



## CHI EPSILON SIGMA

### ALPHA CHAPTER

#### *Our Mission*

The purpose of this fraternity shall be to maintain the standards and ideals, uphold the morale, prestige and respect of Ohio State University Extension support staff, to develop an effective working relationship and a spirit of fraternal fellowship among the present and emeriti employees of Ohio State University Extension, and to encourage professionalism within Extension.

# Spring 2009

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**HOLD THE DATE!**  
**DECEMBER 16-17, 2009**

This year, an **All-Extension Annual Conference** will be held for all **Extension professionals**.

This includes our **support staff and programmatic members**! It will be held at the Ramada Plaza Hotel and Conference Center on December 16-17.

The professional associations **ESP, OAEP and CES** will provide leadership to the event in conjunction with Extension Administration. This **all-Extension Annual Conference** will review the restructuring and strategic plan accomplishments to date. Look for more information in the coming weeks in the Communiqué

## President's Article

Hello Fellow CES Members,

Spring brings renewal and change. Just look around at the April and May showers bringing in the beautiful colors of nature, such vibrant greens, blues, reds and purples. Everywhere you look; there is a rainbow for all to see!

As I am riding in the car with Linda Newman and Linda Good to our board meeting in the pouring rain, I have time to reflect and think about what I am going to put in my part of the newsletter. As everyone else in Extension, I hear about the "Reconstruction" and change. There are two constants coming out of the communications: have a positive attitude, as it will take you a long way; and not listen to the rumor mills. That is just what they are, rumors. If you have any questions, there are many avenues to get your answers. The Extension Administration webpage (<http://extadmin-cms.ag.ohio-state.edu>) and the FAQ's (<http://extadmin-cms.ag.ohio-state.edu/navigational-notes-structure-status-report>) have been a big help.

I have been through many Extension changes since I started 23 years ago. Almost each day I awake, a new challenge faces me. Without consciously knowing it, I go through my normal daily routine. However, it is not exactly the same. There are the new changes. That is what keeps life interesting. One of the constants has been our Support Staff Conference. This year it will be held Wednesday, December 16<sup>th</sup> and Thursday, December 17<sup>th</sup> at the Ramada Conference Center in Columbus and in conjunction with the Annual Conference. Mark your calendars now and keep your eyes open for more information! The conference is being designed especially for you by fellow support staff members within CES and CFAES. We are striving for great professional and personal development for all who attend.

CES lead the Association President's meeting on March 26. CES representatives attending were Linda Newman and me. We met with Dr. Keith Smith, OEAP and ESP representatives. Dr. Smith discussed how the restructuring plan was being put into place at that time.

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He asked each Association how they could help make the Restructuring Plan work within their areas. He was very enthusiastic and wrote down our suggestions to look into. This meeting was very invigorating and informative.

In closing, remember to take time for "my own self"! With all the stress and extra work you do, you need to remember to take short breaks when possible. A quick walk around the office, breathing exercises, or getting up to get a drink of water (which we all need 8 glasses a day) help us to relax. Some of the benefits of these are better concentration and focus, lower blood pressure, breathing and relaxed muscles, better mood and many more. You deserve this mini vacation!

Today, I challenge you to smile at everyone you meet and see how much better you feel!

Please feel free to contact me at any time for any reason, as **you are important to me**. I am always happy to hear from you and I will get back to you.

*Kathy Mohler*

President, Chi Epsilon Sigma  
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## Condolences

Our sincere prayers and condolences go to the family of Joel Gamble who lost his battle with cancer on May 18th. Joel is the son of Kathy Gamble, Office Associate in Knox County.

Condolences may be sent to Kathy at:

16434 Murray Road

Mount Vernon, OH 43050

Memorial contributions may be made in Joel's name to: Nationwide Children's Hospital or Arthur G. James Cancer Hospital.

Our sincere prayers and condolences also go to the family of Ray Fugett who passed away on Sunday, January 18, 2009. Ray is the father of Arlene Duffey of Madison County.

Condolences may be sent to Arlene and her family at the following address:

PO Box 386

London, Ohio 43140



## Congratulations & Best Wishes

Carol Waggoner, Office Associate, will be retiring after 35 years of dedicated service to OSU Extension, Madison County.

We wish her the best with her retirement!!

## Secret Friend

Just a reminder not to forget your Secret Friend throughout the year. We all need notes of encouragement from time to time!

