



Healthy People  
Healthy Finances  
Healthy Relationships



## FCS e-Connection – October 2012

Dear Colleagues:

Congratulations are in order this month.

--- To **all the FCS Educators** current and past who planned, implemented and hosted the National Extension Association of Family and Consumer Sciences annual meeting in Columbus in September. Your leadership, teamwork and the quality of your work showcased nationally the excellence of Ohio Extension's Family and Consumer Sciences program.

--- To those who have taken on **new positions** in the Family and Consumer Sciences program. This includes those who have joined our staff this past month (see the article in the newsletter), Carol Chandler who became president of NEAFCS, and those who are serving in leadership roles with national conferences and statewide initiatives.

--- To those who are moving on to the next phase of her lives. **Hugo Melgar-Quinonez** left us after 9 years as state specialist in nutrition to become the director for the Institute of Global Food Security at McGill University in Montreal, Canada. We wish Hugo well and thank him for his contribution to OSU Extension. **Joyce McDowell**, after 40+ years with OSU Extension is moving into the next phase of life. We thank Joyce for her commitment and leadership in OSU Extension which has helped to position us for a bright future.

---- Congratulations **to our teams** who have implemented successful programs this fall, provided professional development opportunities, and positioned all of us for outstanding programs in our local communities.

We have much to feel positive about in the FCS program, including the positions we are filling in FCS. As you know, we are currently advertising for an **FCS educator in Fulton County** as Cheryl Spires moves on to the regional FNP program specialist role. We will soon be forming the search committee for a **new field specialist position** focused on youth food, nutrition and wellness. Here in Campbell Hall we are working on filling **vacant state specialist positions** (including the food safety state specialist position).

*When we work as a **team** to provide the **highest quality programs** that are **rooted in research** we can **substantially impact Ohioans**.*

*Karen Bruns, PhD*

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### IN THIS ISSUE . . .

- OSU Extension Housing Corps
- Annual FCS Awards
- *Family & Consumer Sciences Research Journal*-Call for Papers
- CFAES Diversity Mini Grants
- Ohio 4-H Foundation Grants Available
- Dining with Diabetes In-Service

- Families Deal with the 2012 Drought
- 2012 Annual NEAFCS Conference
- Welcome to the FCS Extension Family! & Personnel Updates
- Kudos
- Leadership Moments
- Dates to Remember
- Upcoming National Conferences
- Helpful Links

## OSU EXTENSION HOUSING CORPS

We now have 15 AmeriCorps members in 9 county Extension offices including Rachel Bowers (Erie), Emilie Burton (Washington), Cory Hochschild (Ashtabula), Hanna Cullers (OSU Main Campus, Campbell Hall), Deqah Hussein (Hamilton), Hayley Sturtz (Choshocton), Andrea Goard (Erie), Jessica Walters (Coshocton), Janna Bruce (Hamilton), Emily Clift (Belmont), Susan Davis (Belmont), Melanie Tuttle (Clermont), Jordan Paulin (Hardin), Alex Shaw (Washington), and Samuel Davidson (Vinton). They are working with rural homeowners, educating them about foreclosure prevention programs, helping them with online program enrollment, and conducting surveys about the program. Funding for this program is provided by the AmeriCorps program of the Ohio Commission on Service and Volunteerism, the Ohio Housing Finance Agency, and OSU Extension's Innovative Program Grant as well as OSU CARES Grant programs. Our collaborators include the Ohio Housing Finance Agency and the John Glenn School of Public Affairs.

## ANNUAL FCS AWARDS

Colleagues-It is time to work on your nominations and applications for our annual FCS Extension awards! Nominate an FCS colleague for the Marilyn R. Spiegel Excellence in Extension FCS award to recognize their outstanding contributions [here](#). You can also help support your professional development activities that coincide with each of our 3 FCS programming 'healthy' areas-Healthy People, Healthy Finances, and Healthy Relationships. Find the application details [here](#). The submission deadline for all awards is noon on **November 2nd**; don't delay, start today!

