



## Dean's Notes and Quotes

### Announcing *Nick's Notes*

I want to take this opportunity to let you know that I am kicking off a new blog that I am calling *Nick's Notes*. My goal with this blog is to use this as another tool to advance organizational communication and dialogue for UF/IFAS Extension. My intention is to use this blog to share important information with you on key issues facing our organization and to encourage dialogue on these issues as well as developments, changes, concerns and other topics. This will not only be pertinent on matters for UF/IFAS Extension, but also issues we are dealing with nationally across our Extension network.

A key feature of this blog will be to encourage dialogue. So, I have an obligation to make sure that I am posting engaging material on a regular basis; and I ask that you check-out what is posted and provide input that will help advance the topic at hand. In addition, I'd ask that you let me know if there are topics or issues that you'd like to see posted in this blog.

You can access the Nick's Notes blog at <http://blogs.ifas.ufl.edu/nickplace>

### In closing

I wish each and every one of you a great and productive 2013. The beginning of each year is when we set resolutions for ourselves as a way to establish goals toward accomplishing the resolution(s) that are important for our wellbeing, families and careers.

## January 2013

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With this in mind, we all should also consider the many opportunities in front of us as an organization. Through UF/IFAS Extension, we have great opportunities to make significant positive differences among the individuals, youth, businesses and communities that we all work with. This month's quote below by Earl Nightingale typifies this thinking and approach. I encourage each of us to fully envision, embrace and take an active role and make the most of these opportunities. ...

**Quote to live by:**

"We are at our very best, and we are happiest, when we are fully engaged in work we enjoy on the journey toward the goal we've established for ourselves. It gives meaning to our time off and comfort to our sleep. It makes everything else in life so wonderful, so worthwhile." *Earl Nightingale*, personal development pioneer

Best Regards,  
*Dr. Nick Place*

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## Deadlines & Events

**May 1, 2013** - Citizen of the Year nominations (<http://www.bobgrahamcenter.ufl.edu/2013-bob-graham-center-citizen-year>)

**May 6-9, 2013** - FCS Summit (<http://fyics.ifas.ufl.edu/>)

**August 26-30, 2013** - Extension Professional Associates of Florida (EPAF) Conference at the Sawgrass Marriott Golf Resort & Spa in Ponte Vedra Beach, FL (<http://epaf.ifas.ufl.edu>)

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## "Let's Party:" Hands-on Food Preservation Workshops

Two experiences led Shelley Swenson (Wakulla Cty FCS Agent) to develop a traveling workshop to aid Wakulla County citizens' understanding of proper food preservation techniques. During the 2011 Wakulla County Citizens' Listening Session, the over-riding message provided was that people wanted to learn experientially rather than by lecture in future Extension programming. The second event was an experience that Shelley had at a national meeting she attended when a speaker said, "It is time for nutrition educators to get out from behind the podium and into the kitchen." She returned from the meeting with new thoughts on how to proceed with FCS programming.

Flyers and social media were used to advertise Shelley's interest in offering small workshops to familiarize or review techniques on food preservation in people's homes, in public meeting sites throughout the county, or at the County Extension Office. During pressure canning processing, there was time to gather around the canner and talk about food safety, what the UF/IFAS Extension offers in every Florida county, ideas for future programming, and related topics. Many people admitted they were unfamiliar with IFAS and thought their closest office was in Tallahassee.

This style of training was also attractive to new FCS agents who felt the need to review their food preservation techniques. Six FCS Agents have attended experiential training in Wakulla Cty in a comfortable setting during which their questions could be answered without judgment. It has been noted that many FCS Agents graduate from university programs where only scientific explanation of food preservation is explained and practicing the techniques is not available. Sessions to teach 4-Hers to make jam was also included in a day camp and at Camp Cherry Lake's residential camp setting. Several 4-Hers remarked that they had no idea how much sugar was in jam.

