

**Thank You  
Annual  
Conference  
Planning  
Committee for  
your  
leadership and  
dedication!**

Co-Chairs: Amanda Forquer & Amy Fovargue	
Pat Brinkman	Laryssa Hook
Patty Corfman	Debbie Lewis
Deb Delp	Mark Light
Garee Earnest	Pam Montgomery
Jeff Fisher	Lisa Murphy
Terri Fisher	Don Ordaz
Nadine Fogt	Joyce Shriner
Linda Good	Michelle Treber
Tracy Grody	Gwen Wolford
Angie Holmes	Susan Zies

**Be sure to visit the booths in the  
Archie M. Griffin Grand Ballroom (West)**

Buckeyes @ Lane & High; CES; CFAES Comm. & Tech.;  
CFAES Diversity Catalyst Team; Credit Union of Ohio;  
Delta Dental; Dept. of Agricultural Communication  
Education; Dept. of Plant Pathology & Dept. of Entomol-  
ogy; Master in Plant Health; ESP; Office Max/Guy Brown  
Express; OARDC Secrest Arboretum & Gardens; OSU ATI;  
OSU HR Health Plan, OSU Leadership Center, SAC;  
Uniprint; Your Plan for Health

**Special Thanks to:**

**Uniprint for printing this program and  
CFAES Staff Advisory Council for sponsoring  
the afternoon refreshments!**



**Embracing the Past.  
Building the Future.**



# Ohio State University Extension Annual Conference

Ohio Union  
December 5, 2012



# Welcome to the Ohio State University Extension Annual Conference

7:30-8:00 am	Trade Show Set-up	Archie M. Griffin Grand Ballroom (West)	10:15-11:30 am	Concurrent Sessions	2nd and 3rd Floors
7:30-8:30 am	Setup-Poster/Display/Silent Auction	Archie M. Griffin Grand Ballroom (West)	Full-Sessions	Back to the Kitchen: Planning, Implementation, and Impact of an FCS Social Media Campaign During National Childhood Obesity Awareness Month <i>Jamie Seger</i>	Hays Cape Room
7:30-9:00 am	Registration CES Food Drive and Lion's Club Eye Glasses Donations Drop-Off Continental Breakfast	Outside Archie M. Griffin Grand Ballroom (East) Archie M. Griffin Grand Ballroom (East)	★	Curriculum Development As Part of Your Programming: Creating Good for the Organization and Your Vita <i>Eric Barrett, Beverly Kelbaugh</i>	Cartoon Room 1
7:40 am-12:00 pm	Biometric Health Screenings Flu Shots	Suzanne M. Scharer Room		Extension Administration Question and Answer Session <i>Keith Smith, Ken Martin</i>	Ohio Staters, Inc. Traditions Room
8:00 am-12:15 pm	Trade Show Open	Archie M. Griffin Grand Ballroom (West)		Five Minute Tech Tips from Your District Techs <i>Steve Lichtensteiger, Beth Abbott, Tim Barkley, Rich Emmett</i>	Cartoon Room 2
8:30 am-1:30 pm	CES Silent Auction Open	Archie M. Griffin Grand Ballroom (West)		I Say Tomato, You Say...What? Understanding Basic Assumptions About Our Thinking and Actions Toward Others <i>Steve Brady</i>	Tanya R. Rutner Room
8:30 am-5:00 pm	Poster Sessions Open	Archie M. Griffin Grand Ballroom (West)		Making the Most Out of That New Camera <i>John Rice + Emily Rhoades</i>	Barbie Tootle Room
9:00-10:00 am	Opening Session MC: Pat Brinkman, OAEP President	Archie M. Griffin Grand Ballroom (East)	10:15-10:50 am	Go Paper LESS <i>Mark Light, Teresa Johnson</i>	Student-Alumni Council Room
	Administrative Update Dr. Keith Smith, Director, OSU Extension; Associate Vice President, Agricultural Administration		1st Half-Sessions	Meeting Clientele Needs: A Program to Help County Offices with Home Gardening Questions <i>Pamela Bennett, Denise Johnson</i>	Rosa Atlabouni Room
	Dr. Bruce McPherson, Vice President of Agricultural Administration, Dean of CFAES		10:55-11:30 am	More Tips and Tricks of Access 4-H <i>Tracy Grody</i>	Rosa Atlabouni Room
10:00-10:15 am	Move to Concurrent Sessions		2nd Half-Sessions	Turning Point Technologies: New Ideas to Try with Clicker Technology <i>Heather Gottke, Mark Light</i>	Student-Alumni Council Room
			11:30-11:45 am	Move to Awards Luncheon	Archie M. Griffin Grand Ballroom (East)

