



SPRING/SUMMER 2006

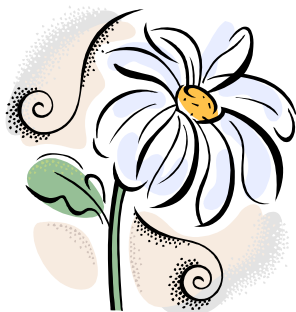
CES NEWSLETTER

JUNE 2006

PRESIDENT'S ARTICLE

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Dear CES Members:

Spring has already sprung and ready or not...summer seems to have hit us early! Warm weather projects are in full swing: crops are in the ground; flower and vegetable gardens are taking shape; 4-H projects have been selected and camps and county fairs are just around the corner!

Just like the warm weather, your CES officers and directors are going "full steam ahead" starting off with a great meeting at the beginning of May. We are excited as we look forward to the Support Staff Conference that CES and Extension Human Resources will be bringing to you on October 30 – 31 in Columbus (Holiday Inn Worthington – same location as 2005)! We will again be inviting non-Extension support staff within CFAES to participate in this conference. Mark your calendars now and keep your eyes open for promotional information via e-mail. The conference is being designed especially for you, by fellow support staff members within CES and CFAES. Plans are in their infancy, but we're striving for a great professional and personal development day for all who attend.

Did you know that 2006 marks 20 years for Chi Epsilon Sigma? We'll be celebrating the achievements of CES during our Annual

Meeting for our membership on the evening of October 30th, in conjunction with the Support Staff Conference. If you have ideas or photos for use during our anniversary celebration, please contact one of the board members.

With life moving ahead at "warp speed", it will soon be time for our "membership renewal campaign". This year's goal is to obtain 20 new members, to commemorate our 20th anniversary... "Twenty in Twenty". As the membership drive draws near, I think it is important to note that without this professional organization of CES... opportunities for your professional growth and development would be significantly less. CES does have a voice in representing the needs of support staff and program assistants within the organization of Ohio State University Extension. Each membership contributes to the unity and overall value of this professional fraternity!

Extension is a great organization to work for as we are in the "people" business. It is so great that our clientele feels comfortable calling or stopping by our offices to ask what sometimes might seem a simple question to us, but the client needs help and they know where they can get it – the Extension office! I'm sure that all of you have recently received calls on what new or better vegetables to plant,

how to get rid of rodents, how can I register my child for 4-H camp even if the registration closed 2 weeks ago, can I get Avian Influenza by eating poultry, who do I call about the dead raccoon under my porch, the cows at the corner seem to be bored – can you do something, etc.? How lucky our clients are to have someone like you, the Support Staff, answering the phone! With so many businesses having 800 numbers for Customer Service, Extension is still a very congenial and user-friendly organization when it comes to our clients. Your smile comes across in your voice and no matter what the situation or problem, you all go the extra mile to find answers for the clientele and I applaud you for your willingness to smile, especially on those days when you don't feel like it!

In closing, as the summer activities continue to "heat up", please take time for yourselves and relax a little every day! Short-term relaxation benefits include: metabolism, heart rate, blood pressure, respiration, muscles, emotions, focus, and concentration. You deserve time for yourself every day...make it a point to seek out that window of "me" time and you will enjoy your summer a whole lot more!

Teresa Funk
CES President

DOROTHY REX—80TH BIRTHDAY

Dorothy is the founding mother of CES. There will be a reception at the Dan Emmett Conference Center, 150 Howard Street, Mount Vernon, Ohio on June 4 from 2 - 5 p.m. The Conference Center is 2 blocks east of S. Main Street next to the Amerihost Hotel.

For those unable to attend birthday greetings should be sent to Dorothy at 22 Highland Drive, Mount Vernon, Ohio 43050. It would be great if she were showered with cards.