Although it is a challenge to bring every needed training item to the educational site, Shelley continues to feel the effort is worthwhile. She feels

that she can build new relationships with Wakulla County citizens. She reached new audiences, built the confidence level of the participants, and fulfilled her goal of offering more experiential training through FCS programming.



NE District FCS Agents Ricki McWilliams (Walton), Kristin Jackson (Jefferson), Shelley Swenson (Wakulla) and Amy Mullins (Leon).

Of the 168 participants who attended a hands-on food preservation workshop during 2012, all indicated their intent to continue or start canning now that they know more about safe ways to preserve food. The hands-on “preservation party” methodology was endorsed by many participants. One hundred and forty (87%) participants noted the value of experiential learning. Several participants offered these comments: “This is too much work for one person to do alone; can with a friend.” “It was fun to work and learn as a team.” “I enjoyed working and learning with others.” “Learn by doing.” and “Fun and informative with everyone working together.” One participant noted “Canning is a precise process - not following the rules could make someone very ill and worse.” A 17-year old wrote: “I think it is awesome that I learned to can. It could be very beneficial to my future.”

For more details, go to [www.wakulla.ifas.ufl.edu](http://www.wakulla.ifas.ufl.edu).

*Shelly Swenson, FCS/EFNEP EA II, Wakulla Cty*

## The Calhoun County 4-H Learning Gardens

In 4-H Youth Development, youth use their “Head, Heart, Hands, and Health” to “Learn by Doing,” and Calhoun County 4-H is creating a new place where local youth can do just that. The Calhoun County Board of County Commissioners recently entered into a land use agreement with Mr. and Mrs. Laddie Williams with the intent that the land be used exclusively for 4-H programming. Thus, the Calhoun County 4-H Learning Gardens were born. Prior to this agreement the gardening space available to 4-Her’s in Calhoun County was limited to a small container garden located on a busy state highway outside of the extension office. Now with the new learning gardens, youth are free to explore several aspects of home horticulture.



Virginia Williams, Laddie Williams, Scott Nichols and Dr. Pete Vergot, III.

The 2 acre garden space is currently funded entirely by donations. Space is solely due to support from generous donors and volunteers. To date, a fence has been installed to prevent damage from wildlife, underground water lines have been laid for irrigation, a hydroponic growing system holding 1,000 strawberry plants has been erected, and a cool-season vegetable patch has been planted. Walkways will be completed shortly and a large blueberry and blackberry patch are next on the list.

Additional plans for the property include a

sensory garden, raised planter beds, a greenhouse, a pumpkin patch, a small orchard, and a small citrus grove. The gardens will also include rain barrels, compost bins, and worm beds. Produce harvested from the garden will be used in one of three ways: sold to raise money to make the garden self-sustaining, used directly in 4-H programming (club activities, school enrichment programs, workshops, day camps, etc.), or donated to the Calhoun/Liberty Ministry Center for distribution to local families in need.

*Whitney Cherry, 4-H EA I, Calhoun Cty*

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## Flue-Cured Tobacco Production in the Suwannee Valley

No matter one's feelings about tobacco, its production has a long history in the Suwannee River Valley. Since the 1920s this area has consistently produced some of the highest yielding and finest quality tobacco in the world.



Tobacco growing in the field

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Although planted acres have been reduced significantly since the Tobacco Reform Act of 2004, farm gate value exceeded \$6 million in 2012. At its peak, tobacco sales annually contributed \$40 to \$50 million to the local economy. Auction chants were a familiar sound in the towns of Lake City, Live Oak, Madison, Jasper, and High Springs. Although the auctioneer's sing song chant is long gone, replaced by direct contract sales to compa-

nies, local businesses and governments fully supported and looked forward to each tobacco season. Many times it was said that tobacco paid the bills in these small rural counties for decades. In addition, the majority of the labor was local and further added to the local economy.