11:45 am- 12:15 pm	<b>Lunch</b>	Archie M. Griffin Grand Ballroom (East)		Utilizing the iPad to its Full Potential <i>Ken Kulka and a Product Specialist from Apple Inc.</i>	Ohio Staters, Inc. Traditions Room
12:15-1:15 pm	MC: Pat Brinkman, OAEF President  <b>Keynote Speaker</b> Tim Moore, Generational Insights "Working with Generational Differences"	Archie M. Griffin Grand Ballroom (East)	2:15-2:50 pm ★ 1st Half-Sessions	DIY Plone Events <i>Peg Meents</i>  MS PowerPoint or Prezi, the Good, the Bad and the Ugly <i>Bonnie Scranton, Linda Newman</i>	Student-Alumni Council Room  Cartoon Room 2
1:15-1:45 pm	<b>Awards Program</b> MC: Christy Leeds, Extension Educator, 4-H Youth Development, Union County Extension Director	Archie M. Griffin Grand Ballroom (East)	2:55-3:30 pm 2nd Half-Sessions	Meeting Your Community's Energy Education Needs Through Energize Ohio <i>Eric Romich, Myra Moss, Nancy Bowen</i>	Student-Alumni Council Room
1:45 pm-1:50 pm	<b>The Million Hearts Campaign and Wellness</b> Dean Bernadette Melnyk, Associate Vice President for Health Promotion, University Chief Wellness Officer	Archie M. Griffin Grand Ballroom (East)	★ 3:30-3:45 pm	★ Outlook 2010 & Microsoft Exchange --- Beyond Email <i>Tim Barkley, Steve Lichensteiger</i>	Cartoon Room 2
1:50-2:00 pm	<b>CES Silent Auction and Community Service Project Winners Announced</b>	Archie M Griffin Grand Ballroom (East)	3:30-3:45 pm	<b>Networking Break</b> Refreshments sponsored by <b>CFAES Staff Advisory Council</b>	2nd and 3rd Floor Hallway
2:00-2:15 pm	<b>Move to Concurrent Sessions</b>	2nd and 3rd Floors	3:45-5:00 pm	<b>Concurrent Sessions</b> Carbon, Energy, and Climate Initiative: Preparing Educators for the Future of a Diverse Rural Economy <i>Alan Sundermeier, Anne Baird, Greg Labarge, Rafiq Islam, Eric Romich, Bruce Clevenger, Jim Hoorman</i>	2nd and 3rd Floors  Student-Alumni Council Room
2:15-3:30 pm	<b>Concurrent Sessions</b> Changes to the Ohio Public Employee Retirement System (OPERS) <i>OPERS Representative</i>	Hays Cape Room	Full-Sessions	Changes to the State Teachers Retirement System (STRS) <i>STRS Representative</i>	Interfaith Room (3rd Room)
Full-Sessions	Four Generations: One Workplace <i>Tim Moore, Generational Insights</i>  Goal Setting Made Easy! <i>Karen Argabright, Graham Cochran</i>  Marketing to the Salad Bowl- Strategies for Reaching Diverse Audiences <i>Kennetha Peebles, Kathy Lechman</i>  Survey Data Analysis using Microsoft Excel <i>Kim Bahnsen Showalter, Debby Lewis</i>  Using Technology to Encourage a Healthy Lifestyle <i>Lisa Barlage, Michelle Treber, Cynthia Shuster, Patricia Brinkman, Linnette Goard, Dana Brown</i>	Cartoon Room 1  Barbie Tootle Room  Rosa Aliabouni Room  Suzanne M. Scharer Room  Tanya R. Rutner Room	Good to Great Extension Teaching: Ideas, Techniques, and Strategies to Improve Your Teaching <i>Graham Cochran, Jessica Bowen</i>  OVERCOME THE STRESS: Gain Control <i>Brenda Young, Liz Smith, Ann Golden</i>  Utilizing the iPad to its Full Potential <i>Ken Kulka and a Product Specialist from Apple Inc.</i>	Barbie Tootle Room  Hayes Cape Room  Ohio Staters, Inc. Traditions Room	



