



## September 2019 Narrative Report

### Upcoming Events:

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

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

Oct 7<sup>th</sup> – Pumpkin Painting

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

October 21<sup>st</sup> – Extension Board Mtg.

October 22<sup>nd</sup> – Wellness in Tough Times Webinar

October 23<sup>rd</sup> – NE Ag Section Mtg.

October 24<sup>th</sup> – Engagement Zone Coordinator Interviews

October 28<sup>th</sup> – Rural Wellness Webinar

October 29<sup>th</sup> – Engagement Zone Coordinator Interviews

October 30<sup>th</sup> – Regional Youth Crop Scouting Competition Mtg.

Brandy VanDeWalle

Extension Educator, Fillmore & Clay Counties

### Innovative Cropping Systems

Fundraising and program planning for **Farmers & Ranchers College** programming is underway.

### Mental Health/Rural Stress

I was the keynote speaker for the **Southwest Kansas Women in Agriculture program** held in Oberlin, KS and presented on agricultural stress and mental health to 31 agricultural women and other ag business professionals. The K-State Extension staff told me, “my presentation was excellent and just what they needed to hear.” A follow-up survey will go out to those who have emails.

Susan Harris-Broomfield and I are working on getting videos created for pesticide education safety program and other **mental health programming** to help producers relate to others dealing with the stress of agriculture and balancing the demands of farm/ranch life.

### 4-H Youth Development

I taught the a September (Fillmore) **Clover Kid** workshop where we painted miniature pumpkins, completed record books and reflected on the accomplishments of 2018.

In collaboration with the South Central Cattlewomen, I facilitated and taught at the 22<sup>nd</sup> **Ag Venture Day**. Kylie Kinley, Nuckolls/Thayer County Educator was able to come and add the technology component to the day by flying a drone since she is a licensed pilot. The 174 area fourth graders participated in hands-on activities focusing on agriculture and learned about products derived from grain



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and livestock. They also learned the process of crop production, basics of commodity marketing, history of roping, basic nutrition and had the chance to experience actual livestock. Evaluation data is still being summarized.

Rachel and I taught 493 fifth and sixth graders about water energy at the Annual **Water Jamboree**. The hands-on, interactive STEM-based activity where youth had to design, engineer and test water wheels with the goal of creating the most revolutions for the day. My niece from Colorado also job-shadowed me and was able to assist with the presentation Thursday. She is considering a career in extension.

## Professional Development or Organizational Citizenship

As Past President of the Nebraska Ag Section, I attended the **National Association of County Agricultural Agents Annual Meeting** for Professional Improvement Conference in Fort Wayne, Indiana. I was fortunate to receive the Distinguished Service Award, representing Nebraska. Nominations are limited to 2% of membership of each state and have had to serve at least 10 years of service. While at the conference, many great ideas were obtained including ways to incorporate technology into programming, mental health, etc.



As a 2019 graduate of **National Extension Leadership Development (NELD)**, this experiential professional development program focused on developing skills and competencies for leadership in extension work through four intensive residency experiences, including an international experience. Skills include: facilitation, coaching, motivation, diversity and inclusion, cultural competence, advocacy, conflict management, motivation, communication styles, program planning, power structures. This was one of, if not the best professional development programs I've ever participated and given me confidence in my ability to lead and improve myself.

## News Columns/Blogs

**September:** Fall Invaders (insects), Reading for Resiliency Program, Harvest Safety Tips, Uninvited Guests (mice)