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Dear Friends,

If you are anything like me, you feel like there are a million distractions on a daily basis. How can you stay focused? I like the following advice from Bregman, P. (2011) in the book, 18 Minutes: Find your focus, master distraction, and get the right things done.

Finding your focus in 18 minutes a day---
- 5 minutes in the morning-- (Before you turn on computer—Plan). A person with a good plan gets more of the right things done.
- 1 minute per hour x 8 hours = 8 minutes-- (Step away from desk—Focus). Ask yourself if you are focused on the right thing or have you been reacting to too many distractions (e.g., email notifications). Refocus.
- 5 minutes at the end of the day-- (Turn off computer—Reflect and Rewrite). Take time to reflect and rewrite to-do list for the next day. What have you learned, what priorities are being addressed or ignored?

Consider using an app for incorporating the Pomodoro technique (assigning a certain amount of time to certain tasks or reminding yourself to take the focus breaks).

Best wishes,

Jackie

Position Announcements . . .

Program Coordinator, ANR
Cuyahoga County, Cleveland, OH
JR# 420060
1.0 FTE
Post Date: July 23, 2016
Deadline Date: August 7, 2016
To Apply

Program Coordinator, 4-H/ANR
Mahoning County, Canfield, OH
JR# 419898
1.0 FTE
Post Date: July 16, 2016
Deadline Date: July 31, 2016
To Apply

County Extension Educator, ANR
Repost
Portage County, Ravenna, OH
JR# 419222
.5 FTE
Post Date: July 23, 2016
Deadline Date: August 21, 2016
Screen Date: September 7, 2016
To Apply

OSU Extension, Northeast Region
1680 Madison Avenue
Administration Building, OARDC
Wooster, OH 44691-4096
Phone: (330) 263-3881 / Fax: (330) 263-3667
northeast.osu.edu
In the News . . .

Participants dig into summer garden tour

*The Vindicator*

July 9, 2016

**Featured:** Eric Barrett, ANR Educator and CED, OSU Extension Mahoning County

**Director's Drop-In . . . (Source: Roger Rennekamp)**

Last week, I had the opportunity to participate in the annual Roads Scholar bus tour of Ohio coordinated by the Office of Outreach and Engagement designed to help new faculty and administrators learn about OSU’s impact on the state of Ohio. Our tour began early Thursday morning with a visit to WOSU studios located at COSI in downtown Columbus. Our first stop was at the Transportation Research Center at East Liberty. We were able to take the bus on the 7.5-mile oval test track used for performance testing by the automotive industry. (We did not “crash test” the bus, but we were introduced to the latest model of crash test dummies.) We then headed north to Unverferth manufacturing, The Anderson’s, Toledo Zoo, Toledo Art Museum, and Cooper Tire. It was impressive to see how many OSU alums were employed at each of these facilities. Along the way, I had a chance to tell the story of the creation of the land grant university system and provide passengers with an overview of OSU Extension. Meanwhile, another bus full of OSU students, student-athletes, and Brutus took another route to Toledo, eventually meeting up with our bus at the Zoo for an advancement event with alumni and other supporters. The students paid a visit to Rufenacht Family Farms in Fulton County where they learned about contemporary agriculture. Thanks to **Eric Richer** and the **Fulton County team** for arranging for that visit. Later that day, the students visited Sylvania Family Services, the Choice Food Pantry, and learned about the Master Gardener Volunteer program in Lucas County. Thanks to **Patrice Powers-Barker**, **Amy Stone** and the rest of the **Lucas County team** for their role in setting up those visits.

**Staff Appreciation Week . . . (Source: onCampus Today)**

In celebration of Ohio State staff members’ contributions to the university, Staff Appreciation Week activities are planned for Sunday (7/24) – Saturday (7/30). For more information, visit the Human Resources website. Check back throughout July for updated events and discounts. Read more Contact

**ALSO –**

President Drake has announced that tickets will be awarded to selected recipients for the **Faculty and Staff Appreciation Buckeye Football Game**. This year’s appreciation game is the season home opener vs. Bowling Green on Saturday, September 3, 2016 at noon. Faculty and staff must enter the drawing by Monday, August 1 to have a chance to be randomly chosen to receive four complimentary tickets. Please opt in here. You will be notified via email if you are selected. The tickets will be mailed to the home address listed in **Employee Self Service**.