What is Social Media Content?  
*Mitch Moser*

Rosa M. Ailabouni  
Room

Survey Data Analysis using Microsoft  
Excel  
*Kim Bahnsen Showalter, Debby Lewis*

Suzanne M. Scharer  
Room

3:45-4:20 pm 4-H: Past, Present, and Future  
1st Half-Sessions Relevance  
*Janice Hanna, Andrea Mahone*

Tanya R. Rutner Room

Business Office Update  
*Cindy Buxton*

Cartoon Room 1

Outlook 2010 & Microsoft Exchange  
-- Beyond Email  
*Tim Barkley, Steve Lichensteiger*

Cartoon Room 2

4:25-5:00 pm Crucial Conversations: Tools for  
2nd Half-Sessions Having the Hard Conversations  
*Kimberly Catchpole, Nate Arnett*

Cartoon Room 2

Implementing an Innovative  
Approach to Regional Community  
Development: Effectively doing  
More with Less  
*Becky Nesbitt, Rose Fisher Merkwowitz*

Tanya R. Rutner Room

5:00 pm **Conference Concludes**

**Need a new Buck-ID or to update your current one? Now  
is a great time to do it! The Buck-ID office is open  
8:00 am-5:00 pm and is located on the 3rd floor of the  
Ohio Union.**

# Awards Program

MC: Christy Leeds, Extension Educator, 4-H Youth Development,  
Union County Extension Director

**Ohio Association of Extension Professionals Appreciation Awards**  
Presented by Keith Smith and Pat Brinkman

**ESP Friend of Extension Award**  
Presented by Keith Smith and Gwen Wolford

**Friend of Community Development Award** *Toldeo Regional Chamber of Commerce*  
Presented by Greg Davis and Joe Lucente

**ESP Retiree Service Award**  
Presented by Keith Smith and Gwen Wolford *Clarence Cunningham*

**ESP Meritorious Support Service Recognition** *Melissa Sweetenidge*  
Presented by Keith Smith and Gwen Wolford

**John Stitzlein Diversity Award** *Greg Siek - Cuyahoga*  
Presented by Keith Smith

**CES Extension Support Staff Excellence Award** *Nickie Snyder (SE)*  
Presented by Keith Smith and Linda Good

**Charles W. Lifer Excellence in 4-H Award** *Jim Jordan - Urbana*  
Presented by Tom Archer

**Marilyn Spiegel Excellence in Extension Family and Consumer Sciences Award** *Meredith Mathey (SP)*  
Presented by Karen Bruns

**Steve D. Ruhl Agriculture and Natural Resources County Extension Educator Award** *Steve Shumaker (SP)*  
Presented by Don Breece

**OSU Extension Excellence in Community Development Award** *Myra Moss*  
Presented by Greg Davis

**ESP Excellence in Extension Award** *Graham Cochran*  
Presented by Keith Smith and Gwen Wolford

# Poster Sessions

Located in the Archie M. Griffin Grand Ballroom (West)

## A Community Designed Healthy Food System

*Marilyn Rabe, Mike Hogan, Julie Fox, Susan Colbert, Christie Welch*  
A team of Extension Educators from FCS, CD, Ag&NR, and 4-H have collaborated to create education and business plans for the Weinland Park neighborhood of Columbus, OH. The overall goal of the funded planning grant is to help the neighborhood transition from low-income to mixed income through the production, processing, distribution, preparation and celebration of food.

## Choose It! Use It! - a program to help kids become healthier!

*Shari Gallup, Monahine Matthey, Susan Zies, Kate Shumaker*  
"Choose It! Use It!" is a program designed for kids to become healthier... by choosing more fruits and vegetables, and using their bodies to exercise! Developed by a subdivision of the Dining with Diabetes team, this interactive curriculum uses OSU football players and coaches to help us spread the message about healthy eating and exercising to Ohio's children.

## College Readiness for Rural Youth

*Jeff Dick, Jason Hedrick, Mark Light*  
Participants will have the opportunity to learn how the authors incorporated College Access into Real Money, Real World programming. College Access is an innovative, hands-on postsecondary education bridge program that gives youth the opportunity to explore college attainability, admissions, financial aid and application processes. The curriculum aims to support academic success and transition to college for youth.

