



Comings & Goings

FROM THE OFFICE OF THE DEAN FOR EXTENSION

August/September 2014

Dean's Notes and Quotes



From left to right: Dr. Tom Obreza, Dr. Joan Dusky, Dr. Elaine Turner, Dr. Nick Place and Dr. Jack Payne

EPAF

We had a wonderful time at Panama City Beach for this year's EPAF annual meeting. There were several programming and networking opportunities for our entire extension family and we

especially had a great time

doing our ALS Ice Bucket Challenge. Our Friday keynote speaker Kevin Eikenberry painted a vivid picture of football and change, and we were grateful to have him join us.

Photos of this year's meeting can be found here: <http://epaf.ifas.ufl.edu/photos.shtml>

Extension Connections

Our webinar series **Extension Connections** on September 22nd was a great opportunity to speak with Cody Helmer and Carrè Saunders from IFAS Development. During this session we discussed the role of the IFAS Development Office and the critical importance of fund-raising to IFAS and Extension, as well as how to get personally involved. We also covered the remaining "Ask the Expert" questions from EPAF, provided an update on the two Associate Dean searches, and discussed the progress of our Strategic Staffing Committee.

<http://extadmin.ifas.ufl.edu/connect.shtml>

I look forward to interacting with you during our next session on October 27th.

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eXtension

There are many learning Opportunities with <http://learn.extension.org>. Here are a few upcoming sessions:

October 7, "Institutional Team Web Conference - October 2014," at <http://learn.extension.org/events/1347>

October 21, "Basics of poultry processing," at <http://learn.extension.org/events/1707>

November 7, "All Bugs Good and Bad Webinar Series: Where Have All the Honey Bees Gone? Hope for the Future," at <http://Learn.extension.org/events/1375>

Regards,

Dr. Nick Place

JFK - "Change is the law of life. And those who look only to the past or present are certain to miss the future."

Meet Your Specialist



Dr. Monica Wilson, Gulf Oil Spill Research Extension Specialist

Ph.D. in Marine Science

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I received my Ph. D. in December of 2013 from the University of South Florida with a degree in Marine Science. I am located at the USF College of Marine Science in St. Petersburg.

I came to the University of Florida from the University of South Florida where I was a graduate student. After graduating I stayed at the College of Marine Science and took on a more administrative role as an assistant to the Director of Academic Affairs while I searched for a job in my field.

My specialties are in physical oceanography. My research involved using a numerical estuarine model to simulate and analyze how localized effects of climate variability can cause changes in the volumetric flushing and circulation, as well as the cumulative impacts of winter storms and hurricanes on Tampa Bay.

I take a special interest in being active. I love to play soccer, run, swim and go for bike rides with my family.

Florida Master Naturalist Participants Inspired to Pay It Forward

Lisa Hickey, Urban Landscaping/Water Cons. EA I, Manatee Cty

Florida upland habitats in the Central West Florida region comprise 19% of the area's land acreage. The region has been identified as one with a fast increase in population and development. It is important to teach residents the value of natural habitats, native animal and plant communities, and the impact of human activities on the natural environment. In May 2014, 14 people attended the Manatee County Master Naturalist Uplands Habitat module. All 14 completed a pre- and post-test. The final scores indicated a knowledge gain of 71%, which is the highest gain accomplished in Manatee County during the last 8 years. All stated through the post-evaluation and comments that the training was very informative, necessary for residents to understand the value of their land, and would recommend and share the program benefits. Four students became certified as Master Naturalists and the remainder of the students wanted to take the next module available in Fall 2014. All participants (100%) indicated as a result of the training that Florida uplands have impacted their life to the point that they are willing to volunteer to teach workshops, eradicate invasives when noted, and help form a local chapter of the Master Naturalist Program in Manatee County.

Increasing Master Gardener Plant Identification Skills

Evelyn “Prissy” Fletcher, Hort EA I, Putnam Cty

The Master Gardeners (MGs) of Putnam County are extremely skilled with their demonstration vegetable gardens and school gardens. However, when it comes to the identification of ornamentals and weeds, they tend to be more hesitant to give an answer. There was a need to increase the MG's plant identification skills.

In order to increase their skills, I decided to bring in plant samples to each MG monthly meeting. The idea for this activity was borrowed from the Environmental Plant Identification class that is offered at UF.

As MGs sign-in at the front table, they are presented with five plant samples. Some of the samples have spent flowers, while others are just stems with roots still attached. The point is not to bring in a picture perfect specimen or they will expect that from their clients. Many clients have a tendency to bring in just a stem, or a desiccated leaf and expect us to automatically know what we are viewing.

