXaMekxdlSt_LugZsdZr_aQRdFosr6txSkn895gsK8tvqZ7EwouJZpV8RzFhd_cS3aqjKajuyyqFfjl8N4hgx8OGxNOK8KgHMA==>](http://r20.rs6.net/tn.jsp?llr=ywfgo8bab&et=1108610164844&s=8219&e=001Kf69I1PRJ2qNbS8AzgAgzMLp8zFDrSXXGFFMWcdiOCc_tktwe9UkrXaMekxdlSt_LugZsdZr_aQRdFosr6txSkn895gsK8tvqZ7EwouJZpV8RzFhd_cS3aqjKajuyyqFfjl8N4hgx8OGxNOK8KgHMA==>)

Members are also invited to volunteer to review the proposals. To become a reviewer, please complete the online form

[<http://r20.rs6.net/tn.jsp?llr=ywfgo8bab&et=1108610164844&s=8219&e=001Kf69I1PRJ2pUk63L5oeraCzL6ULMqT8JHRQtP0heiwKfAqwPrgkNwGVp6Z7wtnJw8bPuUJ6EwLCiByfWXL3Wu18uLC7dvFPK760NmTjv_RcTXMtE3xCq1fx0tlSQqNfRbM5NMEv4Mt-R5WuJWUOngkvbyx9DUQhAZVgK7vhWeWU=>](http://r20.rs6.net/tn.jsp?llr=ywfgo8bab&et=1108610164844&s=8219&e=001Kf69I1PRJ2pUk63L5oeraCzL6ULMqT8JHRQtP0heiwKfAqwPrgkNwGVp6Z7wtnJw8bPuUJ6EwLCiByfWXL3Wu18uLC7dvFPK760NmTjv_RcTXMtE3xCq1fx0tlSQqNfRbM5NMEv4Mt-R5WuJWUOngkvbyx9DUQhAZVgK7vhWeWU=>) no later than January 15, 2012.

Details and applications are available on the Proposal Presentation FAQ page

<http://r20.rs6.net/tn.jsp?llr=ywfgo8bab&et=1108610164844&s=8219&e=001Kf69I1PRJ2pTH>

vUvlx71HM8NSyoxAdHADtPP53Aj4xUjSMTgResmuy77itxczEbeKy5mxeigeRMiGXdyIPUFRhorwqWBY7vdQ2J3xpFp0e7Js6Pt12H45OPOSCm8dEEUc70D2FHI-324ibHaIOFjvA==> .

Please contact Joann Shriner (740-385-3222, shriner.3@osu.edu) or Kathleen Olson (507-536-6306, kaolson@umn.edu) with questions. We look forward to seeing many wonderful presentation proposals for the 2012 Annual Session!

(Source: Kathleen Olson, VP for Professional Development, NEAFCS)

CLARIFICATION ON 4-H PROJECT 409 "SEW FUN!"

Just to be sure we are clear about the intentions of this project; we're adding a label that spells out what kind of "easy" or "beginner" pattern should be used. The label will appear on the front cover of the book and will say, "Be sure your "easy" or "beginner" pattern is for an item of clothing-a top, skirt, shorts, pants, or capris." Please make sure any inventory in county offices is labeled too. The labels are available as a PDF at www.ohio4h.org/staff/resources.html. Please contact Jane Wright, wright.646@cfaes.osu.edu, 614.292.0909 or Amanda Forquer, forquer.13@cfaes.osu.edu, 614.292.6942 with questions.

(Source: Amanda Forquer)

TRI-STATE DIVERSITY CONFERENCE

The 8th Annual Tri-State Diversity Conference is scheduled for February 16-17, 2012 in Hebron, Kentucky. This conference attracts more than 170 participants including teachers, college faculty and staff, community development professionals, human resource personnel, social workers, and anyone interested in expanding their diversity competence. The Extension programs at Ohio State University, Purdue University, Kentucky State University, and University of Kentucky collaborate to offer this professional development opportunity.

Diverse Communities – Common Unity is the theme for 2012. The conference will feature Victor Lewis and Hugh Vasquez as keynote speakers. Lewis and Vasquez are two of the principal cast members of "The Color of Fear," a breakthrough film about race relations in the U.S. today. Their candor gives the documentary much of its illuminating power.

Workshops that address a variety of diversity initiatives throughout the tri-state area and beyond, including the following, will also be featured.

