

TABLE OF CONTENTS

CSI: Cattle Country.....	1
How the Sausage is Made.....	2
Meet Your Specialist.....	3
SMART Couples Florida— Strengthening Marriages and Relationships Training.....	4
Peanut Butter Challenge—Providing Nutrition across the Florida Panhandle.....	5
Providing Online Training to Your Extension Clientele.....	6
EFNEP: Palm Beach County Business Partner of the Year.....	7
4-H Members Filling a Unique Need After the Storm.....	7
25th Annual Lafayette County Farm Judging/Farm Manager Contest.....	8
Putting a SPIN on Traditional Clubs.....	8
Homeflow Adds Value to Your Family...9	
Extension Family Nutrition Program Incorporates More Local Foods.....	9
Helping New Residents Start a Livestock Farm in Bradford County.....	10
New hires.....	10
Departures.....	10
Retirement.....	10

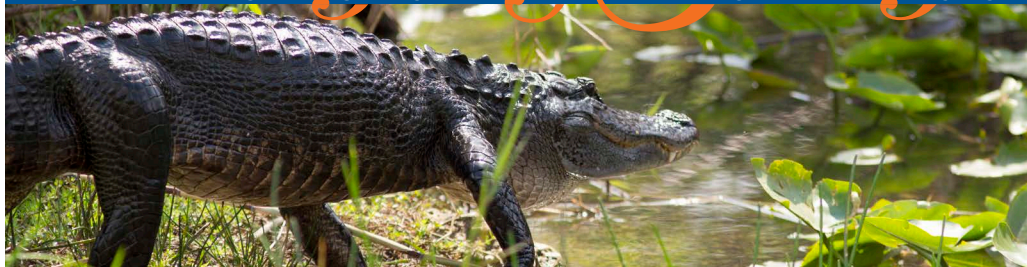
UF/IFAS Extension *Comings and Goings* is a monthly newsletter distributed by the Office of the Dean for Extension via e-mail and on the UF/IFAS Extension web site at <http://extadmin.ifas.ufl.edu>.

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.

UF/IFAS Extension *Comings & Goings*

FROM THE OFFICE OF THE DEAN FOR EXTENSION



CSI: CATTLE COUNTRY

 Jack Payne | jackpayne@ufl.edu | @JackPayneIFAS


Lindsey Wiggins is a multicounty livestock agent based in Henry County.

When livestock agent Lindsey Wiggins visits a ranch to look for weeds, analyze soil or gauge how much molasses to give the cows, she looks at the sky. If she sees buzzards, she gallops off looking for a carcass.

When she finds it, she examines it for tell-tale signs of panther predation. She takes pictures. Sometimes she even skins the animal. And she calls the Florida Fish & Wildlife Conservation Commission, whose officials ask her further questions about what she sees.

As a result, last year the first rancher in her multicounty area got a government check for a documented calf kill, and there are plenty more in the pipeline. That saves ranchers from monetary losses when non-paying customers such as panthers eat their calves. It also saves panthers by offering a way out of the dilemma of cat versus cow.

University of Florida/Institute of Food and Agricultural Sciences Extension has more cattle industry-focused agents than it did a decade ago, including livestock agents such as Wiggins, forage agents, and others. At the UF/IFAS Range Cattle Research and Education Center in Ona, for example, we have three times as many man- or woman-hours dedicated to Extension as we did in 1998.

This includes faculty whose job is primarily research but also have Extension duties. When a faculty member asks what percentage of his or her time should be devoted to each, we'll sometimes jokingly tell them 100 percent Extension and 100 percent research.

Wiggins has been on the job for 10 years, serving cattlemen and cattlemen in Hendry, Glades, Charlotte, Lee and Collier counties. She was born into the cattle business, and it's the only place she's ever wanted to be.

Wiggins grew up the daughter of a cowboy in Clewiston. She lives there today, and she and her husband have their own commercial herd of Brangus. Her husband rodeos, works the herd, and has a day job in the industry. "Poppa," her grandfather, ran a cattle operation.

She is, of course, a Florida Cattlemen's Association member. She gets absorbed talking about the forensics of a calf kill. She's even said, "I love this part of my job, the blood and guts part of it."

What I love about that part of her job is that it's science, not just swagger. It's the act of collecting evidence, even when there are flies and stench surrounding it.

We know you lose many calves in the first few months and even in the first few hours of their lives. There haven't been many studies on the possible causes – weather, disease, and yes, predators. The FCA is sponsoring the research of the Ona REC's Raoul Boughton to get a better handle on this.

Wiggins is a key member of Boughton's team in the field, especially on the Big Cypress Reservation of the Seminole Tribe. The work involves putting sensors on the cows so scientists know when they give birth, and tagging the newborns. Those tags send data that allow the Wiggins and Boughton team to respond quickly in the event of a

death, while crucial information about the death is still available.