Each sample that the MGs are asked to identify has a short list of hints, such as “a native evergreen shrub” or “common along roadsides” or “host to the gulf fritillary.” The MGs have an opportunity to view, touch, and smell or research the plant while enjoying the potluck lunch. Before the official business meeting begins, each plant is presented at the front of the room where the MGs are encouraged to identify the plant. At first, the well-informed volunteers received great joy out of blurting out their answers. I have since then started calling on specific people to give everyone a chance to identify the plants. Not only are the MGs more eager to make the identification, but they are all learning about other common names. I personally enjoy watching the group whisper among themselves, asking for opinions, or who has that plant in their yard. My favorite moments are when someone walks up to me after



Prissy Fletcher conducts plant ID activity with Master Gardeners.

the meeting to say that they had seen this plant so many times, but never knew the name. As a result of incorporating this identification activity into the monthly Master Gardener meeting, volunteers have increased their identification skills and self-confidence in working with clients.

Building Relationships with Local County Government

Cindy Sanders, Livestock CED III, Alachua Cty

As the UF/IFAS County Extension Director in Alachua County, I work closely with the Alachua County Youth Fair & Livestock Association every year in the planning and implementation of the Alachua County Youth Fair. The Alachua County Youth Fair and Livestock Show & Sale is an annual event held each year in March.

I serve as the liaison between the Alachua County Youth Fair Board and the Alachua County Board of County Commissioners, Alachua County Facilities Department, and the Alachua County Public Works Department on the maintenance of the fairgrounds.

In November 2012, the original pole barn that is used to house the livestock at the Youth Fair fell down while construction of a new roof was being

Cindy Sanders, UF/IFAS Extension Alachua County CED, Alachua County Commissioners, Alachua County Manager Betty Baker, and other county officials cut the ribbon on the new pole barn at the Alachua County Fairgrounds.



done. This occurred just 3 months before the Youth Fair would take place the first week of March 2013. Needless to say, we did not make the 2013 Youth Fair date and the county helped financially with tents to substitute for the barn. As the county officials were aware we needed to replace the pole barn by March 2014. Working side by side with the Youth Fair Board, we convinced the Alachua County Board of County Commissioners the need for such a facility. After many planning meetings with contractors, electricians, and county officials, the new pole barn was completed on Monday, February 24, 2014, 2 weeks before our Alachua County Youth Fair & Livestock Show.

The relationship that I have built during the past several years with county officials in Alachua County was instrumental in the planning and implementation of this new facility. During a period of about 1 year, county officials quickly became aware of the community support for extension in Alachua County, and the importance of such a facility for our youth.

Green & Growing Field Day Helps Cultivate Youth

Martha Glenn, Commercial Hort EA I, Manatee Cty

Manatee County has more than 313,000 acres of production agriculture and ranks 7th in agricultur-

al sales for Florida. An aging workforce threatens the future viability of these enterprises and it is vital to inspire our youth to consider careers in agriculture. On June 27, 2014, the inaugural "Green & Growing Youth Field Day" introduced more than 25 youth aged 8-13 to the world of commercial agriculture through various educational field trips and activities designed to demonstrate that agriculture is an important and challenging career. At the Gulf Coast REC in Balm, the youth learned about the many diverse agricultural careers by speaking with researchers, participating in a tractor safety demonstration and other hands-on activities. The youth then toured the local Sweet Bay Nursery where they learned about propagating, transplanting, growing, and selling native plants. The youth also toured the Manatee County Master Gardeners' demonstration garden where they learned to transplant a plant liner (and got to keep the plants), discovered the art of butterfly farming, and played a variety of agriculture-themed games. This field day provided a diverse group of youth from all over Manatee County with the opportunity to explore science and technology in an agricultural setting and become more prepared to work in an agricultural career. Evaluation results showed the youth had a 39% increase in knowledge about agricultural science, a 36% increase in knowledge about the nursery business, and were 28% more interested in pursuing a career in agriculture.

Tasting Cultural Food and Flavors - 4-H MyPlate Around the World Day Camp

Whitney Fung, FCS EA I, Polk Cty

Amanda Squitieri, 4-H YD EA I, Polk Cty

According to the Robert Wood Johnson Foundation's County Health Rankings, data collected since 2004 show that residents in Polk County are progressing towards higher rates of adult obesity, unemployment, and childhood poverty. Efforts to

increase healthy lifestyles programming is important to prevent childhood obesity.