## FAMILY & CONSUMER SCIENCES RESEARCH JOURNAL-CALL FOR PAPERS

The *Family & Consumer Sciences Research Journal* announces a call for papers for a thematic issue on the *significance of community to individual and family well-being*. The purpose of this thematic issue is to stimulate new energy and creative thought about the historical 'sense of social mission' (Stage & Vincenti, 1997, p. 31) of the family and consumer sciences field through manuscripts that 1) explore the historical and theoretical foundations for a community perspective in family and consumer sciences research, 2) feature examples of a growing body of empirical community-focused scholarship, and 3) point to an agenda for future research and practice based on past and current efforts and identifiable trends. Additional details about this call are provided in the attached "Call for Papers". Authors interested in having an article published in this special issue must submit an **abstract** to the Guest Editors, Dr. Wendy L. Way ([wlyway@wisc.edu](mailto:wlyway@wisc.edu)) or Dr. Lori L. Bakken ([lbakken@wisc.edu](mailto:lbakken@wisc.edu)) via email no later than **November 15th, 2012**. Please contact one of the guest editors if you have any questions.

## CFAES DIVERSITY MINI GRANTS

The CFAES Diversity Catalyst Team is pleased to announce two new initiatives for the 2012-2013 Academic Year. These mini grants will support teams, individuals, or student groups with new projects or ideas to enhance diversity and inclusion in their programming and or teaching efforts. All faculty, staff and student groups of the College of Food, Agricultural, and Environmental Sciences are eligible to apply by October 31st.

Grants are up to \$500 and will be awarded in November 2012 with the earliest start date in December, 2012. All funds must be used by June 30, 2013. For the application go to

<http://extensionhr.osu.edu/diversity/diversity.htm> and select CFAES Diversity Mini Grant Application Guidelines for more information.

### OHIO 4-H FOUNDATION GRANTS AVAILABLE

The Ohio 4-H Foundation has over \$95,000 for 4-H programming in 2013. Applications and the Letter of Agreement are attached for interested parties. The grants deadline is Nov. 1, 2012. Please visit [http://www.ohio4h.org/foundation/grants/Grant\\_Recipients\\_2011.html](http://www.ohio4h.org/foundation/grants/Grant_Recipients_2011.html) for tips for successful proposals and forms.

### FAMILIES DEAL WITH THE 2012 DROUGHT

As farm families know, severe weather such as the drought recently experienced across the state can be a major source of stress. Not only can livestock and crop loss affect bottom lines it can create uncertainty in future production success. Because agriculture is Ohio's largest single industry, losses in agricultural production negatively impacts a large portion of Ohioans. To help families address challenges related to this year's drought, OSU Extension has put together a list of resources at <http://fcs.osu.edu/resources/drought>.

### 2012 ANNUAL NEAFCS CONFERENCE

Congrats to those who presented at the NEAFCS conference including:

- **Kara Newby, Jamie Seger, Mark Light, Nadine Fogt, and Jerry Thomas** for concurrent session *Exploring and Discovering the World of Mobile Technology*
- **Christine Kendle, Theresa Ferrari, Nate Arnett, Mary Beth Albright, Nadine Fogt, Heather Gotke, Cassie Thurner, Jessica Rockey, Christy Leeds, Mark Light, and Gwen Soule** for concurrent session *CampWORKS: A Work-Based Learning Approach to 4-H Camp Counselor Training*
- **Nancy Stehulak**, for concurrent session *"Guiding" Participants Through Homebuyer Education*
- **Lisa Barlage, Michelle Treber, Pat Brinkman, Cindy Shuster, Linnette Goard, and Dana Brown** for concurrent session *Using Technology to Encourage a Healthy Lifestyle*
- **Barb Brahm**, for showcase of excellence *Be Healthy Now Challenge to Fitness*
- **Kara Newby, Jamie Seger, Polly Loy, Terri Worthington, Lisa Siciliano-Miller, Rhonda Williams, Demetria Woods, Diane Barga, Kirk Bloir, Cindy Shuster, Joyce Shriner, Barb Hennard, and Tasha Snyder** for showcase of excellence *Human Development/Family Relationships Award*
- **Cindy Shuster** for showcase of excellence *"Mom and Me" 4-H Textiles and Clothing Workshops*
- **Liz Smith**, for concurrent session *Thinking Outside of the Box: An Innovative Collaboration Model*
- **Pat Holmes**, for concurrent session *Arthritis Outreach to Screen Farmers and Train College Students*

### WELCOME TO THE FCS EXTENSION FAMILY! & PERSONNEL UPDATES

We are thrilled to have hired 3 FNP Regional Specialists and FNP Co PI's: Carol Chandler, Liz Smith and Cheryl Spires. Starting October 1st, Liz Smith will take the Co PI responsibilities for the North East region and on November 1st, Carol Chandler and Cheryl Spires will take responsibilities for the South Central and West regions respectively. During the month of October and for those EERAs not included in the North East region, the present Co-PIs will continue to approve purchases and monitor the budgets for their respective EERA.