Wiggins may be even hauling a carcass in the U.S. Fish and Wildlife Service truck loaned for the project up to Bronson for a necropsy at the Florida Department of Agriculture and Consumer Services lab.

Her dedication to science in the service of solutions is informed by what she sees as a conservation ethos she shares with the industry. Specifically, Wiggins sees the value of ranches as wildlife habitat. She also sees ranchers' appreciation that panthers call those ranches home, even if it that comes with calf kills.

Documenting the major causes of calves' deaths may help agencies and industry focus resources and management strategies. It's not a stretch to say that good science in this case could lead to hundreds of thousands of dollars a year in savings for the industry.

That science relies on livestock agents in the field who both know the science and have the passion to pursue it. Wiggins has that combination.

That's why I highlighted her in a recent address at the Extension Professional Associations of Florida's annual conference. It's also why UF/IFAS has supported the expansion of its corps of cattle-related Extension agents.

HOW THE SAUSAGE IS MADE

Jack Payne | jackpayne@ufl.edu | [@JackPayneIFAS](https://twitter.com/JackPayneIFAS)

You can watch the sausage get made in Tallahassee. Or, if you go to Holmes or Washington counties, you can learn to do it yourself.

The woman behind a self-sufficiency movement taking hold in rural Florida is a family and consumer sciences Extension agent named Judy Corbus. The demand for the class was driven not by housewives asking, "What do I make for dinner?" but by hunters asking, "What do I do with this deer?"

It's been mostly men showing up, folks like then-Bay County Sheriff Frank McKeithen and his son. Some are after what they'd call a "retro" experience — the cool new way to embrace an old way they never knew. They're looking at the class as the way they can become artisanal butchers for their own meals. Others see it as a way to reconnect to tradition, to do what they saw their granddaddies doing.

Corbus teaches one of the only sausage-making classes at the University of Florida's Institute of Food and Agricultural Sciences. In other ways, the class is typical of UF/IFAS Extension in that it delivers low-cost or no-cost science to do-it-yourself Floridians from Key West to the Alabama border.

There are people like Corbus in every Florida county teaching you to grow tomatoes, save for your first home, manage marital stress, live with diabetes, keep bees, and burn your yard waste.

There are also volunteers like Annette Lanham of Vernon, a U.S. Navy retiree who teaches sausage-making with Corbus. The class grew out of a discussion the two of them had about people's desire to learn skills such as canning that their parents and grandparents had not passed along to them.

As Lanham tells it, the folks in her rural community have all this available meat, but the skills to process it disappeared a generation or two ago.

Now the prices are so high for turning their turkeys, wild hogs, and deer into a ready-to-cook product that there's incentive to do it yourself. Plus, there's a hip homebrew vibe to being able to chow down on something you caught, cleaned, and cooked yourself.

That's the kind of connection to your food UF/IFAS wants to promote in a state where the second-largest industry is agriculture. There's a long way to go, but there are hundreds of Judy Corbuses across the state telling

and teaching people the story of where their food comes from.

In a way, UF/IFAS teaches the kind of sausage-making that happens in Tallahassee, too. Every year UF/IFAS Extension runs a boot camp for new county commissioners.

Our 4-H program serves more than 200,000 kids in ways that increase their civic participation as adults. It enters them in public speaking contests, puts them before an arena full of people to show their animals, and takes them to Tallahassee to lobby lawmakers.

In other words, UF/IFAS teaches people to become do-it-yourself citizens. Some of those 4-Hers grow up to become elected officials. Among those Florida 4-H alumni helping make policy today are U.S. Senator Bill Nelson, Commissioner of Agriculture Adam Putnam, and state Representative Jennifer Sullivan.

It doesn't much matter if you want to make sausage on a kitchen counter in rural Holmes County or on the floor of the House of Representatives on South Monroe Street. Your public scientists are people who teach many things that are in the end all the same thing — how to do things yourself.

MEET YOUR SPECIALIST

Fernando Alferez

I am Fernando Alferez, a citrus horticulturist at Southwest Florida REC. I came to the University of Florida in 2015 from Valencia, Spain, where I was working as a research scientist for the Institute of Agricultural Chemistry and Food Technology from the High Council of Scientific Research (a Spanish government agency). My specialties are citrus physiology, production and horticulture, as well as citrus postharvest biology and technology. I also take a special interest in citrus tree resistance to disease and other stresses, and evaluation of performance of novel citrus varieties. I received my Ph.D. in biology from the University of Valencia, Spain. Being a native of Spain, citrus has been always a substantial part of my environment. After obtaining my Ph.D. in 2001, I got a postdoctoral position at the Citrus REC in Lake Alfred. The 6 years I spent there made me know and love the real Florida. When I got the opportunity of coming back two years ago, the decision was really an easy one to make. For a citrus person there is no better place to be. Here in Florida we are at the forefront of the worldwide efforts to beat all the challenges that the citrus industry is facing these days. I particularly enjoy talking to people in our industry and exchanging information with them. I have experience working in Spain, South Africa and Florida, and I find that citrus growers in Florida are really knowledgeable.