A scene from the past—Tobacco auction in Florida

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Agricultural agents in the tobacco producing counties work closely with specialists at the Univ. of Georgia and North Carolina State Univ. to provide the most current information available. Local agents continue to host the Annual Tobacco Growers Update on Farm Variety Trials and The Florida/Georgia Tobacco Tour. In addition, agents work closely with individual producers on managing and controlling rising input costs.

*Chris Vann, Ag/4-H EA II, Lafayette Cty*

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## Derelict Fishing Gear Identification and Removal Project

Florida contains major commercial trap fisheries for the Caribbean spiny lobster (*Panulirus argus*), stone crab (*Menippe mercenaria*), and blue crab (*Callinectes sapidus*). The majority of commercial fishing for these species occurs in south Florida. Southeast Florida is also home to the only coral reef tract in the continental United States. The Florida Keys Reef Tract is environmentally and economically critical to the area. In Miami-Dade County, coral reefs support 13,000 jobs and recreational users have contributed around \$419 mil-

lion of income per year.

During a normal season, lobster fishermen lose between 10 and 20% of their traps due to missing marker buoys from boat cut-offs, storms, and negligent trap maintenance.

While not the preferred habitat for trap deployment, debris from trap fisheries is found at greater densities on coral reefs than other live bottom habitats. The hypothesis for this finding is coral reefs

serve as a sink for traps moved by storms due to their rugose (wrinkled) structure. Marine debris causes suffocation, tissue abrasion, shading, and mortality to corals, and it has been negatively associated with coral cover. Derelict traps can also continue to catch target and non-target species for as long as they stay intact. Research results suggest that a derelict standard lobster trap kills an average of 10 lobsters per year.

This project successfully used NOAA Reef Visual Census data in Geographic Information Systems (GIS) to map the location and densities of debris in Miami-Dade County waters. GIS analysis found areas of high density of marine debris, or marine debris “hot spots,” in the northern and southern portions of Biscayne National Park. The northern hot spot was targeted for removal events in June-July 2012. During these removals, 5,224 m of coral reef habitat were surveyed. In total, 140 of the 211 debris articles encountered (66%) on surveys were removed. Using a trap equivalency standard, 74 traps were removed during the course this study. A total of 692 m of trap line, 42 m of monofilament line, and 75 m of rope were collected and removed. Of the 211 debris items surveyed, 62 (29%) caused damage to 137 benthic invertebrates.



Federally threatened staghorn coral covered and damaged by a fishing net

As part of this project, an additional 6 tons (estimated) of unwanted fishing gear was disposed of in temporary disposal bins set up at two commercial trap yards along the Miami River. These bins allowed for the free disposal of derelict or unwanted spiny lobster and stone crab traps, thereby saving the trap yards the money associated with disposal fees as well as ensuring proper disposal of the waste.

The Derelict Fishing Gear Identification and Removal Project is funded by grants from the National Oceanic and Atmospheric Administration and the National Fish and Wildlife Federation. Two Univ. of Miami graduate students completed their Masters degrees as part of this project, one of which was supported financially as a Miami-Dade County employee by the NOAA grant. The Miami-Dade Cty Sea Grant agent was the primary internship advisor of one student and was a member of the graduate committee for both. Both graduate students successfully defended their theses in 2012. As a result of her work on this project, specifically with Miami-Dade and Monroe County Commercial Fishermen, Malloory Watson was hired as the Community Engagement Coordinator for San Diego Coastkeeper® to direct their marine debris removal and community outreach program.



Federally threatened staghorn coral stand after removal of derelict fishing net

(Images made possible with Pentax underwater camera supported by Dr. J. Schaefer.)

*Dr. Lisa Krimsky, Sea Grant EA II, Miami-Dade Cty*

## Summer Camp Surfin' Through Summer—MyPlate, Organ Wise Guys Style

Pasco County Parks & Recreation summer program was used to make sure Pasco students didn't forget the healthy eating lessons they learned from the Family Nutrition Program (FNP) during the prior school year. Three FNP program assistants visited six low-income sites, reaching a maxi-



Extremely hard-working FNP program assistants Linda Tesar, Brenda Borjas, and Karen Faverty

imum of 580 youth aged 5 to 13 years.