The UF/IFAS Extension Polk County 4-H and FCS teamed up with Polk County Parks and Recreation to host a 3-day camp for youth. Adapted from Osceola County's curriculum *MyPlate around the World – Passport to Foods*, lessons were used to teach MyPlate concepts while incorporating other subjects such as geography, food safety, and cultural diversity. The group consisted of 17 youth aged 5-14 years old. Of the 10 participants with complete pre/post data, six (60%) had increased scores which tested knowledge of MyPlate recommendations, physical activity, food safety, and geography.



**My Plate Around the World
Day Camp**

Participants were involved in hands-on learning activities, games, and simulation to reinforce concepts such as fiber, physical activity, and making healthy choices for the family. Children worked with 10 Disney international cast members on projects to learn about and “visit” countries such as Brazil, Thailand, and Mexico. Other activities allowed participants to taste grains from different cultures, work as a family to plan meals, budget money to buy groceries, and accept traditions from other countries. Previous research studies have shown that exposure to novel foods increases the child's willingness to try other new foods (Cooke, 2007), and promoting acceptance of different foods would align with dietary recommendations to follow MyPlate and eating a “rainbow” of foods.

Horseshoe Crab Educational Display in Cedar Key

Leslie Sturmer, Aquaculture EA IV, Levy Cty

It's just like clockwork...every spring and throughout the summer horseshoe crabs visit Florida beaches to mate and nest. Nesting activity usually occurs at high tide before and after a new or full moon. This year at the City Beach in Cedar Key, an educational display is informing the public about these activities as well as the importance of this unique marine creature. The colorful, customized panel is the culmination of many efforts.

The idea was formed as a tribute to a Cedar Key resident who dedicated countless hours conducting beach surveys and educating the public about horseshoe crabs. A memorial fund was set up by the family in her honor for this purpose. In



**Horseshoe crab expert Dr. Jane
Brockmann with the display at
City Beach in Cedar Key.**

addition, I provided shadow boxes with crab molts to local businesses and more than \$600 was generated through sales of these boxes. Along with \$500 provided by the UF/IFAS Senior Vice President, enough funds were solicited to cover the costs of the display.

The information in the panel was developed in partnership with renowned horseshoe crab expert Dr. Jane Brockmann, emeritus professor in the UF Biology department; crustacean biologist Tiffany Black, with the FWC Marine Lab in Cedar Key; and Dale Johnson, a graphic designer at the Florida Museum of Natural History, who transformed the

text and pictures into an eye-appealing display. The panel material and cypress frame are meant to withstand the harsh environment of sun, salt spray, and wind.

Since the panel was unveiled last spring, hundreds of people have stopped to read it and discover what they can do to protect horseshoe crabs. Currently, I am working with several community organizations to develop additional educational panels on our local marine resources.

Put Pain in its Place with Lake County Osteoarthritis Education Program

Julie England, FCS EA II, Lake Cty

Pain and disability from osteoarthritis is a growing concern due to an aging society and poor lifestyle choices. Although there are more than 100 types of arthritis, osteoarthritis is by far the most common. In 2005, the CDC reported that nationwide 13.9% of adults aged 25 years and older and 33.6% of those 65 and older were affected by osteoarthritis. There are no specific statistics for osteoarthritis in Lake County. However, 2010 Florida Department of Health reports state that 39.5% of Lake County adults have been told they have some form of arthritis, 40.8% had symptoms of pain, aching, or stiffness in or around a joint and 16% are limited in usual activities because of arthritis or chronic joint symptoms.

UF/IFAS Extension Lake County is addressing the needs for managing arthritis pain through the Arthritis Foundation toolkit *Put Pain in Its Place: How to Get Osteoarthritis Pain Under Control*. The toolkit provides several publications as well as a suggested PowerPoint presentation. The presentation was modified to include the demonstration of assistive devices. Assistive devices are tools that make activities of daily living safer, easier or less painful. Flexibility exercises to increase mobility and reduce pain were demonstrated and participants were encouraged try them in class.



UF/IFAS Lake County Extension Agent Julie England puts pain in its place.

Programs were conducted at five local libraries, the extension office, a congregate meal site, a senior community, a church wellness program, a low vision support group, Hospice and extension volunteer groups, and two local television programs. To date, 364 people have attended programs. No numbers are available for the television programs.