On weekends and holidays, when I am not working on our grove or lab at SWFREC, you can find me hiking in any of our state parks with my wife and our dog, a 4-year old female Catalan sheepdog who came with us in this journey, or taking minor roads searching for remnants of cracker farm architecture. I am very appreciative of how well these constructions and rural infrastructures integrate in the surrounding nature and groves and how they enrich our landscape. This is a heritage that we cannot lose.

Ozgur Batuman

I am Ozgur Batuman, assistant professor of citrus pathology at the Southwest Florida REC. I came to UF from the University of California, Davis, where I was initially post doc and then a project scientist working on thrips population dynamics and tomato spotted wilt virus (TSWV) incidence in processing tomatoes, peppers and lettuces in central California. My specialties are virus and virus-like pathogens (i.e., viroids) infecting tomato and other crops. My primary field of interest and expertise are the plant diseases caused by RNA-viruses, including Closteroviruses, tospoviruses, torradoviruses, criniviruses, potyviruses and ilarviruses and viroids, DNA-viruses including begomoviruses and cucurbitaviruses, as well as other pathogens (i.e., phytoplasmas). I also take a special interest in citrus, which I farmed and conducted all my graduate studies on. Citrus has a special place in my heart and I always enjoy working with citrus plants. In the past, I worked on development of *in vitro* transformation and regeneration, RNA-i and integrated pest management aspects of citrus research. My research now is focused on development of IPM programs to control citrus diseases, including Huanglongbing (HLB), citrus canker, citrus black spot, postbloom fruit drop (PFD) caused by *Colletotrichum acutatum*, Phytophthora foot rot and root rot, Citrus tristeza virus and citrus blight.

I received my M.Sc. in 1998 and Ph.D. in 2006 in plant pathology from University of Cukurova, Turkey and the Hebrew University of Jerusalem, Israel, respectively. My graduate studies primarily dealt with agrobacterium-mediated genetic transformation of citrus and model plants with various genes of citrus tristeza virus, carried out at the Volcani Center in Israel. I was able to generate a substantial number of transgenic plants of the most important citrus rootstocks using a variety of transformation methods. Additionally, I also worked on development/improvement of new methods for detection and identification of citrus and grapevine infecting virus and viroids. This involved developing many novel techniques including cryopreservation and grafting of citrus shoot tips (meristems).

SMART COUPLES FLORIDA—STRENGTHENING MARRIAGES AND RELATIONSHIPS TRAINING

Stephanie Toelle, EA IV, M.S., Duval County



SMART Couples participants in Duval County show their certificates for completing the ELEVATE course.

How would you rate the current health and quality of your couple relationship? Are you ready to take it to the next level? Five counties in Florida can help you do just that. Under the leadership of Dr. Victor Harris, trained UF/IFAS Extension faculty and staff in Alachua, Duval, Manatee, Palm Beach, and Santa Rosa counties offer premarital, marriage enrichment, and youth relationship skills workshops within their family and consumer sciences programs. A 5-year, \$5 million grant award by the Administration of Children and Families provides funding for additional state and county staff, incentives for class participation, and program materials.

The Florida Department of Health reports that our state had 167,416 marriages and 79,677 divorces in 2016. Duval County reported 3,085 of those divorces. Divorce and family fragmentation not only hurts families, but it also puts a strain on the justice system, Temporary Assistance for Needy Families (TANF), the Supplemental Nutrition Assistance Program (SNAP), housing assistance, Medicaid, Head Start and other social services, which in total costs Florida taxpayers more than \$2 billion annually. Businesses are also affected by the relationship issues of their employees, due to absenteeism, lowered productivity and higher healthcare costs.

To address these concerns, UF/IFAS Extension developed the SMART Couples Florida project. SMART (short for Strengthening Marriages and Relationships Training) is a program designed to strengthen the relationships of families and couples in order to improve their health and economic well-being. Launched in fall 2016, SMART Couples courses include Before You Tie the Knot, for premarital couples; ELEVATE: Take Your Relationship to the Next Level, for married or unmarried couples; Smart Steps, for remarried or repartnered couples with children; and Relationship Smarts Plus 3.0, which works exclusively with youth. At each class, participants receive a light meal and incentives in the form of gift cards for 100% attendance. Issues covered in the workshops vary, but couples may work on deepening

their intimate relationship through healthy communication, cultivating friendship, managing conflict, strengthening commitment, valuing each other, and showing mutual respect. They may also tackle issues such as parenting, money, anger, stress, wellness, and mindfulness.