Campers were introduced to the Organ Wise Guys (OWG) club members, one by one, as Sir Rebrum (the brain) called the club to order with roll call to share the research he had done on MyPlate.gov. Through a series of three interactive slideshows and nutrition-themed physical activities, campers learned what foods go where on MyPlate. Nutrition-themed activities followed the lesson using "Spin That Wheel of Health" and chanting the OWG mantra "low-fat, high fiber, lots of water, exercise!" while moving to the tune of the Macarena. Fun was had by all!

All campers scored well on pre-post assessments (K-2<sup>nd</sup> grade showed an 17% increase in knowledge, while the 3<sup>rd</sup> through 5<sup>th</sup> grade age group increased by 9%), highlighting how well FNP makes learning about good nutrition so much fun!

One of the camp counselors reported that he taught the four rules, along with the dance moves

campers had learned as a memory aid, to his 5-year-old nephews. He said they had it down so perfectly that their mom videotaped them and shared it with EVERYONE they met! These lessons are having an impact on the children attending summer day camps, but also other family members and friends!

*Betsy Crisp, EA IV, Pasco Cty*

## Going Local

"Going local" is a concept that an increasing number of St. Johns County residents are beginning to incorporate into their buying habits. Many residents are looking for the social connections that were created between customers and neighborhood businesses in years gone by.



Seated at the table are three judges at the Datil Pepper Festival

"Going local" is seen as a way to recapture that sense of community. The Datil pepper is a locally grown historic vegetable that is cultivated and produced in St. Augustine, FL. St. Johns County extension agents provided leadership to market and support the Datil pepper through the 6<sup>th</sup> Annual Datil Pepper Festival. The Festival, held on October 6<sup>th</sup>, 2012, included a professional restaurant cook-off and an amateur hot sauce contest. More than 1,000 people attended the festival as part of the St. Johns County Home and Garden Show. Ticket sales were up 70% and restaurant participation doubled from the previous year.

Extension agents recruited restaurant participants, marketed, recruited volunteer personnel and judges, and evaluated the Datil pepper festival. Ten restaurants participated by preparing both an appetizer and entrée with the local datil pepper ingredient. Amateur Datil Pepper Hot Sauce contest was held on October 7<sup>th</sup>. Forty-nine entries were submitted. There were more than 2,900 web hit counts as of November 30 on the [www.datilpeppercfestival.com](http://www.datilpeppercfestival.com) website. Functions like this one draw the local community out to the local UF/IFAS Extension Office to experience educational programs on Datil peppers as well as those presented at the Home and Garden Show.

*Dr. Dan Cantliffe, CED, St. Johns Cty*

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## 4-H Youth Learn Skills for Life and the Ability to Earn More Money

The need to attain life skills among youth is crucial to their positive development. These skills are necessary for youth to become productive members of society who are prepared to enter the workforce. In 2012, members wrote a story as a result of completing their 4-H project. These self-reports validate that youth enrolled in Sumter County 4-H who are completing a 4-H project are gaining skills that will better prepare them to enter the workforce, leading to higher earning power. Two comments from the stories are as follows: “4-H has taught me many valuable and lasting lessons. These lessons have taught me the value of hard work and the knowledge of caring and patience” (boy, age 13). “This project also helps you work together with other people that will help me in the future” (boy, age 14).

Research shows that 4-H participants have better grades, are more behaviorally and emotionally engaged with school, and are more likely to see themselves going to college. The conclusion can be made that youth who participate in 4-H to a higher degree and who are completing a 4-H project gain

skills that make them more employable. These youth are more likely to earn higher grades and to receive a higher level of education, leading to a greater chance of employability. The benefits of sufficient education can overcome some of the measurable cost of historical discrimination and can lead to higher earning power.

