



## October 2020 Narrative Report

### Upcoming Events:

**November 2<sup>nd</sup>** – NCEA Ted Talk planning

**November 3<sup>rd</sup>** – Wellness in Tough Times eXtension PD

**November 4<sup>th</sup>** – Virtual Field Trip

**November 5<sup>th</sup>** – Pro Dev Webinar Series, K-State, Virtual Field Trips, Annie's Project- Real Colors

**November 9<sup>th</sup>** – Mindfulness in the Work Place, NCEA Ag Section mtg.

**November 10<sup>th</sup>** – Strengths Coaching, Extension Employee Wellness, Extension Huddle, Clay Co Ext. Bd mtg.

**November 12<sup>th</sup>** – Nebraska Center for Research on Children, Youth, Families and Schools (CYFS) Research Collaborative

**November 12<sup>th</sup>** – Positively Popcorn, SE – FCES

**November 13<sup>th</sup>** – Garden TOOLS for Corn mtg., WTT-youth planning

**November 16<sup>th</sup>** - Mindfulness in the Workplace, FAA Drone Test

**November 17-18<sup>th</sup>** – Ext Fall Conference

**November 19-20<sup>th</sup>** – NCEA Conference

**November 20<sup>th</sup>** – State Fair Static Supt. mtg.

**November 23<sup>rd</sup>** – Mindfulness in the Workplace, Fillmore Co Ext. Bd mtg.

**November 24<sup>th</sup>** – Clay Co Supervisors, Rural Family Wellness mtg., Extension Huddle

**November 30<sup>th</sup>** – Mindfulness in the Workplace

Brandy VanDeWalle

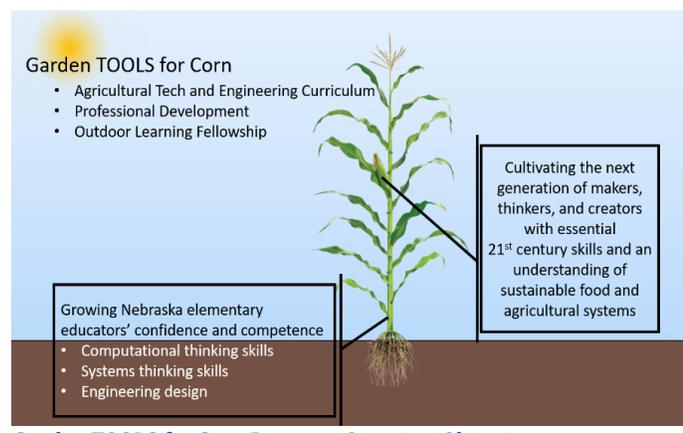
Extension Educator, Fillmore & Clay Counties

### Crops – Youth (STEM-career team)

I have created a new **4-H agronomy project** for all county and state fairs. Modeled after the special gardening project, it will provide all youth the opportunity to grow a unique crop in a container or small garden and learn the agronomic traits of that crop. To kick off the program, youth will have the opportunity to plant teosinte, which is considered to be one of the parent plants of modern corn. Fair book revisions and marketing materials are underway.

### STEM-Careers

**Virtual field trips** continued in October with a trip to an Equine Veterinary Hospital in Kentucky and Embryo Flushing in Kansas. In collaboration with Jenny Keshwani and Erin Ingram, UNL Science Literacy specialists, we received funding with the Nebraska Corn Board. The project, **Garden TOOLS for corn** is an experiential education program focused on using outdoor growing spaces to teach sustainable agricultural practices and modern agricultural advancements. We have been brainstorming how to modify our plans through virtual trainings with COVID-19 circumstances.



*Garden TOOLS for Corn Program Overview Objectives*

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## 4-H Youth Development

Directions and discussion on the **Citizenship Washington Focus trip** occurred with Nebraska Extension staff. The trip for 2021 has been cancelled so members planning to attend will go in 2022. A pancake breakfast in conjunction with the Geneva Chamber Holiday event was planned but got cancelled with the spike in COVID-10 cases.

I participated in 2 **National 4-H Council webinars** to learn more about future positive youth development regarding mental health, resiliency and the opportunity gap. I also participated in a webinar provided by the Buffett Early Childhood Institute on **Technology in the Early Years**.

Also, I helped a Fillmore County 4-H'er teach the 2020 water quality Ag Innovator program to 34 after-school youth at Crete Middle School. I completed the 2021 **Progressive Agriculture Safety Day** training. The foundation has virtual options for 2021 and new resource materials on mental health. I taught a Mars Basecamp science workshop for 6 youth.

## Professional Development/Unit Leader/Wellness in Tough Times

As a member of the agricultural educator promotion committee, I reviewed files put forward for promotion and spend time providing feedback to those educators. I participated in several social media and technology professional development programs offered by extension colleagues and a coaching session with engagement zone coordinator, Megan Burda. I participated in the annual **NAE4-HA** professional improvement conference and received ideas to incorporate in future programming.

I was nominated to serve on the statewide agricultural **promotion committee**. I completed the training for that and reviewed colleagues' files that were submitted for promotion. As President-Elect of **NCEA**, I continued work with the NCEA executive board on issues impacting NCEA members.

Our Wellness in Tough Times team presented to 23 Australia extension professionals at an **Australasia Pacific Extension Network conference**. We shared our eXtension collaborative efforts, community disaster impacts, mental health programming and future youth programs. I participated in a **Save the Kids** webinar sponsored by BLGH which featured Collin Karchner. The message was a reminder on the negative impacts social media has on teen mental health.

## News Columns/Blog Posts

**10/7:** Fall Home Invaders, **10/14:** Impacts of Screen Time on Youth

**10/21:** How to Have a Healthier Halloween, **10/28:** Farmers & Ranchers College Programming