Read about Dorothy's work with CES. <http://www.ag.ohio-state.edu/~ces/Background%20Information.htm>

PERSONAL GLIMPSE

By Jo Jones—Emeriti

Things are progressing after my 2 hip surgeries. I'm through with my therapy at the hospital but am continuing it at home. My home is now in Lima which is the area where all my family live. I "play" with my 3 year old great-niece Micheala a few days each week. We spend time at the park and swimming at our local Holiday Inn. I'm now acquainted with all the characters in children's cartoons...Dora and Diego are our favorites!

We are making progress on the Extension History Book that I'm helping to write. I've completed 3 chapters. Hopefully by the end of the summer it will be ready for the editor. Of course, there is a chapter dedicated to Extension support staff and information regarding CES. Support staff are a significant part of OSUE's history.

I have fond memories of my friends in CES....I know you continue to do great work.

**"Those who
bring
sunshine to
the lives of
others cannot
keep it from
themselves."**

-James Barrie

NEWSLETTER/BROCHURE/WEB PAGE CONTEST

I'd rather be a could-be if I cannot be an are; because a could-be is a maybe who is reaching for a star. I'd rather be a has-been than a might-have-been, by far; for a might have-been has never been, but a has was once an are."

-Milton Berle

Please consider entering the CES Newsletter/Brochure/Web page contest. It is an excellent opportunity to have John Victor with Communications and Technology critique your articles. John has a great feel for constructive advice, humor and feed back as to ideas for improvement or what you are currently doing that looks great. It is also a great time to share your ideas in design and layout with other members.

Entries are posted at annual conference. Your critique is personal and is returned to you with your entry.

The top placing entry receives a beautiful plaque courtesy of CES. Please check out the link provided for an application and guidelines. Entries should be produced from July 1, 2005 - June 30, 2006 and postmarked by August 30, 2006.

You can access the detailed information and forms by visiting our website @ <http://www.ag.ohio-state.edu/~ces/>!



PERSONAL FINANCIAL PLANNING WORKSHOPS FOR WOMEN - PLANNING FINANCIAL SUCCESS

We all need invest, invest more effectively and prepare for our later years and retirement, attending this conference would be very beneficial to each of us! The experiences I've had in helping in-laws and parents when it comes to retirement, Medicare, assisted living, nursing homes, etc. have given me a very clear picture of what all of most of our futures hold and it isn't pretty - we've got to take charge and learn to better prepare ourselves for our later years!

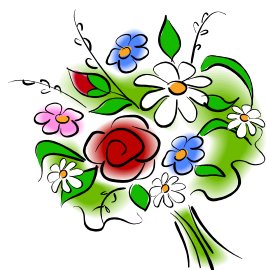
I realize that we're all busy and taking time to figure out how to squeeze a few more dollars out of already tight budgets to put away for our future. Although it is very important to us, planning and taking action seems to fall by the wayside. Hopefully, you can find a way to squeeze a day's time out of your schedules to attend one of the upcoming "FREE" "Ohio Women and Money" conferences sponsored by State Treasurer Jennette Bradley. Registration opened May 1st for some sights, but with 11 workshops held around the state, you should be able to find one close to you! Go to the website below to check out the details. <http://www.ohiowomenandmoney.org/>

THE IMPACT OF FLOWERS & PLANTS ON WORKPLACE PRODUCTIVITY

Research Findings: Overall and Men vs. Women

In an eight-month study, the Texas A&M University research team explored the link between flowers and plants and workplace productivity. Participants performed creative problem solving tasks in a variety of common office environments, or conditions. The conditions included a workplace with flowers and plants, a setting with sculpture and an environment with no decorative embellishments.

During the study, both women and men demonstrated more innovative thinking, generating more ideas and original solutions to problems in the office environment that included flowers and plants. In these surroundings, men



who participated in the study generated 15% more ideas. And, while males generated a greater abundance of ideas, females generated more creative, flexible solutions to problems when flowers and plants were present.