And SMART Couples is only the beginning: To further support the couple, they may be referred to one or more local agencies that have partnered with UF/IFAS Extension to provide a safety-net of services for couples and families. Each county has established close partnerships with local agencies for cross-referrals.

As of the end of 2017, SMART Couples Florida has reached 1,075 participants, provided 110 workshops, had 48,000 visitors to our website and 590 Facebook followers. In Duval County, 194 residents participated in 34 workshops offered at sites throughout Jacksonville. Each workshop is 5 sessions, so many more contacts were made with these individuals. Workshop participants use Chromebooks to respond to federal and state pre- and post-workshop surveys. Measurements analyze healthy living choices, relationship commitment, partner stress, expression of appreciation and respect, listening and sharing, managing conflict, social support, positive bonds and negative interactions.

In Duval County, couples reported 89.5% increased satisfaction in their relationship after class completion. After expressing serious frustrations and uncertainty about the future of their relationship, one couple came back and shared: "You know, Ms. Stephanie, we went home after class and talked for more than three hours, and we committed to work this thing out. I didn't think we were going to make it." Hundreds of statements like this have been echoed by couples in Duval county and across the state as couples learn the SMART skills and strategies to move forward in healthy and happy ways.

For more information about the SMART Couples program, visit <http://smartcouples.ifas.ufl.edu/>

PEANUT BUTTER CHALLENGE—PROVIDING NUTRITION ACROSS THE FLORIDA PANHANDLE

Libbie Johnson, Agriculture/Agronomy/Aquaculture EA II, Escambia County

Since 2012, UF/IFAS Extension Northwest District faculty and the Florida Peanut Producers Association have been partnering to organize an annual Peanut Butter Challenge. The challenge is a food collection drive for peanut butter from within each of the Northwest District counties. All the peanut butter collected from each county is matched by pallets donated by the Florida Peanut Producers Association and donated to local food pantries. Not only does the Peanut Butter Challenge help publicize the

important contribution of north Florida's peanut growers to our state's the peanut industry, but it also helps provide a healthy and universally loved food product, made from a locally grown product, to food pantries in northwest Florida counties from Pensacola to Monticello.

The 2017 Peanut Butter Challenge continues on a positive track, with faculty in 14 counties in the collecting a total of 6,388 jars, or 8,918 pounds of peanut butter this year. Thanks to the generous match of seven pallets

from the Florida Peanut Producers Association, the total amount of peanut butter donated to local food pantries will be more than 20,000 pounds. Considering that the USDA puts a value of \$2.52 per pound of peanut butter, this annual drive provides more than \$50,000 of healthy food to our local communities.

Through donations, support from various businesses and groups like county 4-H clubs, Boy Scouts, Girl Scouts, local churches and other community-minded organizations, the Peanut Butter Challenge continues to grow. This year, Brad Buck and a team from UF/IFAS Communications created a series of promotional materials to help our district publicize the event. From a video filmed with Monica Brinkley in Liberty County that highlighted the need for peanut butter at local food pantries, to infographics for use in social media posts, to a boilerplate press release for media outlets, the UF/IFAS Communications team helped the faculty of the Northwest District to nearly double the amount of peanut butter collected from previous years. Jefferson County showed the greatest increase from 2016, and Escambia County won the challenge by collecting over a ton of peanut butter.



Escambia County personnel with some of the peanut butter dropped off at the Extension office.



Peanut Butter collected in Bay County.



PBC in Jackson County. L to R: Matt Lollar, horticulture agent; Ken Barton, president of the Florida Peanut Producers Association; Marie Arick, FCS agent.



Julianne Shoup, Jefferson County FCS agent and Ken Barton, President of the Florida Peanut Producers Association pictured with more than 1,500 lbs of peanut butter.



Calhoun and Liberty County Extension Directors, Judy Ludlow and Monica Brinkley, dropping off their peanut butter match to a local food bank.



Santa Rosa agents Mary D. Salinas and Chris Verlinde, pictured with a portion of their peanut butter.

County	lbs.
Bay	1,092
Calhoun	102
Escambia	2,495
Holmes	346
Jackson	315
Jefferson	1,575
Leon	150
Liberty	138
Okaloosa	588
Santa Rosa	1,162
Wakulla	649
Walton	100
Washington	207
Total	8,918

PROVIDING ONLINE TRAINING TO YOUR EXTENSION CLIENTELE

Paul Fisher, Floriculture Professor, Environmental Horticulture

Faith Oi, Urban Entomology Assoc. Extension Scientist, Entomology and Nematology

Saqib Mukhtar, Associate Dean and Agricultural Program Leader for UF/IFAS Extension



Greenhouse Training Online graduates in El Salvador

Online training will be increasingly important for Extension in the 21st century. It can provide our clientele with easy access to programming and expert UF/IFAS faculty. Revenue from registrations can support your program, and it is easy to track positive impacts.