- Walk 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

Registration information will be coming soon at:

<http://ces.ca.uky.edu/tristatediversityconference/>

(Source: Jenny Even)

DEVELOPMENT OPPORTUNITIES FROM eXTENSION

Please consider utilizing the appropriate upcoming and recorded past professional development opportunities from eXtension. OSU Leadership Center is encouraging all Extension professionals to use the <http://www.extension.org/learn> site for their professional development. eXtension also encourages an Extension professionals to share any web based professional development sessions with their peers via Learn. We (OSUE) should be doing this, but we need to be careful to not use the 25-limit WebEx session.

Upcoming sessions: <http://www.extension.org/learn/events/upcoming> Examples include manure handling, haploids, ANREP climate science, soil sampling, health benefits of blue berries, etc.

Past sessions (recordings are available for most sessions):

<http://www.extension.org/learn/events/recent> Examples include “Is it time to retire from driving,” aquaculture, child ag labor regulations, For youth, for life CoP, etc.

(Source: Jerold R. Thomas)

JOURNAL OF HIGHER EDUCATION OUTREACH AND ENGAGEMENT

Volume 15 (3) of the Journal of Higher Education Outreach and Engagement has been published, and is available online at www.jheoe.uga.edu <<http://www.jheoe.uga.edu/>>. This issue is dedicated to the theme of the 2010 National Outreach Scholarship Conference, “Sustaining Authentic Engagement,” which was hosted by North Carolina State University in Raleigh on October 4-6, 2010. Please help spread the word about the Journal, and think about submitting manuscripts for consideration.

(Source: Trish Kalivoda, Editor, Journal of Higher Education Outreach and Engagement)

FACEBOOK REMINDER

Got a Good Facebook Post? Send it to Terri Fisher at tfisher@ehe.osu.edu or Sandy Bryan at sbryan@ehe.osu.edu. Please be sure to include a one-sentence post and a link. If you haven't checked out our Facebook page, here it is: <https://www.facebook.com/osuefcs> and be sure to “Like” us!

KUDOS . . .

Carol Miller, FCS Educator in Top of Ohio, will receive nearly \$4,000 as a partner in The Marriage Resource Center for the Miami Valley grant for providing money management education for the participants in this initiative. The Marriage Resource Center of the Miami Valley is receiving \$798,000 from HHS for a Marriage and Fatherhood Initiative over the next three years.

NEAFCS Award Winners Correction . . .

Michelle Treber, FCS Educator in Heart of Ohio and **Lisa Barlage**, FCS Educator in Ohio Valley, are team members for the *Healthy Lifestyles* grant along with Joyce Shriner and Cindy Shuster.

WELCOME TO THE FCS EXTENSION FAMILY!

Theresa Weiling, Program Specialist, Cuyahoga County, started November 1

Staska Keefer, AmeriCorps Program Manager, started November 1 . . .

Caezilia Loibl received an AmeriCorps planning grant this summer and hired part-time program manager, Staska, a lawyer with experience in family and consumer law. Staska will support our housing counseling program and will prepare for our hiring of 20 AmeriCorps volunteers next summer. The volunteers will serve and support our housing counseling work, especially in the rural areas.

Welcome, both of you, to our family!

TEAM ROLES

From: Yaverbaum, E. & Sherman, E. (2008). The everything leadership book: 2nd edition. Avon, MA: Adamsmedia.

- **Cheerleader:** Always there to boost morale, the cheerleader's natural enthusiasm can help motivate the team.
- **Devil's advocate:** This person can seem argumentative but really just wants to get to the heart of the problem and find the best solution.
- **Muse:** The muse brings creative spark to meetings and inspires others to think outside the box.
- **Counselor:** Wisdom comes from experience and this person comes with lots of it, using firsthand knowledge and observations to provide unique insight into solving problems.
- **Facilitator:** This person knows how to get the job done. Organization and delegation are the strengths of the facilitator (Yaverbaum & Sherman, 2008, p. 139).

The Everything Leadership Book 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

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
- Week of April 9, 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/>

Family and Consumer Sciences

Ohio State University Extension
 College of Education and Human Ecology and
 College of Food, Agricultural and Environmental Sciences
 381 Campbell Hall, 1787 Neil Avenue, Columbus, Ohio 43210
 Off: (614) 688-5378 | Fax: (614) 292-7478
<http://fcs.osu.edu>