



## August 2019 Narrative Report

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### Upcoming Events:

September 8-12<sup>th</sup> – NACAA National Conference, Indiana

September 16<sup>th</sup> – Ag Venture Day

September 17-20<sup>th</sup> – National Extension Leadership Development Conference, MN

September 20<sup>th</sup> – Deans Advisory Mtg.

September 23<sup>rd</sup> – Fillmore Co. Ext. Board

September 24<sup>th</sup> – Fillmore Co. Clover Kid Mtg.

September 25-26<sup>th</sup> – Water Jamboree

September 28<sup>th</sup> – Present at KS Women in Ag conference

October 4<sup>th</sup> – SE District Promotion Committee

October 7-11<sup>th</sup> – National 4-H Week

October 8<sup>th</sup> – Wellness in Tough Times Webinar

October 15<sup>th</sup> – Progressive Agriculture Safety Day Coordinator Training, York

October 18<sup>th</sup> – SE District Advisory Mtg.

October 20<sup>th</sup> – 4-H Amazing Race, Fillmore County

### Innovative Cropping Systems

I summarized the **Farmers and Ranchers College** impact data for the 2018-19 programming year and facilitated program planning for the 2019-20 year. Three programs will be held this upcoming winter programming season which will include Dr. David Kohl, Cow/Calf College and Dr. Ron Hanson.

### Crops – Youth (STEM-Careers)

I assisted with the 4<sup>th</sup> Annual **Regional Youth Crop Scouting Competition** which had 9 teams (44 youth) participate. Teams of students from Nebraska, Iowa, Indiana, Kentucky & Minnesota participated by completing a nine crop scouting exercises in field plots. I assisted in judging a station, scoring teams and other logistics. The purpose of the competition was to provide students an opportunity to learn crop scouting and principles of integrated pest management.



### Mental Health/Rural Stress

I was asked to present to 22 **Corteva** employees on recognizing symptoms of stress and coping methods for handling it in an effective manner. Several employees indicated an appreciation for the materials and handouts. Susan Harris-Broomfield and I received a \$5,500 grant to produce mental health and rural stress materials and resources for extension educators who teach **pesticide safety education**. Planning for that project will soon start.

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## 4-H Youth Development

I shared extension resources with Fillmore Central staff at a booth at the Fillmore Central Public Schools in-service at the beginning of the school year.

Plans for the 22<sup>nd</sup> **Ag Venture Day** continued in collaboration with the South Central Cattlewomen. Plans are to add a UAV live demonstration, as it relates to agricultural technologies. We also were fortunate to have Sutton Public Schools participate for the first time. There are 174 area fourth graders registered for this ag literacy-focused program.

Once again, I served as co-superintendent of the **4-H state fair agronomy and range department**. I assisted in judging the exhibits, displayed them and will work on some major changes to the state fair book for this project area in 2020 to help 4-H youth and update resources available to youth.

I served as the data coordinator for the **state fair 4-H breeding beef**, entering in all of the data, creating the program and clerking results for the nearly 300 heifers that competed during Labor Day weekend. I also assisted with the 4-H swine show clerking results.

## Professional Development or Organizational Citizenship

As a participant of **National Extension Leadership Development (NELD)** program, professional development was continued with a webinar on change. I took an assessment to see how I prefer to go through the change process and become more aware of how change impacts others.

## News Columns/Blogs

**August:** Youth Crop Scouting Competition Results, Back to School Tips, Fall Lawn Reseeding, 4-H Delivery Methods

A screenshot of a 4-H Extension program page. The page features the 4-H logo and the text '2019-20 Extension School Enrichment Programming'. It lists several activities with descriptions and standards. The activities include 'The Plant Parts We Eat (Grades 1-3)', 'NEW: Spheros (Grades K-12)', 'It's Made From What? (Grades 3-4)', 'Messing with the Message (Grades 3-5)', 'Radioactive Golf Balls (Grades 4-6)', 'Tec Box (Grades 4-6)', and 'Embryology (Grade PreK-12)'. Each activity has a brief description and a list of standards. There are also small illustrations of a golf ball and a chick.