You can consider online training as a complement to your face-to-face workshops, or provide a course completely online. Courses can be short or long, and can be made continuously available or with specific start and end dates.

We recently celebrated 35 employees of Costa Color, who graduated with certificates of completion from UF/IFAS Extension Greenhouse Training Online courses at their facilities in Homestead, Orlando, North Carolina and the Dominican Republic. All this training was delivered online in English and Spanish, without the need to travel.

UF/IFAS Extension Pest Management University is also providing online training and registration for hundreds of pesticide applicators. The system is integrated with the Florida Department of Agriculture and Consumer Services (FDACS) and allows users to track their continuing education units (CEUs) with a simple log in.

UF/IFAS Extension has come up with new solutions to help you provide online training to your clientele. Two “learning management systems” (LMS) to choose from, depending on your needs, are Canvas Catalog and Canvas QuickReg (Table 1). If you are providing online Extension training, these two options are in compliance with UF Information Technology (UFIT) risk assessment requirements. Do not use other options without checking first with Dan Cromer (dhcromer@ufl.edu).

With Canvas Catalog, the participant only needs a simple email and password to register for a course, and simple credit card payment. This

makes it less of a hassle for you and your clients to access online training than the Gatorlink account setup required with Canvas QuickReg. Paul Fisher and Maria “Pili” Kinslow (greenhousetraining@ifas.ufl.edu) can help you get started with Canvas Catalog.

Courses offered only to Extension audiences are not for University of Florida credit. However, you may consider adapting an existing for-credit course for an Extension audience. You can also apply to the Florida Department of Agriculture and Consumer Services (FDACS) or authorities in other states to provide continuing education units.

It is possible to provide free or for-charge courses on all platforms, with credit card payments to support your Extension program. Discuss with Keith Gouin (keithg@ufl.edu) at Extension administration about how funds are distributed to your account.

Attribute	Canvas QuickReg	Canvas Catalog
Risk Assessment	Completed	Completed
Payment	Credit card payments directly into PeopleSoft	
Tech support	Combination of your program, Distance and Continuing Education (DCE), & UFIT	Combination of your program & UFIT
Online registration	Set up of Gatorlink ID with security questions	E-mail and password
Support for registration	Combination of your program, DCE, & UFIT	Primarily your program
Instructor training	Canvas eLearning training is provided by UFIT (http://elearning.ufl.edu/)	
Loading content	Your program develops and loads videos, articles, handouts, and quizzes	
Content updates	Your program updates directly	
FDACS approval	CEUs need approval as for any Extension program	
Certification and CEUs	Certificate of completion and CEUs can be provided	
Record keeping	Program director can review courses completed within the QuickReg system	User can review completion of any courses they completed on this platform
Cost	No cost to add a course. However, need to budget on time to develop content by instructors or staff. Adding course material into Canvas is straightforward. If program expands beyond 6,000 users (a user is an individual in one course) there is a \$2.50 per user fee for Canvas Catalog.	
Timeline	Available now	
Contact for more information:	QuickReg group in DCE (http://www.dce.ufl.edu/)	Paul Fisher and Maria “Pili” Kinslow, greenhousetraining@ifas.ufl.edu

EFNEP: PALM BEACH COUNTY BUSINESS PARTNER OF THE YEAR

Danielle De Vries- Navarro, EFNEP EA I, Palm Beach County

Nicole Owens, EFNEP SSA, Family Youth and Community Sciences



The Marjorie S. Fisher Nutrition Driven Program in Palm Beach County.

The School District of Palm Beach County awarded the 2017 Business Partner of the Year to the UF/IFAS Extension Expanded Food and Nutrition Education Program (EFNEP) in Palm

Beach County (PBC). EFNEP works in partnership with the Palm Beach County Food Bank and offers the Marjorie S. Fisher Nutrition Driven program (MSFND). This program enhances the nutritional health of adult learners attending English for Speakers of Other Languages and GED® classes.

MSFND is a mobile food pantry that provides fresh fruits and vegetables in tandem with additional groceries from the PBC Food Bank. EFNEP supplements the groceries by offering a series of evidence-based nutrition education lessons to adult learners. Specifically, EFNEP teaches nutrition, food safety and preparation, simple recipes and smart shopping tips through an eight- to nine-lesson evidence-based series. Our data shows that these lessons, coupled with access to healthy foods increase the food security status of participants from the time they start the program until they finish. For example, 47% (n=399) of all MSFND graduates from fiscal year 2017 ran out of food less frequently after attending these classes. Since

2014, we have graduated over 1,000 adult learners from Palm Beach County community schools, the Adult Education Center and several satellite sites.

A recent graduate of MSFND who attended the school district appreciation luncheon discussed her experiences as a refugee. She said she moved to the United States for a better life and expressed her gratitude for not only developing her English language skills, but also learning how to improve the health of her family. She explained how the MSFND program exposed her and her family to fruits, vegetables and whole grains available in the United States. She appreciated that EFNEP educators demonstrated how to properly and safely prepare these new food items in healthy dishes for her family.