The programs have been well received with many positive comments. Of 145 participants surveyed, 85% feel more confident that they can meet the challenges of living with arthritis and 81% are more confident that they can manage their arthritis pain. Planned changes to reduce pain include: exercise regularly (82%), pace activities (30%), practice relaxation techniques (47%), apply heat or cold (31%) and talk to healthcare provide about arthritis (33%).

Multi-state Programming Highlights Lower Alabama's Natural Resources

Libbie Johnson, Ag/Agronomy/Aquaculture EA II, Escambia Cty

A natural resources pre-tour was planned by NW District agents as part of the 2014 Mobile NACAA AMPIC to highlight the unique ecosystems found in Lower Alabama. For a day and a half, 14 NACAA members trekked through Mobile County, AL beaches to Baldwin County AL woodlands. The NACAA members visited Dauphin Island to learn more about barrier islands, storm surge effects on these islands, and near-shore drilling for natural gas. While on Dauphin Island they visited main

points of interest: the [Estuarium](#), an educational facility highlighting the four key habitats of coastal Alabama; the Mobile-Tensaw River Delta; Mobile Bay; the Barrier Islands; and the Northern Gulf of Mexico. The Estuari-

um is a showcase of the plants, animals, and other natural resources found in the estuary and its surrounding marine habitats. Another stop on the tour included [Splinter Hill Bog](#), a site that is occupied by some of the largest and most visually impressive white-topped pitcher plant bogs globally. Numerous rare and declining species associated with seepage bogs, upland longleaf forest, and coastal blackwater streams occur within this site. The next stop was to a large privately-owned longleaf plantation that is actively being managed for timber and pine straw production while enhancing wildlife habitat and battling destructive invasive species. Foresters discussed how modern forestry practices are being utilized with the age old practice of burning to keep this ecosystem productive and economically viable. On day two, participants traveled into the Mobile-Tensaw River Delta for a boat and hiking tour to view the flora and fauna of the middle Delta's cypress swamps. The highlight of this tour was the [Bottle Creek Indian Mound](#)- a 45 foot mound build of mud and oysters more than 800 years ago.

The educational tour was coordinated by Libbie



The group is feeling strong and ready to hike to see pitcher plants at the Splinter Hill Bog.

Johnson (Escambia County), Sheila Dunning (Okaloosa County Commercial Horticulture), and Carrie Stevenson (Escambia County Coastal Sustainability). Other instructors who provided invaluable insight and

assistance for the group in-

clude Chris Verlinde (Santa Rosa Sea Grant), Rick O'Connor (Escambia County Sea Grant agent), Andy Baril (Alabama Regional Natural Resource agent), Rusty Hendrix (Escambia County forester), and Hooper Matthews (Baldwin/Escambia County, Alabama forest landowner). Multi-state and national col-



Chris Verlinde, Santa Rosa Sea Grant Agent, discusses coastal habitats with participants from Virginia and Tennessee.

laborations are an important component of extension program delivery in NW Florida. County faculty have already started to plan the 2015 Natural Resources Pre-Tour for NACAA AMPIC in South Dakota, so stay tuned to learn more details about joining our group in the North Central region next July.



The group poses at the edge of Dauphin Island at the mouth of Mobile Bay.



Sheila Dunning, Okaloosa Commercial Hort Agent, tells about the lay of the land while Andy Baril, Auburn Agent, smiles on.

Taylor County Artificial Reefs Program

Geoff Wallat, Sea Grant EA II, Taylor Cty

Taylor County has supported construction of artificial reefs since 1965. Reef enhancements provide new marine habitat and increase fishing and diving opportunities. The state of Florida esti-



Deployment of Constructed Concrete Cubes.



mates that for every dollar spent on artificial

reefs, up to \$100 is returned to the local economy. Two

new reefs were deployed off the Taylor County coastline in 2013. The first reef deployment consisted of 120 concrete cubes (140 tons of material). The second reef came from public and private partnerships, and successfully deployed 75 tons of concrete culvert pipes. These two projects cost \$73,000. Using the state of Florida multiplier, this results in an economic return to Taylor County of approximately \$7.3 million.

The Taylor County Reef program partners with organizations and volunteers who provide grants, funding, reef materials, and time to make a successful Deployment. This group includes the Volunteer Reef Research Team, the Taylor County Board of County Commissioners, Florida Fish and Wildlife Conservation Commission (FWC), local businesses (Buckeye - Georgia Pacific), non-profit groups (Taylor County Tourism Development Council; Gainesville Offshore Fishing Club) and the Florida Department of Transportation. Taylor County has recently received another Artificial Reef grant from FWC of \$60,000, with a \$3,000 match from the Taylor County Board of County Commissioners.