"We know the importance of learning, for example, how natural surroundings affect drivers, school children, and hospital patients," said Ulrich, who has conducted extensive

research on the effects of environments on psychological well-being, stress and health. "To businesses, it should be equally as important to understand what features can improve performance at work and make employees more productive."

For more Information go to: <http://www.aboutflowers.com/workplace/research.htm>

STAFF ADVISORY COUNCIL UPDATE—MARCH 16, 2006 MEETING

CFAES Staff Advisory Council is alive and doing a lot of groundwork for you.

- Plans are underway for Professional Development Fund through Campus Campaign along with a display highlighting SAC's commitment to you, CFAES's staff.
- An event is being planned for Staff Appreciation Week. Possible ideas are an ice cream social similar to the one we had last year plus cookies or other non-perishable foodstuffs for regional/outlying of-

fices. There will also be events in Columbus, at OARDC and ATI.

- Survey committee members have been hard at work, meeting with Tom Archer to develop a survey that we will ask CFAES staff to complete. The survey has been tailored to those topics that you had previously identified as important to you. The survey will have the support of Dr. L.H. Newcomb and we hope that he will send a letter out to all CFAES staff informing you that the survey is on its way.

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WINNERS OF "LUNCH FOR A WEEK"

Lunch for a Week from CES Winners are as follows:

March 31 at North Central Region

—Jill Eversole Nolan of NC Region
There were 15 in attendance.

April 6th at South East Region

—Beth Flynn of OSU Leadership Center
There were 16 people in attendance.

April 10th in Miami County

—Christina Fetzek of Lucas Co.
There were 12 in attendance.



April 19th at South Centers

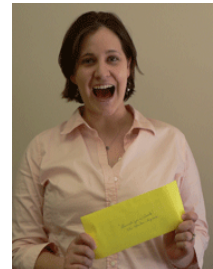
—Becky Hooper of South East Region
There were 23 in attendance.

April 17th in Allen County

—Carol Bunn of West Region
There were 15 in attendance.



Carol Bunn—West Region



Christina Fetzek—Lucas

STAFF ADVISORY COUNCIL UPDATE— CONTINUED

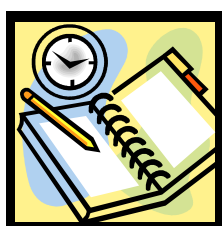
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- Due to Dr. Moser's very hectic schedule, we'll SAC will only be able to offer one "Day with Dean" in 2006 and it will be during Farm Science Review. Keep on the lookout for opportunities to be selected to spend the day with our Dean and get a better idea of what it takes to run our fantastic college!

SAC has a new web site and a new look! Thanks to Dave Sammons for taking this project on. We encourage you to visit our site and if you have any comments or suggestions, please feel free to contact either Dave or myself regarding the web site.

As you can see, there's a lot going on and hopefully, you will benefit from more than one of them. If you have something that you want me to bring before the council, please let me know!

I leave you with this list of "15 Ideas for Getting a Life!" from the University Staff Advisory Council and challenge you to incorporate at least 5 from the list into your schedule and balance your life outside of the office!



USAC's 15 Ideas for Getting a Life!

1. Be a mentor.
2. Join a social organization.
3. Make a list of things you have never done and commit to doing them by a certain time - like go to Europe, Bungee Jump, and Parasail.
4. Schedule a "personal" day and actually do something other than home projects or yard work.
5. Take time to admire nature around you, take a walk in the park, go hiking, or camping.
6. Patronize local farmer's markets.
7. Eat chocolate every day and not feel guilty about it.
8. Get involved in a hobby you really enjoy.
9. Turn your cell phone off.
10. Schedule appointments with friends and keep them.
11. Develop and enjoy personal interests, pastimes, and hobbies.
12. Take a class on a subject you're personally interested in.
13. Join a volunteer musical, theatrical or other arts venture to contribute to your community.
14. Bake cookies from scratch and give them as gifts for no reason.
15. Leave work at work.

From the University Staff Advisory Committee.