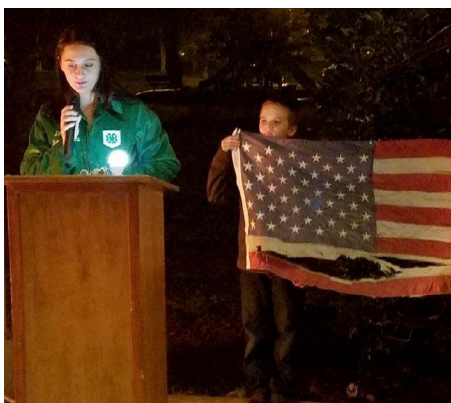
In 2017, EFNEP in PBC spent \$301,172 on direct program support. Past research shows that for every \$1.00 spent on EFNEP programming, \$10.64 is saved on future health care costs*, totaling roughly 3.2 million in savings in PBC this year.

Cady Sandler, Programs Coordinator of the PBC Food Bank stated, "I am so proud to see how the MSFND program has grown over the years and I am very excited we have this award-winning partnership with the EFNEP in PBC. We look forward to many more years of making positive impacts on the health and wellbeing of PBC residents."

*Rajgopal, R., Cox, R.H., Lambur, M., and Lewis, E.C. "Cost-benefit analysis indicates the positive economic benefits of the Expanded Food and Nutrition Education Program related to chronic disease prevention." *J Nutr Educ Behav.* 2002 Jan-Feb; 34(1):26-37.

4-H MEMBERS RAISE THE FLAG AFTER THE STORM

Crystal McCazzio, 4-H Youth Development EA II, Putnam County



4-H youth putting their public speaking skills to work as they respectfully retire the community flag.

In 4-H we are constantly encouraging youth and volunteers to look for needs in their community and make plans to address them. Getting back to business after Hurricane Irma had one Putnam County 4-H Club doing just that. The Bostwick Bronco

Ropers of Bostwick were resuming their regular meeting at the local community center. When they arrived, they found a very tattered American flag hanging from the flag pole in front of the building. They immediately began planning the steps needed to replace the flag. First they contacted their county commissioner to get help in purchasing a replacement flag, which the commissioner graciously donated and presented

to the club at their following meeting. But replacing the flag was not enough, as multiple youth in the club had attended an overnight residential 4-H camp and witnessed the proper retirement of an American flag. They thought they might bring the flag with them to the next camp for it to be retired; however, the club decided they wanted the community to come together to be a part of the ceremony. When they announced the flag retirement and invited the public, several community members, families and individuals began donating their personal flags, which were also damaged in the storm or were just too old and tattered to continue to fly.

One cold and windy evening the club came together to retire the flag. Members and leaders from the local community association, fire department and library attended. The words the youth recited as the flag was retired piece by piece were strong and rang true as a beautiful tribute after a storm that impacted so many. At the end of the ceremony, the story of "Taps" was read and the crowd sang "Taps" in unison. The youth proudly retired multiple flags that evening. The citizenship and public speaking skills they have learned in 4-H and put into practice will follow them throughout their lives.

PUTTING A SPIN ON TRADITIONAL CLUBS

Kelsey Haupt, 4-H EA I, Duval County



Florida 4-H is one of many youth development organizations competing for the attention of today's youth. Among these organizations, many of which are superb, how does 4-H stand out? We have a strong foundation, quality programming and unique projects, and yet we're still fighting to add new members to our organization. To address this issue, the Duval County 4-H Expansion and Review committee decided to use a new approach to program expansion. Growing 4-H Opportunities Together: Volunteer vision and action (GOT: Viva) is a deliberate action research process to analyze 4-H programs and develop new initiatives. Over the past

two years this group has guided the Duval County 4-H program through this process to determine new avenues for 4-H.

The process identified various "4-H deserts" throughout Jacksonville, including Arlington, Jacksonville Beach and the urban core. Duval County 4-H struggles with convincing members to commit to a full year of programming. Many families simply say they are just too busy. We've all heard it before – between sports, school, family-time, church and all the other extra-curricular activities, families struggle to find enough hours in the day. The ultimate goal of any program is to have long-term engagement from their youth. However, all long-term engagements must start with a strong first encounter experience that begins to foster the sense of belonging to the 4-H program among the families. To reach this goal of expansion Duval County 4-H is implementing a SPIN club program.

SPIN stands for Special Interest. In a 4-H SPIN Club, five or more youth learn about a topic of interest for a short-term commitment. Duval County 4-H SPIN clubs will be hosted in a variety of locations, such as libraries, apartment clubhouses, parks, and schools. Additional partnerships will be developed for sites and sponsors.