Educating Farmers to Adapt to Herbicide Tolerant Weeds

Mace Bauer, Ag/Commercial Hort Interim CED III, Columbia Cty

Glyphosate is a non-selective herbicide and the development of glyphosate tolerant (Roundup Ready) crops revolutionized the production of corn, soybeans, and cotton. The first glyphosate tolerant Palmer Amaranth (PA) populations were found in Georgia in 2005. Due to continued reliance on glyphosate, farmers placed increased selection pressure on the weed populations and developed a nearly homogenous population of herbicide resistant PA. The cropping system in north Florida has been dominated by peanut production, which places little emphasis on the use of glyphosate. However, changing economics are driving a change in cropping systems to other crops and a stronger reliance on glyphosate. Area farmers stand at a very precarious crossroads of making the right management decisions to avert future losses, including loss of glyphosate as a functional component of their cropping system. Following a needs assessment survey, I determined Columbia County farmers wanted one-on-one support to learn weed identification, better understand weed physiology,



Herbicide resistant Palmer Amaranth is growing in cotton in North Florida. UF/IFAS Extension and farmers are working together to recognize the seriousness of the situation, adapt to it, and ensure an economically sustainable future.

and develop management practices and control strategies to adapt to their farming system. In order to avoid future losses, farmers require continuing education on an integrated system of crop rotation and the use of cover crops. Also, the appropriate herbicide selection, application timing, and use rates are critical to their future success. Farmers must also learn to

develop a zero tolerance policy even though there are no significant short term economic loss from minor weed escapes. This paradigm is new compared with the traditional cost-benefit approach to input management. Georgia cotton growers are facing herbicide programs that increased in cost from \$25 per acre to \$100 per acre. Hand weeding occurs on 52% of Georgia cotton acres at a cost of \$25 per acre. Several Georgia farms have already gone out of business due to failure to control PA or failure to remain profitable while operating under increasing input costs. UF/IFAS Extension is working with farmers in north Florida to recognize the seriousness of the situation, adapt to it, and ensure an economically sustainable future.

Citrus Growers Manage Damaging Insect Pest with Coordinated Area Insecticide Applications

Gary England, Fruit Crops EA III, Lake Cty

Since 2005, Florida citrus producers have been battling a destructive plant disease known as citrus greening. Citrus greening, a bacterial disease that is vectored (spread to other citrus trees) by an exotic invasive insect called the Asian citrus psyllid, causes significant decline in tree productivity and fruit quality.

Asian citrus psyllids have short life cycles and can reach very large populations in relatively short periods of time. Early in the battle against citrus greening, growers realized that coordinated area-wide insecticide applications aimed at managing the Asian citrus psyllid are very effective in reducing overall populations of the pest in a given region. When high percentages of groves are treated during a short period of time, there is basically nowhere for psyllids to hide. These regions making coordinated area wide insecticide applications have been organized into citrus health management areas (CHMA for short).

In Lake County, conducting coordinated area wide insecticide sprays is a difficult proposition due to many small blocks under varying levels of management and the urban rural interface in many major growing areas. UF/IFAS Extension-Lake County worked with numerous growers and citrus caretaking companies to conduct the first coordinated insecticide sprays in CHMAs within Lake County in January, 2014. These applications have been accomplished by aerial application (helicopter) or by ground rigs. Since then, three coordinated applications have been made, with an additional one scheduled for early November.



Helicopter used to spray CHMA area.

Results of these CHMA applications have shown reductions in overall Asian citrus psyllid population compared with previous years. The latest CHMA application in late July to early August, 2014 reduced overall psyllid populations by 50% versus the scouting data from the prior cycle.

UF/IFAS Extension provides OSHA Update response trainings to Hispanic Employers

E. Vanessa Campoverde, Commercial Hort EA I, Miami-Dade Cty

The Occupational Safety and Health Administration (OSHA), a federal agency within the U.S. Department of Labor, has adopted The Globally Harmonized System of Classification and Labelling of Chemicals (GHS) to improve safety and health of workers through more effective communications on chemical hazards. The GHS is a system for standardizing and harmonizing the classification and labelling of chemicals. More than 5 million

workplaces in the United States will be affected by this revised Hazard Communication Standard (HCS). These are workplaces where approximately 43 million employees could be exposed to hazardous chemicals. <https://www.osha.gov/dsg/hazcom/hazcom-faq.html#23>

This rule was finally adopted on May 26, 2013. OSHA set various compliance dates related to implementation of the GHS. The first is that employers who use hazardous substances of any sort must make sure that employees are trained on the new label elements (e.g., pictograms, hazard statements, precautionary statements, and signal words) and SDS format by December 1, 2013, while full compliance with the final rule will begin in 2015. <https://www.osha.gov/dsg/hazcom/hazcom-faq.html#22>

Given the timing of this rule, the announcement of the first deadline gave employers only few months to come into compliance. This short time was complicated by the fact that no new labels and no SDSs had even been developed at this point. A higher concern existed for Spanish speaking employers who needed an accurate and educative training on these English-written rules. The UF/IFAS Extension Miami-Dade County provided free Spanish classes on very short notice.