*Sarah Hensley, 4-H EA II, Sumter Cty*

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## Journal of Extension (JOE) Liaison

Scholarship is an essential component of Extension work. According to published works, scholarship is about creating, synthesizing, and applying knowledge to address the issues important in our world. Scholarship is also about respecting and learning from the knowledge and wisdom of others, our colleagues and the citizens with whom we work. UF/IFAS Extension will be focusing on improving scholarship in the coming year, an acknowledgment of the essential role that Extension faculty have in providing solutions for life.

Just recently, Dr. Place appointed me to serve as the UF/IFAS Extension JOE Liaison. I’m very excited about this role and plan to use *Comings and Goings* as one outlet where you can count on findings quick tips and longer articles on how to be a productive Extension scholar each month. Next month, we’ll kick things off with an overview of the *Journal of Extension*, the premier journal for Extension in North America. I encourage you to check out the most recent issue before then by going to [www.ioe.org](http://www.ioe.org). The emphasis for that issue is technology, but you will find a host of other topics covered, including articles by UF authors Drs. Martha Monroe and Damian Adams.

I hope to serve as a helpful resource during my tenure as liaison. If you have any questions about publishing or topics you’d like to see me cover in an upcoming *Comings and Goings*, please don’t hesitate to contact me at [amharder@ufl.edu](mailto:amharder@ufl.edu) or 352-273-2569.

*Dr. Amy Harder, Associate Professor & Extension Specialist*

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## EFAC

The Extension Faculty Advisory Committee will be meeting quarterly to discuss issues of importance to the organization with the Dean of Extension. Dr. Place is very committed to learning about the concerns of Extension personnel across the organization, and would like this committee to serve as a vehicle for bringing up issues, questions, topics of interest, suggestions, and potential solutions which might otherwise go unvoiced. On behalf of Dr. Place and the committee's chair, Heidi Radunovich, we invite you to provide feedback regarding topics that may be added to the agenda for discussion. The next meeting will be held on April 15, so suggestions for agenda items should be submitted no later than April 8. Items should be submitted to Heidi Radunovich at [hliss@ufl.edu](mailto:hliss@ufl.edu).

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## JAFSCD

We would like to bring to your attention a newly acquired IFAS subscription to an online journal titled *The Journal of Agriculture, Food Systems, and Community Development* (JAFSCD).

"JAFSCD is an online, international, peer-reviewed publication focused on the practice and applied research interests of agriculture and food systems development professionals. The Journal emphasizes best practices and tools related to the planning, community economic development, and ecological protection of local and regional agriculture and food systems, and works to bridge the interests of practitioners and academics. Articles are published online as they are approved, but are gathered into quarterly issues for indexing purposes."

It is currently in the process of being added to the UF Library Catalog and EJournal List, however in the mean time you can access it directly here: <http://www.agdevjournal.com/>

A special thank you to Valrie of the Marston Science Library for her hard work and research in acquiring this subscription for us.

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## Special Mention

The following agents have recently completed advanced degrees. We would like to congratulate them on this great accomplishment:

Dr. Laura Sanagorski, Env Hort EA I, Palm Beach Cty, received her Ph.D. from Texas A & M Univ. in Agricultural Leadership, Education and Communication.

Frank Dowdle, Ag EA I, Palm Beach Cty, received his M.S. in Agricultural Education and Communication from the Univ. of Florida.

Melanie Thomas, FCS EA I, Bradford/Union Cty, received her M.S. in Agricultural Education and Communication from the Univ. of Florida.

Annie Petersen, FNP EA I, Orange Cty, received her M.S. in Non Profit Management from the Univ. of Central Florida.

Jessica Sullivan, FFL EA II, Osceola Cty, received her M.S. in Entomology and Nematology from the Univ. of Florida.

