

EXTENSION

Comings & Goings

FROM THE OFFICE OF THE DEAN FOR EXTENSION

Video Presentation

This edition's video presentation is a Goal and Focus team update from Linda Bobroff, Department of Family, Youth and Community Sciences:

Video Presentation

Below are links for additional information on the programs Dr. Bobroff mentioned:

[PDEC website](#)

[HNFS homepage](#)

[Registration for In-service training](#)

[EDIS](#)

[FYCS home page](#)

[ENAFS website](#)

[IFAS Bookstore](#)

[IFAS Presentations website](#)

This video presentation utilizes the sam streaming technology being used on the Solutions for Your Life web site. If you have

Flash Player 8 or higher installed on your computer, you can view the video using Flash. You can download Flash at the following website:

<http://get.adobe.com/flashplayer/>

Success Stories from the Field

Putting on the Ritz

Two chefs from the Sarasota Ritz Carlton cooked up a feast of local foods for 24 French students and their chaperones from Perpignan, France, who were in the states on a one-week Sister Cities exchange to study sustainability, conservation and alternative sources of energy. Perpignan's goal is to become the first "positive energy" city in France, meaning they will generate more power from renewable sources than they consume. The French delegation "Day of Education" at Extension started with home-baked sweet rolls and Starbucks coffee during a green landscape tour, moved through a

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morning of sustainability and energy presentations by Extension faculty and county experts, and culminated in an FPL tour of Florida's largest solar array in Desoto County after a lunch of foods so delicious the students took second and third helpings, all the while visiting with the chefs. The chaperones happily told Extension staff, "This is the most food these students have eaten all week." After the students returned to France, the Sister Cities Director commented, "The Extension Day of Education was one of the highlights of the entire week for our exchange students and for the Sarasota Sister City members who were able to attend." [Contact: Carolyn Gregov]

Hillsborough FCS Keeping the Pressure Down

Hillsborough FCS adapted the Keeping the Pressure Down curriculum from the 8-class series into a three part program better suited to the urban, professional audience for lunch and learn classes. Three series have been offered, to 67 participants thus far. Results after just 3 weeks (rather than 8 as originally developed) have been outstanding. Twenty four percent of respondents reported that their blood pressure had all ready dropped, 41% had all ready made changes in diet or exercise patterns and the other 59% reported that they planned to make changes in the near future. Every participant reported that they now knew more about risk factors for high blood pressure, had a better understanding of how to make healthier selections when eating out, could use a food label with more confidence to make healthful choices for food purchases, and that they had a better idea of how to adapt their usual cooking patterns for better health. With reduced blood pressure, these participants will have less risk of heart attack, stroke and related illnesses. They will need fewer medications and have lower health-care costs for both themselves and their insurance companies. Also, their quality of life and health will be improved. [Contact: Mary Keith]

SCAT Bus Signs

At a recent Sarasota Family and Consumer Science advisory committee meeting Commissioner Carolyn Mason suggested that we place signs advertising our FNP programs in the SCAT buses to help advertise our new classes. The next day, the FCS team began working to gather information on cost, design and production and number of signs needed to cover the SCAT fleet. In collaboration with the Sarasota County Communication and Graphics Department our signs were designed in both English and Spanish at no cost and an order was placed to have 45 bus signs produced by funds from our FNP grant. Posters, using the bus design graphics were also displayed at all four health department locations showing the topics being discussed at various sessions of our new FNP trainings. Once the whole program was up and running SCAT provided information to calculate the average readership on any given weekday and weekend. We have approximated that there could be 189,153 viewings of our signs on a monthly basis. Our signs have contributed to the success of the health department classes and to help introduce clients to the Family Nutrition Program. [Contact: Maria Rometo]



Students Plant Seeds of Success

Polk County 4th graders, like many students, see the results of Florida's horticulture industry on their way to school every day. But once a year, Polk County buses 6,000 students to the Polk County Agriculture Center, where students attend Agrifest, sponsored by the Polk County Farm Bureau. The "Horticulture," stop of the