Miami-Dade county conducted two different sessions in Spanish on the OSHA Update to 79 employers. Online and paper surveys of attendees showed an increased awareness of pictograms, Safety Data Sheets (SDS) and other label elements that will be changed.

From the paper survey:

72 (91%) of 79 surveyed participants self-reported that on a scale of 1-5 (1 =least, 5=most):

Knowledge gain: 3.8 of what the pictograms mean; types of pictograms and changes in the Manual Safety Data Sheet (MSDS) into SDS.

Intent of practice changes: 4.3 indicated intent to change practices in modifying their MSDS labels into SDS.

From the online survey:

32 surveyed participants indicated:

21 (66%) of 32 never received an OSHA Update training in Spanish before this class.
1(3%) of 32 didn't know if there were trained before.

10 (31%) of 32 were trained before.

1 (10%) of 10 received the training approximately 1 year ago.

9 (90%) of 10 have received this training approximately 5 years ago.

If your county requires assistance with Spanish trainings regarding OSHA- GHS update, please let us know as we will be happy to help out!

A Rain Barrel's-Worth of Savings in Seminole County

Taryn Sudol FFL EA I, Seminole Cty

Irrigation of home landscapes typically accounts for at least 50% of a resident's water bill. Water use can become more efficient if homeowners adjust their practices to incorporate rainfall events. One example that reduces both storm water runoff and the amount of potable water used for irrigation is a rain barrel. UF/IFAS Extension in Seminole County, in partnership with Coca-Cola Waste Facilities, has conducted three rain barrel workshops so far in 2014. This year, Coca-Cola has donated \$4,690 to our FFL program in 55-gal plastic drums (\$67.00 value/drum), allowing the FFL workshop participants to construct the rain barrels at a reduced materials fee of \$20.00. These workshops have all quickly reached maximum capacity with 67 participants and 70 rain barrels completed to date. Annually a rain barrel saves an average of 1,906 gallons of water per 1,000 square feet. At this rate, 133,420 gals will be saved. The program furthermore exposes participants to other water efficiency behaviors. Of

Flower Power Gives Suwannee County Residents a Boost

Carolyn Saft, Hort EA II, Suwannee Cty

Being outside in nature makes people feel more alive, according to a series of studies published in the Journal of Environmental Psychology. The sense of increased vitality exists above and beyond the energizing effects of physical activity and social interaction that is often associated with our adventures into the natural world, "Nature is fuel for the soul" says Ryan. "Nature is something we flourish in, so by having it be a part of our lives is critical, especially when we live and work in built environments" states Ryan. These studies, concludes Ryan, underscore the importance of having access to parks and natural surroundings and of incorporating natural elements into our buildings through windows, indoor plants and flowers. Research has shown that people with a greater sense of vitality don't just have more energy for things they want to do, they are also more resilient to physical illnesses. In Suwannee County, assisted living and nursing home residents along with employees of Advent Christian Village Retirement Community are limited in their interaction with nature.

A Suwannee County Master Gardener volunteer brings a little bit of nature every week to brighten up the lives of residents and employees. Age does not slow down this dynamic 84 year old volunteer as she tends to 3,000 square feet of flower garden that is right next to the community vegetable garden. She looks forward to selecting the seeds, sowing them into the garden and harvesting the flowers to make arrangements for the residents and employees. She said, "Working in the garden keeps my body active and my mind alive." She stated, "I learned so much in my Master Gardener training that has led to the success of my garden; from preparing the bed, to variety selection, fertilization, micro-irrigation and pest management." Before the class, she only had marginal success growing plants in Florida. This Master Gardener has also shared her knowledge and skills with the



those who responded to the post-survey, 10 intend to set their sprinkler timer to manual and 12 will calibrate their sprinkler system. Of those who responded to the post-survey (51), 43% intend to set their sprinkler timer to manual and/or will calibrate their sprinkler systems. These workshops, with Coca-Cola's partnership, make extension a go-to source for water efficiency resources and information.

community garden vegetable gardeners so they are also using integrated pest management and learning to produce better crops. A side benefit of the flower garden is that it brings in more pollinators to the vegetable garden as observed by the Master Gardener and the vegetable gardeners. The Master Gardener says, “Helping others and brightening the days of those who can’t get outside just makes me happy and I am thankful for



Pollinators that frequent the Flower Power garden in Suwannee County also visit the community vegetable garden at Advent Christian Village.