## Community Development Field Specialists: Evaluation of Contributions and Challenges

*Nancy Bowen, Eric Romich, David Civittolo*  
It's been almost a year since Extension has added Field Specialist positions. Community Development Field Specialists' Nancy Bowen, Eric Romich and David Civittolo will provide a brief update on current activities and plans. They also seek your input on what is working, and what is not, to increase collaboration and participation with Extension professionals across all program areas.

## Direct Marketing: Resources & Trends for 2013

*Julie Fox, Eric Barrett, Rob Leeds, Mike Hogan, Brad Bergefurd, Christie Welch, Tom Snyder*  
Get the latest resources from OSUE's Direct Marketing program. As part of the new Local Food Signature program, the Direct Marketing team developed easy-to-use curriculum and other resources. With strong interest in local food and local economies, Extension personnel can benefit from established and new programs.

## Discover Yourself in Ohio 4-H Curriculum

*Jane Wright, Susie Young*  
Want to learn more about the new and revised Ohio 4-H titles being offered this year? Topic areas include animal sciences, clothing and textile science, food and nutrition, leadership, natural resources, and Cloverbuds. Even more important, check out opportunities for contributing to future curriculum efforts in 4-H. Your expertise is important to all Ohioans, including youth!

## Farm to School

*Julie Fox, Mary Griffith, Mike Hogan, Marie Economos, Heather Nelkirk, Linnette Gaord*  
Get the latest resources from OSUE's Farm to School (F2S) program. As part of the new Local Food Signature program, F2S focuses on nutrition (FCS), youth development (4-H), food production and distribution (ANR), and local food systems (CD). With strong interest in the health of our youth and our local economies, Extension personnel can benefit from easy-to-use F2S resources.

## Grandfathers Share the Past with Grandchildren to Build Relationships for the Future

*James Bates*  
The purpose of this presentation is to acquaint Extension professionals with recent scholarship on intergenerational family relationships. Of particular interest are the efforts that grandfathers put forth to help grandchildren embrace knowledge of the past and help prepare them for the future. I will review the grandfather literature and demographic trends of aging in Ohio, discuss my recent scholarship on this topic, and outline ways that Extension professionals can support meaningful and healthy intergenerational family relationships.

## Journey of a First Year Educator

*Brittany Pangburn*  
This poster illuminates the unique challenges and opportunities for a first year educator; in particular how to embrace and change tradition, adapt programs for your county's demographics, and introduce new programming to revitalize a county 4-H program. This poster uses Athens County as a model to demonstrate potential success in a new county when mixing tradition with new ideas.



## Local Foods Signature Program

*Mike Hogan, Kate Shumaker, Julie Fox, Jill Clark, Brian Raison, Julie Kennel, Suzanne Mills-Wasniak, Daniel Remley, Heather Nelkirk, Linnette Gaard*

The subject of local foods is a broad critical issue that affects every Ohioan and is of great public interest and need. OSU Extension faculty and staff are currently conducting many local foods programs related to food production, marketing, human nutrition, economic development, and others. The new Local Foods Signature program will provide statewide coordination, branding, strategic development, marketing, placement, and focused impact reporting. Visit our display to share your local foods programming and sign-up for our email blasts.

## Opportunities for Extension in Worksite Wellness

*Daniel Remley, Chandler Carol, Liz Smith, Brian Raison*

Comprehensive worksite wellness programs can offer a 4 to 1 return on investment by reducing employee health care costs and absenteeism rates. Our poster highlights Family and Consumer Science programs, initiatives, partnerships, and cost-recovery strategies related to worksite wellness. We also will address emerging opportunities related to local foods such as worksite gardens, farmers markets, and farm to worksite initiatives.