**Leadership Summit . . . (Source: Roger Rennekamp)**

Attention County Extension Directors - OSU Extension and the Albers Enterprise Center are leading a campus-wide effort to plan and conduct Ohio State University’s Inaugural Leadership Summit featuring **Jim Kouzes** co-author of *The Leadership Challenge* and several dozen other leadership publications. As a major sponsor of the event, OSU Extension has been granted 100 slots exclusively for members of the Extension Administrative Cabinet and County Extension Directors. See the attached flyer for more information.

Please register for the event prior to August 7 when seats will be made available to the broader OSU Community.

The work of Jim Kouzes and his long-time collaborator Barry Posner is the most relevant and easy-to-use leadership material that I have encountered. The afternoon panel will discuss practical application of Kouzes’ morning keynote.

To register, please visit [http://go.osu.edu/leadershipsummit](http://go.osu.edu/leadershipsummit)

From today until August 7 the early-bird registration fee is $125.00. After that the fee is $150.
Got Cutting-Edge Projects and Programs? Here’s the Place to Share Them! . . . (Source: Jamie Seger)

Please consider submitting the innovative and important work you are doing for consideration in the upcoming, nationwide Technology Outlook for Cooperative Extension Horizon Report. I am included among the 56 expert panel who have contributed to the report so far, and now we need your help. We know there are many innovative projects being implemented by OSU Extension professionals; let’s show them off!

Deadline for submissions is August 1st. Share your projects here.

More information in the eXtension announcement below. Please contact Jamie at seger.23@osu.edu if you have any questions prior to submitting.

Call for Submissions
As you know, the eXtension Foundation is partnering with the Extension Committee on Organization and Policy (ECOP) Innovation Task Force and The New Media Consortium (NMC) to prepare the NMC Technology Outlook for Cooperative Extension 2016-2021. A panel of 56 experts has been working on the report and last week selected the topics that will be featured in the report, scheduled for release in September.

We are sending you this advance notice of a call for project submissions from which the panel will select example initiatives to include in the report to represent current and emerging work on these topics. This story on the NMC website provides the topics and instructions for submitting any relevant work you propose to be featured in the final report.

Deadline for submissions is August 1, 2016. The submission form takes only minutes to complete per project, and you can submit as many projects as you like.

Blog Links . . .

CFAES Weekly News Digest – http://u.osu.edu/cfaesadmin
Extension Director, Roger Rennekamp – http://u.osu.edu/conspectus/
Community Development – http://u.osu.edu/extensioncd/
OSU Extension Ed Tech – http://u.osu.edu/extensionedtech/

National Meeting Information . . .

Hotel Reservations – Opens May 2 - $229.00 per night
Early Bird Registration – June 1-July 15 - $450.00
Regular Registration – July 15 (@ 9:01 PM Pacific) – August 12 - $475.00
Late Registration – August 12 (@ 9:01 PM Pacific) – September 30 - $550.00

NEAFCS – http://www.neafcs.org/2016-annual-session
Hotel Reservations – Open now until August 1 or until sold out
Early Bird Registration – by July 15 - $425
Regular Registration – by September 1 - $475
Late Registration – after September 1 - $525

October 24-27, 2016 in beautiful Cape May, New Jersey

- The site of the 2016 meeting is The Grand Hotel of Cape May.
Important Dates and Deadlines . . .
If there are dates that apply to many that you would like to see included in this section of the newsletter, please send them to Vicki at myers.26@osu.edu.

JULY:
27-August 7 – Ohio State Fair

SEPTEMBER:
12-15 – NEAFCS, Big Sky, Montana
19 – JCEP Meeting, Carmen Connect
19 – EERA 4-H Program Leaders & 4-H Specialists Meeting, Columbus
20-22 – Farm Science Review
28 – Region All Program Staff Meeting, F2F, R.G. Drage Career Technical Center, Massillon

OCTOBER:
2-8 – National 4-H Week
4-5 – Comm Dev Retreat
9-13 – NAE4-HA Conference, New Orleans
17 – JCEP Meeting, Ag. Admin. Aud.
18-19 – National TERSSA Conference (Support Staff), Columbus
23-27 – ESP National Conference, Cape May, NJ
26-27 – All FCS Conference, Crowne Plaza, Dublin

NOVEMBER:
1 – 4-H Professional’s Update, 4-H Center, Columbus
2 – Assuring Quality Care for Animals In-service, 4-H Center, Columbus

DECEMBER:
6-7 – Extension Annual Conference, Ohio Union