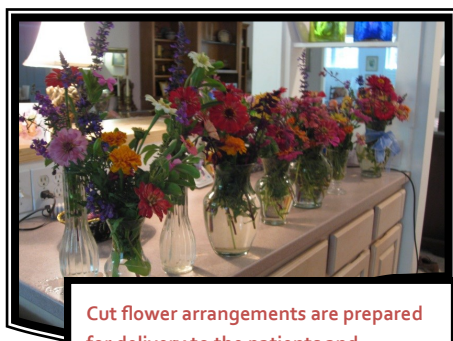


The Flower Power garden in Suwannee County provides cut flowers for arrangements used at the assisted care and nursing home facilities to brighten the lives of residents and employees.

what I do have.”

In 2013, this Master Gardener designed and delivered more than 300 flower arrangements from her flower garden to residents and employees.

Administrators at the facilities have estimated that her volunteer work and arrangements would cost them more than \$5,000 per year if they had to purchase them. Even more impressive are the stories



Cut flower arrangements are prepared for delivery to the patients and employees of assisted living facilities and nursing homes in Suwannee County.

the Master Gardener shares at the monthly alumni meetings. She shared that an Alzheimer patient who hadn’t spoken in years started telling family members and visitors the names of the flowers and how she used to grow them. Another resident who had given up and just sat around in his wheelchair asked for a small raised bed where he

now grows his own tomatoes and hot peppers. He said, “I love eating tomatoes and the hot peppers give the bland facility food more taste.” The gentleman is eating more vegetables as a result of his little garden. The facility employees tell the Master Gardener that the arrangements brighten their day and make them smile. Studies have also shown that people are more caring and generous when exposed to nature. Even the art director uses the flower arrangements as subject matter for her class participants to draw or paint.

Our Master Gardener volunteer is adding more flower varieties so her growing season can be extended and she can make even more arrangements in the future. She is excited about her next crop of blooms and seeing the smiles they bring to people. Flower power is a positive influence on Master Gardeners, residents and employees of Advent Christian Village’s facilities. Extension makes a difference in the quality of people’s lives.

Conducting Scholarship that Makes a Difference for Floridians

Amy Harder, Associate Professor, AEC

Scholarship – it’s a word that you’re going to hear a lot of as UF/IFAS Extension looks to strengthen its position as a national leader in Extension scholarship. Dean Place kicked off the 2014 Extension Connections by focusing on scholarship. If you missed the session or need a reminder since it’s been awhile, you can check it out here (~28 minutes in):

<http://extadmin.ifas.ufl.edu/connect.shtml>

Over the last 18 months, I've been encouraging everyone to get involved in scholarship through publishing in the Journal of Extension and related outlets. We've explored options for publishing in JOE, how to publish as a team, issues of formatting, why IRB is important, and tips for being successful in your publishing pursuits. This is a good start to a newsletter series focused on publishing, but do you know what's missing? (Hint: take a look at the title of this article.) We've talked about how to get published, but not about what to publish!

One of the questions posed by Dean Place was: "How can we utilize strong Extension scholarship to advance the high-priority initiatives that are core in our UF/IFAS Extension Roadmap?" Re-framed, what I heard Dean Place ask was "How can we conduct scholarship that makes a difference for Floridians?" Making a difference for Floridians is really why our Roadmap exists – and our organization!

Our Roadmap rolled out in 2012 and it reflects the priorities expressed by stakeholders in listening sessions all over the state. It's your cheat sheet to what matters to Floridians. Floridians care about: (a) food systems and the environment, (b) sustainability and conservation of resources in communities, (c) financial security of individuals, business enterprises, and communities, (d) science, technology, engineering, and math opportunities for youth, and (e) healthy lifestyles.

