



Views from VanDeWalle

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Training for ag professionals on crisis, suicidal behavior

An upcoming online training for agricultural professionals will teach individuals how to recognize and respond to potential signs of crisis and suicidal behavior.

Farming and ranching can be stressful in the best of times. Financial worries, unpredictable weather, unpredictable commodity prices, plant pests, livestock diseases and isolation all contribute to a producer's anxiety. And now Nebraska's rural communities and families are coping with the unpredictability and imposed isolation produced by the COVID-19 pandemic.

In response to this uncertainty, Nebraska Extension and the Panhandle Public Health District will be offering an online "Question. Persuade. Refer." training. QPR is a suicide prevention program that teaches participants three steps to help save a life from suicide.

Just as people trained in CPR and the Heimlich maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help.

This 90-minute training will be held online, via Zoom on Thursday Sept. 24, 2020, at 10 a.m. MT. There is no cost to attend the training, but registration is required.

The class is limited to 35 participants. To register, go to <https://go.unl.edu/pangpr>. This material is based upon work supported by USDA/NIFA under Award Number 2019-77028-30436.

Source: Dave Ostdiek - Communications Specialist, Panhandle Research and Extension Center, Scottsbluff. You can reach him at 308-632-1230 or via email at dostdiek4@unl.edu.

Youth, Science-based School Year Camps

Nebraska 4-H camps in partnership with Douglas-Sarpy County Extension is offering a handful of science-based school-year day camps this fall. Through these experiences, youth have the opportunity to explore the natural world at Schramm State Recreation Area. The sessions are open to all youth ages 6-14. *Youth do not need to be enrolled in 4-H to participate.* All of the sessions will follow CDC and ACA guidelines for in-person activities, with hand sanitizer, masks, and social distancing. Sessions below are at Schramm State Recreation Area, located midway between Lincoln and Omaha.

Upcoming camps include:

- **Crawly Critters Jamboree** on Saturday, October 10, 2020 The regular session runs from 9:00 AM - 5:00 PM and is \$80. You can do the "Add-On Nighttime Adventure" from 5:00 - 9:00 PM for \$20 extra.

Let's pull our magnifying glasses out and discover some of Nebraska's crawling critters! Check out some cool insects, amphibians and reptiles with us at our Crawly Critters Jamboree! We will discover some crazy creatures as we investigate the ponds, play with pollinators, visit the Schramm aquarium and drink bug juice! But that's not all – enjoy a campfire with s'mores and let your imagination run wild with our extended nighttime adventure option! Learn about bats, owls and the stars while exploring the night with all your camp friends!

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- **Icky, Sticky STEAMY** held on Friday, October 16, 2020 from 9:00 AM - 5:00 PM for \$80. No School? No problem! Get MESSY with us on Friday! Join us for an action-packed day of fun and exciting activities! Explore science-y adventures like crawfish dissection, catapults and fishing. Join us for a forest hike and an extreme game of ga-ga! Relax and enjoy science, camp and lots of fun at the Schramm State Recreation Area!
- **Blast off with STEAM!** is held Saturday, October 17, 2020 from 9:00 AM - 5:00 PM for \$80. You can do the “Add-On Nighttime Adventure” from 5:00 - 9:00 PM for \$20 extra. Join us Saturday for an explosive day of awesomeness. Blow off STEAM with rockets, egg drop, slime and more! Have a BLAST with your friends while enjoying a day of science, engineering, outdoor adventures and lots of FUN! But that’s not all - help us explore the night with our action-packed evening adventures as we discover what makes the dark so cool! We are going to look up at the creatures of the night and the bright stars beyond. Owls, bats, stars, campfire songs and gooey s’mores. See you there!
- **Spooktacular Halloween Bash** is held on Saturday, October 31, 2020 from 9:00 AM - 5:00 PM for \$80. Grab your friends and join us for the spookiest adventure ever! The bats and owls are taking over! Bring your best costume to help scare them away. Dissect owl pellets and examine the skulls of forest creatures. Look out for the pumpkins with faces or maybe create your own! Complete a scavenger hunt around the Schramm trails for extra treats and lots of Halloween MAGIC! We’ll have a super sweet day including caramel apples and tons of camp fun!