On October 8, Cheryl Lyte joined the state staff team as the new FNP program specialist. She is filling the position vacated by Sylvia Altenburger. Cheryl's primary responsibilities will be to coordinate and lead training efforts as well as meetings and conferences. She will also be instrumental in helping move FNP forward technologically. Cheryl's email is [lyte.3@osu.edu](mailto:lyte.3@osu.edu) and her phone number is 614-247-6677.

We are very pleased that Pat Bebo joined OSU Extension as leader for the Community Nutrition Programs (EFNEP and FNP) on October 15th. Pat comes to us from the University of Massachusetts Extension where she has been project leader for community nutrition in southeast Massachusetts. She is a registered dietitian who is

active in the Massachusetts Dietetic Association and the Academy of Nutrition and Dietetics. She is well known in her community for being an active partner who connects community nutrition with addressing community needs in partnership with other organizations. She is also a community preceptor for dietetic interns and has been a university lecturer in nutrition.

We are very pleased that Pat will work jointly with Joyce McDowell until October 31st. Joyce's leadership and vision for OSU Extension's community nutrition program has lead our program to be a leader in the country. We will celebrate Joyce's contribution to Extension at the all FCS and Community Nutrition conference in November.

We are also excited to welcome our new EFNEP Program Assistants, Natalie Williams, Donna McCollum-Gregory, and Martha Pawlicki, all in Lucas County.

## KUDOS

Congrats to Nancy Stehulak and Linnette Goard for being awarded OAEP Professional Improvement Scholarships for Fall 2012. We look forward to hearing about the many great things you learn with your scholarships.

## LEADERSHIP MOMENTS: FOUR TRUTHS ABOUT MAKING THE TOUGHEST LEADERSHIP DECISIONS

From: Ducoff, N. (2012). *Wake up!:* inspiring and challenging strategies on what it takes to be a no-compromise leader. Centerbrook, CT: Strategies.

1. The outcome you fear most is rarely as bad you imagined. The simple process of working through a tough decision prepares you for most of the stuff you dread - if that stuff occurs at all.
2. Avoiding the tough decisions can be pure agony. The longer you wait, the more stressful it gets. The longer you wait, the more difficult the solution or change.
3. Avoid the tough decision entirely and you'll get to personally meet those lions and tigers and bears. Tough decisions are easy to obsess over. You get bogged down in the "what if" mode. Even if your worst fear is that you'll lose everything, making tough decisions is your responsibility.
4. Total commitment is non-negotiable. You must be committed to seeing through the implementation of your tough decisions. You must be committed to adjusting course when necessary to ensure the intended destination is reached (p. 31-32).

*Wake Up!* 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.

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

## DATES TO REMEMBER

- November 13-14 Fall Community Nutrition/All FCS Extension Conference - Ohio Union
- November 27-29 2012 Ohio Housing Conference
- December 4 Association Meetings, NWOFB 4-H Center
- December 5 OSU Extension Annual Conference – Ohio Union
- December 18 P&T Training Session – 4-H Center
- January 16, 2013 P&T Training Session – 4-H Center

## UPCOMING NATIONAL CONFERENCES

- Feb. 20-22 Tri-State Diversity Conference, Marriott Airport, Hebron KY
- April 16 & 17 Priester Health Conference, Corvallis, OR
- May 6-9 National Urban Extension Conference, Overland Park, KS
- 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://intranet.ag.ohio-state.edu/calendar/>
- OSU Extension Communiqué - [http://www.ag.ohio-state.edu/~intranet/news\\_matrix.php?newsletter=1](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/>
- 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/>

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