New Year’s Greetings, OSU Extension Northwesterners!

2016 has started and it’s going to be an exciting new year! But before we say goodbye to 2015, I hope you will each take a few minutes to reflect on the excellent work and outstanding successes you accomplished in 2015!

We in Extension are so busy; we fly from task to task often forgetting to celebrate the things we’ve achieved and the wonderful impacts those achievements have had on the individuals we serve. I hope you all realize how much your efforts benefited people throughout Ohio in 2015!
A few exciting events this month include the first day of our new Extension Director, Dr. Roger Rennekamp, who officially joined us on January 4! Also, the A & P Promotion Workshop will be held on January 28 at the Nationwide and Ohio Farm Bureau 4-H Center. If you are planning to submit your dossier for promotion this year, you’ll want to be sure to attend this workshop (and don’t forget to let me know, if you haven’t already). Finally, keep in mind that Research 101: Basic Training in Research Processes starts on January 22, also at the 4-H Center. It will provide a great opportunity to build or enhance your research skills.

I hope you all enjoy the first week of the new year! - Cindy

A & P Promotion Committee Workshop . . .

January 28, 2016
9:00 am - 3:30 pm
Nationwide & Ohio Farm Bureau 4-H Center
2201 Fred Taylor Drive, Columbus, Ohio 43210

General Agenda
09:00 a.m.  Registration and Refreshments
09:30 a.m.  Welcome and Introduction
09:45 a.m.  Bio and Themes: Introducing Your Story
10:30 a.m.  Teaching Section - Tables, Summaries & Topics
v. Event Titles AND Curriculum Section
11:30 a.m.  Break
11:45 a.m.  Research and Creative Works - Publications
12:00 p.m.  Working Lunch: Creative Works and Grants
12:30 p.m.  Service
01:15 p.m.  Evaluation
01:45 p.m.  Narratives & Putting It All Together
02:15 p.m.  Q&A and Examples
03:00 p.m.  Wrap-up and Adjournment

For more information, contact Eric Barrett (barrett.90@osu.edu) or Nate Arnett (arnett.67@osu.edu)

Register Here: https://go.osu.edu/APpromotion
Please Join Us For...

**Research 101: Basic Training in Research Processes**

Beginning in January 2016, join us for “Research 101: Basic Training in Research Processes!”

The purpose of “Research 101” is to provide you with the tools needed to turn your ideas into projects and your projects into presentations and publications.

Topics to be covered include:

- Research Designs
- Turning your program evaluation into a research project
- Survey Construction and Analysis
- Quantitative Methods
- Qualitative Methods
- Writing for Scholarly Journals
- And more!

**Hold the dates! Registration will be announced soon!**

Research 101 will be held at the Nationwide and Ohio Farm Bureau 4-H Center on the following dates:

- Friday, January 22
- Friday, February 19
- Thursday, March 17
- Friday, April 22
- Friday, May 20
- Friday, June 24

**Questions? Please contact...**

- Cynthia Torppa, Northwest Region Director at 419-560-1196 or torppa.1@osu.edu
- Debby Lewis, Leader, Program Development and Evaluation (lewis.205@osu.edu)
- Theresa Ferrari, Extension Specialist, 4-H Youth Development (ferrari.8@osu.edu)

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RiV and Associated Documents Due January 15 . . .

The following items are due to the Region Office by January 15. Email these items to Vicki at myers.26@osu.edu (Erie Basin EERA) or Carol at bottoms.6@osu.edu (Maumee Valley EERA) so these documents can be printed for your file.

- Electronic copy of RiV Performance Review (Word or PDF format)
- Copy of Teaching Table from the Dossier Version of the RiV
- Copy of EEET Teaching Summary Table from Debby Lewis/PD&E
- Copy of Peer Letters of Teaching (you only need to submit these letters if we do not already have a copy you sent earlier in the year)

On another note, if you haven’t already done so, please consider granting Proxy rights to me at torppa.1@osu.edu in your RiV. This will allow me to view your files.

IMPORTANT Research in View (RiV) Reminders
(Source: Debby Lewis) . . .

As you know, Ohio State will be selecting a replacement for Research in View (RiV)...eventually. However, until that happens, we must continue to use RiV to report our annual Extension programming efforts. So here are a few reminders for you...

The deadline to complete your 2015 RiV documentation is January 15, 2016.

We posted a new “OSU Extension RiV Quick Start Guide” and "Extension Annual Report Help Sheet" on our website in October at http://go.osu.edu/OSUErivHelp (see "helpful documents"). The quick start guide has 25 tips to help you use the NON-DOSSIER Extension section of RiV. Please make sure you review the section on GOALS. You will be able to access recordings of our RiV training (CarmenConnect sessions) at that link as well (see "RiV training recordings"). The recordings have bookmarks in them so you can skip around to the part you are interested in viewing.

Tip for copying...Keep in mind this basic principle...Copy PROGRAMS from year-to-year...Copy your EVENTS WITHIN a year only. When you DO copy an EVENT within a year, don’t forget to click the “related” button, which is the very last field in the “copy” window IF the EVENT is a repeat of one you did earlier in the year. Making the EVENT a “related” copy of the original will ensure the event appears as one line in the EXTENSION EVENTS table of your promotion/dossier document.

If you have questions about RiV and how to document your work with OSU Extension, please contact me or Kim Showalter (showalter.56@osu.edu). If you are having technical difficulties with RiV (e.g., your RiV profile is not accessible), please use the riv@osu.edu email address to send a message to the RiV team.
2016 YP4H Program Now Open!

The 2016 Your Plan for Health program is now open! If your New Year's resolution includes eating healthier, getting more active, managing stress better or taking charge of your preventive health then there is a challenge waiting for you in the YP4H portal to support your goals!

Current Challenges:
- Early Bird Bonus Points
- Team Workout
- Steps
- Healthy Lunches
- Fruit/Veggie
- Hydration
- And More! Log in to Join

This year, you can earn up to $100 in Amazon gift cards as you participate in challenges and other YP4H programs.

Deadline:
Complete an “Early Bird” Biometric Screening by **February 29, 2016**, to earn 200 bonus points.

Complete your Biometric Screening and Personal Health & Well-Being Assessment (PHA) by **November 30, 2016**, to earn premium credit for 2017.

If you have any questions, feel free to browse our frequently asked questions or email us at **yp4h@osu.edu**.

Save the Date – Aging In-Service

**When:** **February 15, 2016**
**Time:** 9:00am – 4:00pm
**Where:** 4-H Center

Topics include:
Aging Smart (training)
Master of Money (training)
Matter of Balance (presentation)
Topics in Gerontology (presentation)
Round table discussion

**Registration will be coming soon!**