Agrifest experience is presented by the Master Gardeners. Most 4th graders have little knowledge about what makes plants in yards and gardens succeed. Students learned about careers in horticulture and the county economy, seeds and propagation methods, and water management and drought tolerance. Learning about these topics was achieved through three different learning methods. First, the participants shared in an interactive visual program; second, students took part in live demonstrations with the assistance of Master Gardeners; and lastly, students hand-planted various annuals like marigolds and were given educational materials to take home. The program met with many successes. Pre-program materials provided to classrooms were utilized by 86% of instructors, while post-program materials were utilized by 94%. As a result of active curriculum sharing and participation, students were well prepared to interact with the program topics. Overall teacher satisfaction with the on-site program was 94%. The Polk County Master Gardeners were recognized as the 2009 winner of the Florida Master Gardener State Award in the category of “Service to 4-H and Other Youth.” The biggest winners, however, are graduates of the program, who will shape the future of Polk’s horticultural economy. [Contact: Dr. David Shibles]

Finding a Common Ground: Understanding Workplace Diversity

Workforce demographics have changed drastically in the last generation, as one in six American will be 65 or older by the year 2015 and one in six will be Hispanic. Diversity awareness, management and resourceful leadership are keys to discovering the hidden potential in each worker. However, because diverse cultures have different values and, “rules” of conduct, problems can surface at the worksite. A worksite seminar, “*Common Ground: Understanding Workplace Diversity*” was developed to address the issues that come with change and dissimilarity. Thirteen workshops were taught to 334 participants at their worksite. Family history, stereotypes, communication patterns and group beliefs were examined through open discussions, self-discovery and story-sharing. 194 post-workshop evaluations indicate that 97% of the participants gained an

understanding of how their own culture is perceived by others, 95% reported a new perspective on other cultures, 81% set at least one personal or professional goal for embracing diversity, 97% learned to appreciate co-workers for their assets and contributions, 98% increased their awareness of their own actions and attitudes about diverse cultures, 98% gained the skills/knowledge for improving the way they communicate with co-workers, and 99% gained skills/knowledge for responding positively to diversity. Finding a common ground among all people, regardless of age, race, ethnicity, etc strengthens our ability to compete in a global economy. Diversity awareness and training are just the first steps toward discovering the hidden potential in everyone. [Contact: Diana Converse]

Calusa Lakes’ Brazilian Pepper Busting Initiative

The Sarasota County Florida-Friendly Landscaping™ Program for Community Associations provides outreach programs to educate communities on strategies to preserve and restore natural areas as part of its outreach efforts. In particular, educational assistance and information on identification of non-native invasive plants, strategies to remove non-native invasive plants, selection of appropriate native plants, and grant funding possibilities, is provided. About 16 acres of wetland preserve areas in the Calusa Lakes community were infested with mainly Brazilian Pepper (*Schinus terebinthifolius*). Volunteers of this community have removed Brazilian Peppers in about 12.5 acres (80%) of the infested areas, and replanted appropriate native wetland species. Their enthusiasm has also spilled over to their neighbor, Mission Valley Golf Course. Plans are underway for a collaborative effort to remove non-native invasive plants between the Calusa Lakes Community and this golf course. Preserving and restoring natural areas will improve natural processes, and improve water quality and quantity. [Contact: Annemarie Post]

New Faculty

Please welcome the following new faculty:

Holly Abeels, Extension Agent I, Brevard County,
1/15/2010

Christopher Holcomb, Dairy/4-H RSA I, Polk County,
2/5/2010

Susan Haddock, Commercial Horticulture/IPM/Small
Farms EA II, Hillsborough County, 3/5/2010

Steven Lands, Commercial Ag Courtesy Extension
Agent I, St. Johns County, 2/1/2010

Please welcome the following faculty into their new
posititons:

Jacque Breman, Veg/Alternative Crops M/C Extension
Agent, St. Johns County, 1/22/2010

Courtney Davis, Dairy/Water Extension Agent I,
Okeechobee County, 1/25/2010

Retirement

After many years of service and dedication, Duska
Dorschel (Duval FCS Extension Agent IV) has retired.
We want to thank her for all of their contributions to
UF/IFAS Extension.



Duska Dorschel (on the left) is pictured here with Tamer
Britton

Extension Comings and Goings is a monthly newsletter
of 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 Liz Rossen at lizann@ufl.edu.