Karen Stauderman, Commercial Hort EA I, Volusia Cty, received her M.S. in Entomology and Nematology from the Univ. of Florida.

Congratulations!!

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## FDACS

UF/IFAS has partnered with the Florida Department of Agriculture and Consumer Services (FDACS) to help strengthen the Florida Farm to School Program.

As many of our Extension personnel are currently

working with schools helping them to source locally, providing nutrition education, and designing and implementing school gardens, the partnership was a natural fit. To assist and expand upon the work our faculty are doing, a District Coordinator is being hired for each of the five Extension districts and will be housed in the following counties: Escambia County, Duval County, Flagler County, Sarasota County, and Broward County.

If you are interested in learning more about the Florida Farm to School Program, how the program fits into your plan of work, and/or how to get involved, contact State Coordinators Lauren Headrick at [lheadrick@ufl.edu](mailto:lheadrick@ufl.edu) or Anna Prizzia at [aprizzia@ufl.edu](mailto:aprizzia@ufl.edu).

Please welcome our five new Farm to School District Coordinators:



**Zach Glorioso**, Farm to School District Coordinator for the South Central District, Sarasota Cty. Zach graduated Magna Cum Laude from Florida Gulf Coast

University with a bachelor's degree in Biology and minor in Chemistry. He joined the Farm to School program after researching microbe-related chronic diseases and working as a liaison for STEM education, sustainable agriculture initiatives, and nutrition education.



**Maxine Floyd**, Farm to School District Coordinator for the Northeast District, Duval Cty. Maxine graduated from the University of Florida with a bachelor's

degree in Wildlife Ecology and Conservation and is currently pursuing her master's degree in Agriculture Education and Communication specializing in Extension Education. Before jumping on board with the Farm to School team, she was working at

the University of Florida Whitney Laboratory for Marine Bioscience.



**Beth Alexis**, Farm to School District Coordinator for the South District, Ft. Lauderdale REC. Beth recently graduated from Texas A&M University with a master's degree in Agriculture Development. While at Texas A&M she had the opportunity to travel abroad

to Namibia and Costa Rica to study agriculture. Beth completed her bachelor's degree at Virginia Tech in Animal and Poultry Sciences with a minor in Agricultural and Applied Economics.



**Christina Walmer**, Farm to School District Coordinator for the Northwest Extension District, Escambia Cty. Christina has been a Project Coordinator in Escambia County since Spring 2012. She graduated Magna Cum Laude from the University

of West Florida with a degree in Health Leisure and Exercise Science. Christina's education and previous professional experience have focused on Community Health Education.



**Amy Warwick**, Farm to School District Coordinator for the Central Extension District, Flagler Cty. Amy graduated Cum Laude from the University of Florida with a bachelor's degree in Animal Science and minor in Agribusiness Sales and Management. Prior to starting with

Farm to School, she was the Outreach Coordinator for UF/IFAS Partnership for Water, Agriculture, and Community Sustainability at Hastings.

## New Hires

Mary Derrick, 4-H EA I, Santa Rosa Cty  
Stacey Ellison, 4-H RSA II, Northeast District

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Judy Butterfield, RSA 4-H EA II, Central District

Beginning her career in Extension in 1988 as the 4-H Agent in Clay Cty, she moved to Duval Cty, then Bradford Cty to later become CED and finally RSA for Central District. We wish her the best in her new adventures.



Patricia Porchey, Mstr Gardener EA I, Sarasota Cty

After over seven years with Extension, we give our best wishes for a happy retirement.

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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](mailto:valkyrieshah@ufl.edu).

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## Retirement



Andy Andreasen, EA IV & CED, Washington Cty

After 13 years as CED and beginning his career in 1983 as the Livestock Agent in Jackson Cty, we send our warm wishes for an enjoyable retirement.



Tim Hurner, Fruit Crops EA IV, Highlands Cty

After over 35 years with Extension as both a Citrus Agent and CED, and we hope he has a wonderful retirement.