



April 2019 Narrative Report

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Upcoming Events:

May 7th – Shickley Beef Day

May 7th – Clover Kid Workshop, Clay County

May 9th – Teach Hospital Lunch & Learn, Wellness in Tough Times

May 9th – Clover Kids Workshop, Fillmore County

May 10th – NELD webinar

May 13th – NCEA conference, Extension Board meeting

May 14th – Engagement Zone Summit

May 15th – Monthly Staff Meeting, Plant Science Investigation workshop

May 16th – Rural Health webinar

May 17th – School Enrichment, SSA

May 20-21st – Youth Tractor Safety Training

May 22nd – Set-up Ag Safety Day

May 23rd – Ag Safety Day

May 27th – Rural Health Wellness Zoom

May 28th – Clay Co. 4-H Council

May 29th – PSI/Mulching Garden

May 31st – Library Innovation Studio

Crops – Innovative Cropping Systems

I co-presented a 'Wellness in Tough Times' webinar which had 58 participants from the states of NE, IL, MO, CO, SD, KS and IA represented during the live presentation and 66 views from the recorded presentation. Links to the webinar recording were picked up by at least two national farm media publications, including DTN and Progressive Farmer. Nebraska Farm Bureau and Nebraska Cattlemen sent out the webinar link to their members. Preliminary evaluation surveys received 100% indicated they learned something during the webinar they could use either professionally or personally. Participants indicated that their confidence in identifying signs and symptoms of stress in someone increased at least a little bit with some saying their confidence increased a lot and their confidence in communicating with someone experiencing stress increased at least a little bit with some indicating quite a bit to a lot.

I also participated in an **eXtension Collaborative Impact Summit** in Atlanta, GA with four other Nebraska Extension faculty. Our team went through the Impact Collaborative Innovation Kit to launch robust programming focusing on rural families and individuals to empower them to have conversations around mental well-being and connect them with resources, encouraging healthy dialogues to create social and community connections. Our team presented a quick pitch, winning 1st place in the North Central Region and was invited to apply for a \$5,000 eXtension grant to kickstart our efforts with this program.



Crops – Youth (STEM-Careers)

I led the **Innovative Youth Corn Challenge (IYCC)** orientation for the 2019 teams via the web. Kits were sent to the eleven teams who are participating in this growing season. I also updated the IYCC cropwatch-youth website pages and IYCC resource manual with forms that teams are required to submit, in addition to Extension resources.



I taught five Clay County youth at the **Plant Science Investigation** workshop on the importance of soils. We explored soil texture properties through a variety of hands-on activities.

4-H Youth Development

April's two **Clover Kids workshops**, in Fillmore and Clay counties focused on first aid and keeping youth safe. Seven Clay & ten Fillmore county youth created their own first aid kits to be entered at the county fair. Through an interactive game and other activities, youth had to identify ways to keep themselves safe.

Mariah Morgan, foods & nutrition educator based out of Hamilton/Merrick Counties taught five youth a workshop called, **Food, Fitness and Fun**. Participants learned the basic food groups, participated in a 'think your drink' activity, made healthy foods to try and even had the chance to use a blender bike!



Professional Development or Organizational Citizenship

I presented to the Fillmore County **Odegeo** leadership class on ways to develop their own leadership development plan and put what they've learned into action. As a member of the **NCEA Professional Improvement** committee, I have our keynote speaker, Damian Mason lined up for the fall.

The biggest highlight of my April was the opportunity to attend Costa Rica as part of the **National Extension Leadership Development (NELD)** program. During my time in Costa Rica, I stepped out of my comfort zone numerous times, learned from Costa Ricans about leadership development, connected with Catie University faculty, learned about agricultural production and able to reflect and revise my leadership development plan.

News Columns/Blogs

Mental Health Webinar, Ag Safety for Youth, Wellness in Tough Times, LEAD program