To fund the SPIN club program, Duval County 4-H sought and received a grant through United Health Care (UHC) to fund programs and interns from local universities and colleges. The interns are the ones facilitating the SPIN clubs, and the goal is for the intern program to be self-sustaining through SPIN club fees, external grants, and gifts.

A SPIN club handbook was created using the Florida 4-H resources and includes an introduction to 4-H, SPIN club "how-to's", how 4-H'ers learn, inclusion and safety information, office information and lesson plans. All interns go through a training program led by the 4-H agent.

Current SPIN clubs are focusing on topics of healthy living in order to meet the requirements of the grant. Future programs will expand to include interests such as gardening, rocketry, cooking, photography, STEM and much more – there will even be a Spring Break SPIN club.

The SPIN club program will provide a platform for youth to get a sampling of all that the 4-H program has to offer, while meeting county needs as identified by the expansion committee. The goal is for families to get a sense of belonging to the organization and thus participate in other programs, thus turning a short-term special interest project into a long-term engagement within the Duval County 4-H program. We will share more as Duval County 4-H pilots this program!

25th ANNUAL LAFAYETTE COUNTY FARM JUDGING/ FARM MANAGER CONTEST

Chris Vann, Ag/4-H EA II,
Lafayette County



Participants judging at the Corn Station

For 25 years, UF/IFAS Extension Lafayette County has hosted the Farm Judging/Farm Manager Contest for area youth. To date, more than 5,000 youth and many adults have participated, testing their ability to judge agricultural commodities and show their farm knowledge skills. Lunch and awards are provided by the Lafayette County Commissioners.

The Farm Judging Contest draws from a master list of 16 commodities important to the Suwannee Valley area. From this list, 10 are chosen for the contest. This year's judging classes included dairy and beef heifers, market hogs, gilts, poultry, peanuts, tobacco, hay, corn and corn silage.

The Farm Manager Contest is optional and consists of 5 tests in the areas of basic farm knowledge, identification of livestock feeds, poisonous/noxious plants, tools and equipment and insects/disease damage.

Awards are presented to teams and individual winners. Many of the participants and adults say this is the most enjoyable and practical contest they participate in each year. A first-time adult attendee said that this is what FFA and 4-H should be about, and that they would be back next year.

HOMEFLOW ADDS VALUE TO YOUR FAMILY

Stephanie Toelle, FCS EA IV, Duval County

The Homeflow program integrates the elements of home maintenance and family cohesion to bring higher efficiency, function, and home stability for family success. In Duval County, the collaboration of agents Melanie Thomas, specializing in aspects of home maintenance and operations, and Stephanie Toelle, specializing in family communication and conflict management, take Homeflow to a new level. Duval County has 50 families participating in Habitat for Humanity's Habijax program each year, in which families must take courses and participate in the building process to acquire their new homes. According to the US Census data for 2016, the median household income in Duval County was \$47,690, and 14.5% of its

estimated population of 926,255 lives in poverty. The Duval County agents initially piloted the Homeflow program with workshops at Habijax, but expanded into the wider Jacksonville community through branches of the Jacksonville Public Library and support of the Duval County Public Schools Parent Academy.

A question posed by program developer Dr. Randy Cantrell involves the economic value of stability and home ownership. How can owning a home and staying in a neighborhood add value to your net worth, as well as build the resiliency and cohesion of your family?

As the family relationships agent, my interests are variables regarding the

flow of relationship qualities. Pre- and post-testing examined factors such as perceptions of increased personal and family wellbeing, ability to build family strengths, meeting individual needs, behaving and communicating in a manner to help home occupants to get along, understanding and reducing conflict, encouraging children's positive behavior, increasing positive while also decreasing negative interactions in family relationships, increasing positive bond, and increasing the happiness and satisfaction in relationships. After participation in Homeflow, every variable showed an increase, from 10% to 35%, with all scores above 85%. This is exciting preliminary data, and we anticipate the results of follow-up with these families in the future!

EXTENSION FAMILY NUTRITION PROGRAM INCORPORATES MORE LOCAL FOODS

Brenda Marty Jimenez, FCS CED III, Broward County

Lisa Gonzalez, Family Nutrition Program, Food Systems Specialist, Broward County

The UF/IFAS Extension Family Nutrition Program (FNP) staff in Broward County are charged with teaching the county's nearly 260,000 SNAP-eligible residents about nutrition, eating healthy on a limited budget and the importance of gardening and eating fresh fruits and vegetables. (If this fresh produce is locally grown, all the



Broward's Dillard Elementary school serves delicious strawberries! (March 2017)

better!) FNP does this by providing research-based nutrition education classes to low-income individuals of all ages throughout the county.

In March 2017, 40,000 pounds of fresh strawberries were procured from Plant City with the help of the UF/IFAS FNP farm-to-school coordinator, and were served to Broward County School District students. "PICK ME!" was the message that was displayed (and encouraged) on the days the strawberries appeared in the school cafeterias. In addition to being a favorite fruit of elementary-age children, strawberries are a great source of vitamin C and fiber and are low in calories and fat.

