

NEWS AND VIEWS

Quote of the month:
**If you get tired, learn to rest
not to quit.**

Banksy



Important Links

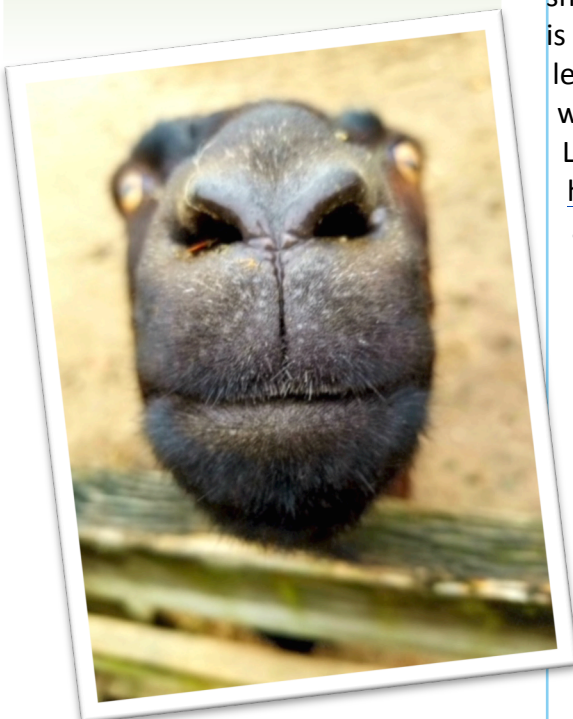
Facebook:

<https://www.facebook.com/groups/nysacce4he/>

Member website:

<http://4hstaff.cce.cornell.edu/nysacce4-he>

Cut and paste the above links into your browser. Have submissions or ideas for content? Please send them along to me, Vicki Fleming, vjf4@cornell.edu.



From the President. . .

Happy February NYSACCE4-HE membership! It's going to be an exciting month filled with Professional Development, starting with the Joint Council on Extension Professionals (JCEP) happening in Orlando next Wednesday and Thursday. One of the perks of being the President is that NAE4-HA pays for you to attend this interesting conference with Extension's other professional development associations- yet another reason to consider running! Here is last year's photo which I used to torture those enduring the massive snowstorm happening at the same time in the NY. The following week is eXtension's Designathon One event exploring design thinking and lean experimentation, and I hope to see some of you there! I'm working on the executive summary of survey results and an updated Leadership Directory; both should be posted by early next week here: <http://4hstaff.cce.cornell.edu/nysacce4-he>. Committee Chairs, a reminder that I will be looking for your annual goal by February 21st. Finally, kudos to John and Robert for getting in our national membership with 67 NAE4-HA members reported (not including life members)!

Melanie

FROM AROUND THE STATE . . .



At the January meeting, the North Central District completed the American Heart Association CPR and AED certification class. Alexa Maille visited the district and shared all the New York State 4-H Program’s exciting programs, events, and new partnerships. She spoke at length on computer science program opportunities along with their coordinating kits. The members also continued planning the October conference.

Photo caption: Jennifer Collins and Erin Wheeler perform life saving procedures of CPR with use of an AED on “Oscar” under the instructor’s watchful eye.

Senator James Seward, Distinguished 4-H Alumnus was the speaker for the annual 4-H Leader’s Lunch in Otsego County! In addition thanking 4-H Volunteers for their dedication and work with today’s 4-H members, the senator brought his 4-H Achievement Book! The senator credits 4-H in this statement:



30 Days to Wellness. . .from onegreenplanet.org

Week 1: Kitchen Tips

- Eat berries with breakfast
- Eat one green food per day
- Drink a glass of water when you wake up
- Enjoy plain coffee and tea
- Cook your own meals
- Use herbs instead of all the salt
- Ditch the sugary food

Week 2: Activity Tips

- Aim to get in a 20-30 minute walk or jog
- Lift something heavy for 5 minutes every day
- Don't over sit your welcome—stand more throughout the day
- Practice active errands and commutes—park farther away, take the stairs, or walk to work
- Do some sort of stretching every day
- Spend a little time outside daily
- Try yoga

Week 3: Mind and Mood Tips

- Eat for your hormone health
- Do something you love every single day
- Eat magnesium-rich foods
- Eat good fats
- Ditch the negative self talk
- Eat your B's—B vitamins reduce stress in the brain
- Eat more plant-based foods

Week 4: Lifestyle Tips

- Get social
- Learn to love sleep
- Become a minimalist
- Try a new activity once a month
- Do something nice for someone when you can
- Bring energy into a room instead of taking it away
- Spend time in the quiet each morning



Check out the full article: <http://www.onegreenplanet.org/lifestyle/thirty-days-to-a-healthier-you-a-daily-checklist-of-wellness-tips/>