Given that we know what is important to our stakeholders, it makes sense to look for opportunities to engage in scholarship that will advance our ability to deliver programming that addresses these super issues. Will you be conducting an innovative program related to enhancing and protecting water quality? Start planning to publish about it. Are you working with schools to increase their capacity in teaching STEM curriculum? Start planning to publish about it. Do you think you'll be working with low-income clientele to help them pro-actively manage the impending changes

to the Federal SNAP program? Start planning to publish about it!

Imagine the positive impact we can have if we all commit to focusing our scholarship efforts on what makes a difference for Floridians. Here are the UF/IFAS Extension faculty who shared their scholarship in the August 2014 issue of JOE.

- Enhancing Volunteer Effectiveness with Google Apps. Bryan Terry (FYCS), Amy Harder (AEC), Tonia Zyburd (FYCS)
- Making Rapid Change. Judy Levings (State 4-H), Becky Nibe (Iowa State)

Air Potato Beetle to the Rescue

Brooke Moffis, Residential Hort EA II, Lake Cty

Cooperative Invasive Species Management Area is a collaboration of local government agencies, municipalities, land managers and property owners whose mission is to address the threats of invasive species.

In 2013 the Lake County CISMA was approached by the city of Mount Dora to help control the inva-



sive air potato in the highly visible Palm Island Park. Invasive species like the air potato replace native species and can destroy more natural habitat every year than development. CISMA partners, Master Gardeners, and 47 community volunteers came together for an air potato round-up in March 2014 and removed an estimated 2,600 lbs

of air potato tubers. This 1-day event encouraged community volunteers to continue with removal of air potato in this park. Mount Dora was thrilled with the response from the community and is planning an annual air potato round up with support from CISMA. CISMA then hosted an air potato beetle release with the Division of Plant Industry in July at Palm Island Park. These beetles will feed upon both the leaves and tuber of the plant, negatively impacting its growth. Participants were taught about the beetle, youth released the air potato beetles in the park, and others were given containers of the beetles to release at their locations. Four and a half thousand air potato beetles were released at 18 sites in Lake County.

The air potato population in Mount Dora has been significantly reduced and people are talking and requesting the beetle for their area. Many residents have reported seeing the lacy leaves created by the beetle feeding. Press releases and newspaper articles as well as educational programs at the extension office have promoted the use of the beetle and we are beginning to see the impact in reduced invasion by air potato.



Dr. Paul Monaghan
Assistant Professor
Department of Agricultural Education and Communication
Center for Landscape Conservation and Ecology.
University of Florida

Registration is required for each session, visit our website to register and to learn more about the Easy as PIE Webinar Series: <http://www.piecenter.com/easy-as-pie/>

Contact Nicole Dodds for more information: ndodds@ufl.edu or 352-273-3139.

Save the Date! Easy as PIE Webinar Series

Date: October 21st

Time: 2-3 pm

Topic: Community-based social marketing:
Friends of the Trees as a case study

Join this session to learn key concepts in using community-based social marketing to change behavior. As a case study, Dr. Monaghan will review a Hillsborough County Extension program called Friends of the Trees- Tampa that works to increase tree literacy among community members. This program was developed based on research aimed at uncovering barriers to planting trees and seeks to preserve and expand the tree canopy in urban Florida.

Retirement

We would like to give our best wishes to Jane Corless for an enjoyable retirement after over 25 years of service and dedication.

Jane Corless, FCS CED III, Clay Cty



New Hires

We would like to welcome the following new faculty:

Yilin Zhuang, Community Resource Efficiency Prg EA I, Marion Cty
Maxine Floyd, Residential Hort EA I, Flagler Cty
Erin Landauer, FCS EA I, Manatee Cty
Margaret Carden, 4-H EA I, Marion Cty

Resignations

We would like to wish the following faculty the best of luck in their future endeavors:

Sean McCoy, RSA II, Suwannee Cty

Special Mention

The following agents have recently completed an advanced degree. We would like to offer congratulations on this great accomplishment:

Dr. Debbie Nistler, 4-H YD EA III, Bradford Cty, Ph.D. in AEC from UF
Dr. Cindy Sanders, Livestock CED III, Ph.D. in AEC - Extension Leadership from UF
Evelyn "Prissy" Fletcher, Hort EA I, Putnam Cty, M.S. in Soil and Water Science from UF

Extension Comings and Goings is a monthly newsletter distributed by the Office of the Dean for Extension via e-mail and on the Extension web site at <http://extadmin.ifas.ufl.edu>.

If you have any suggestions or would like to submit your own recognition or short article of interest, please send them to Valkyrie Shah. Please feel free to also forward any questions or comments about this periodical to Valkyrie Shah at valkyrieshah@ufl.edu.