The UF/IFAS Extension FNP district food systems specialist works with farmers, school districts, community organizations, government agencies and other food system stakeholders on initiatives that aim to increase the availability of locally grown foods in limited income communities. This includes work on initiatives such as school and community gardens, local foods procurement, food policy efforts and farm-to-foodbank programs.

There are many ways schools, community organizations, and farmers partner with the UF/IFAS FNP. The food systems specialist provides support in the following ways:

- Technical assistance related to local food procurement
- Promoting an increase in healthy local foods in the school cafeteria and the implementation of school garden programs
- Working with schools to organize local food-tasting events at schools such as the "Cucumber Crunch" event during National Farm-to-School Month.
- Helping schools to apply for the USDA Fresh Fruit and Vegetable Program
- Helping farmers increase access to new markets such as schools and farmers markets
- Working with farmers markets and vendors to promote the acceptance of Supplemental Nutrition Assistance Program (SNAP) dollars to pay for healthy local foods
- Working with farmers markets to enroll in the Florida Access Bucks program <http://www.foginfo.org/our-programs/fresh-access-bucks/>

- Training to Florida growers and buyers to support farm to school and farm to community efforts
- Working with farmers and community organizations to increase fruit and vegetable options at food banks and pantries
- Working with farmers, volunteers and food assistance programs to glean extra produce from farms and redistribute to food assistance providers such as food banks and pantries

FNP's local food procurement efforts enable students and adults to make better choices in the fresh foods they select and eat. Hopefully, these initiatives will have a lasting impact on their overall eating habits and health throughout their lives. When Broward FNP YUM (Youth Understanding MyPlate) nutrition lessons, Florida farmers, farm-to-community agricultural efforts, the school district and student food selection all converge, it's a win for everyone.

HELPING NEW RESIDENTS START A LIVESTOCK FARM IN BRADFORD COUNTY

Justin Walker, Livestock and Nat Res EA I, Bradford County

Starting a new livestock farm from scratch is a daunting task that most are hesitant to attempt. A few new residents of Bradford County decided to leave the city lights of the East Coast behind to take on this task. It has been a desire of theirs to one day have farm-raised livestock. In the beginning, only dog fennels, blackberries, ragweed, and an old collapsed barn could be found on their property. While they were knowledgeable about how to take care of livestock and established pastures, the new residents were not sure how to convert their overgrown property into improved pasture. They had a vision of what they wanted their farm to look like, but they just needed a little guidance.

After several conversations, site visits, and rearranging fencing plans, we helped the new residents develop a rough blueprint of the operation. Their vision of the farm included pasture for grazing cattle, horses, and goats.

Goats were to have their own small pasture and the fencing plans allowed for the cattle and horse to be together or separate. Also to be included were two small hay fields, an area for small cow pens and a round pen. This was a tall order, considering the property is a little over 20 acres and the pasture weeds are taller than some tractors.

The first phase of the project was to get the pasture weeds under control. After identifying them and deciding on an herbicide, one well-timed application brought them down to a manageable level. Fortunately, the new residents had just purchased a small tractor and mower. Once the pasture weeds were good and dead, we mowed the property, allowing sunlight to reach the grass underneath. Another herbicide application was in the plans to ensure the grass got a chance to reclaim the property. In the old collapsed barn, the new residents found a used herbicide sprayer, providing an opportunity to

save money. All it needed was two nozzles and a new pump. We calibrated the sprayer and they are now able to spray their own pastures.

The second phase of the project was to complete the fencing plans, and build the perimeter and interior fences. In the future, there will be a lot of animals on this property. Traditional grazing practices will not allow for perennial forage longevity with the number of animals they desire. I suggested the use of electric fencing to allow for better flexibility with grazing pressure, depending on the time of year and weather conditions; it also allows them to cut a little fencing cost.

Phase three will consist of planting winter forages and putting the first cattle on the property. To put phase three into action, we are waiting for the right weather conditions to plant and allow the best chance for winter forage establishment.

NEW HIRES

Michelle Leonard-Mularz, Environmental Hort EA I, Monroe County

Danielle Sprague, Ag/Natural Resources EA I, Jefferson County

Krista Stump, Natural Resources EA I, Osceola County

Cyndi Thomas, FCS EA I, Palm Beach County

DEPARTURES

Susan Munyan, 4-H Prg Cty EA I, St. Lucie County

Glen Bupp, Commercial Hort EA I, Brevard County

Denise DeBusk, Environmental/Urban Hort EA II, Alachua County

Taryn Sudol, FFL EA I, Seminole County

RETIREMENT

Kim Gabel, Master Gardener/FFL EA III, Monroe County | Mary Sowerby, Livestock RSA IV, District II