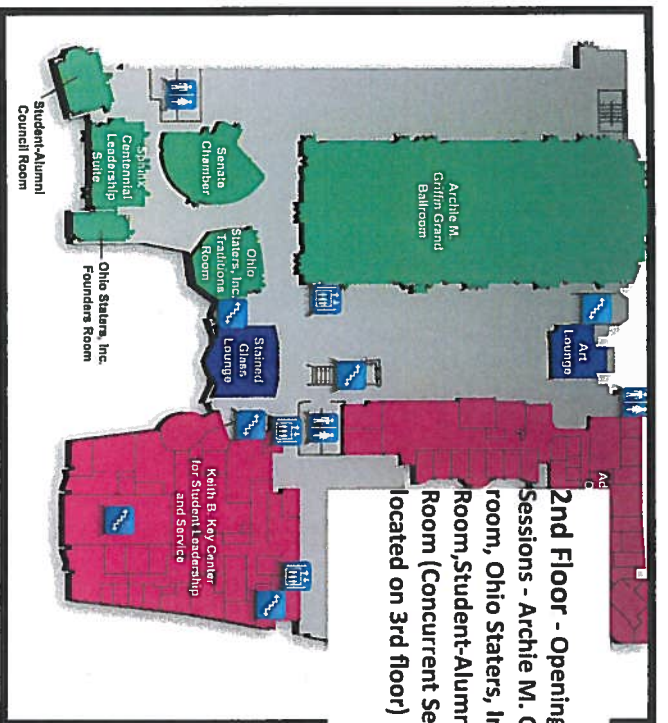
## The Beginning Entrepreneurs Agricultural Networks (BEAN) Project -Promoting Urban Agricultural Production, Community Partnerships, and Social Justice

*Jacqueline Kowalski, Marie Barri, Amanda Block, Morgan Taggart*

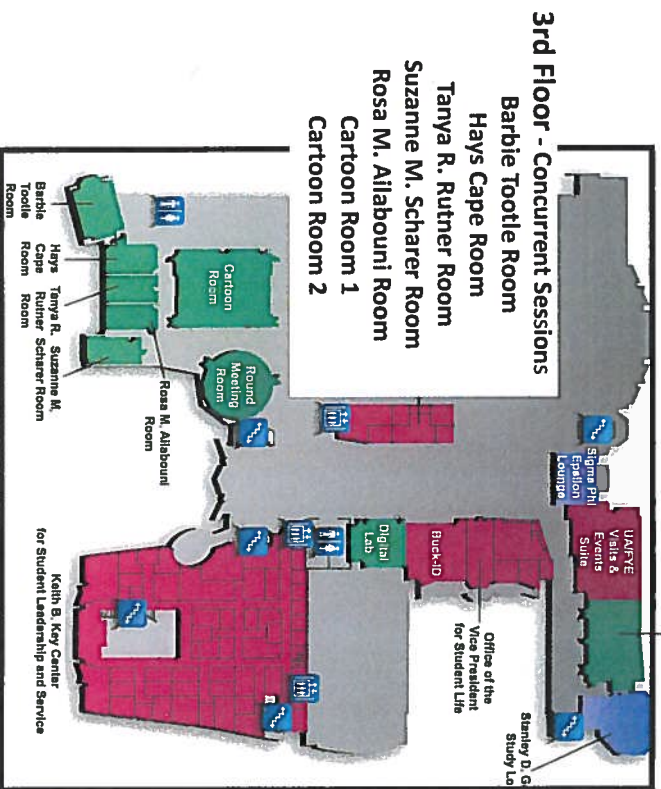
The Beginning Entrepreneurs Agricultural Networks (BEAN) Project is an Ohio State University Extension led urban agriculture development project. This program has incorporated repurposing vacant land, production training of non-traditional populations as well as other educational programming and a mentoring program. This poster highlights accomplishments and successes as well as areas of challenge.

*Ohio State University Extension embraces human diversity and is committed to ensuring that all research and related educational programs are available to clientele on a nondiscriminatory basis without regard to age, ancestry, color, disability, gender identity or expression, genetic information, HIV/AIDS status, military status, national origin, race, religion, sex, sexual orientation, or veteran status. This statement is in accordance with United States Civil Rights Laws and the USDA. Keith L. Smith, Associate Vice President for Agricultural Administration and Director of Ohio State University Extension. For Deaf and Hard of Hearing, please contact Ohio State University Extension using your preferred communication (e-mail, relay services, or video relay services). Phone 1-800-750-0750 between 8 am and 5 pm EST Monday through Friday. Inform the operator to dial 614-292-6181.*

# Ohio Union Map



**2nd Floor - Opening and Lunch Sessions - Archie M. Griffin Ballroom, Ohio Staters, Inc. Traditions Room, Student-Alumni Council Room (Concurrent Sessions also located on 3rd floor)**



**3rd Floor - Concurrent Sessions**

- Barbie Tootle Room
- Hays Cape Room
- Tanya R. Rutherford Room
- Suzanne M. Scharer Room
- Rosa M. Alibouni Room
- Cartoon Room 1
- Cartoon Room 2