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BLUE LETTER

September 2023

No. 3857



FROM THE DIRECTOR

Harvest Season

Last week we hosted our 3rd annual Dinner at the Vines event, and it was another great success. I want to express my sincere gratitude to our former employees, including Judy Riley, Mike Klumpp and Darlene Millard for their work in making this event a success. I also want to single out the entire 4-H staff for their efforts, and in particular John Thomas, managing director of the Arkansas 4-H Foundation. In addition, Communications Director Tracy Courage played a major role in advertising and promoting the event as well as fund raising. I will not try and name everyone because it truly is a large team effort, and I know I will and have left out some important names. This event in my opinion has become a tradition, and I hope to see it carry on into the future.

I was also excited to escape the state office for a day this month and visit Fulton County where the Ozark District was hosting one of its "Cluster Group" meetings. I got to hear about all the great programs in a part of the state that admittedly I have not spent much time in. I appreciate all the effort I saw and the passion with which these programs were obviously delivered. One regret I have about leaving the position of Extension Director is that I have not had a chance to visit all 75 counties. Fulton County brings my total to 35 counties visited. Covid really put a damper on my travel plans the first year and a half. Here's to hoping we never go through a period like that again.

There are some exciting new programs on the horizon that will impact all employees. We (administration) are close to announcing some new opportunities for folks to grow in their positions within Extension. I cannot mention the specifics yet, but for many, these will be a game changer in terms of career advancement. We have a lot of personnel changes going on right now, and there are more to come, but we also have policy changes that I believe will positively impact everyone, and I look forward to the Division rolling them out soon.

County fair season is wrapping up, and I hope all of yours were a success. Harvest season is also in full swing, so I know folks at the research stations and our Ag specialists are busy collecting data; I wish them the best of luck. Soon it will be time to put together promotion documents. For faculty, that is happening already; for others – like I said – stay tuned. It's time to think about reporting our effort in AIMS. We will also be calling for awards soon, so it's a time for reflection and thinking about nominating a deserving coworker for an award.

Someone once said the only constant is change. I would add "thank God." Life would be boring if nothing ever happened or changed, and we would lose innovation and advancement, and that is what we are about. Go out there and make sure that our programs are keeping up with change and be a part of it, not just an observer. ■

INSIDE SCOOP

- | | |
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| 2. Health Team Presentation | 4. Leadership Log |
| 3. EHC Club Donates Hats | 5. Wingo Presents Exercise Program |
| | 6. Tech Corner |
| | 7. Benefits Corner...And much more! |

Health Team Involved in Multi-State Presentation

At the National Extension Association of Family and Consumer Sciences, the Health Team was involved in a multi-state collaboration presentation on “Exploring the Intersection of Cooperative Extension and Public Health.” The panelists included Dr. Bryan Mader, assistant professor and health specialist with the Division of Agriculture; Dr. Lisa Washburn, senior program director of health and human sciences with the University of Missouri Extension; and Dr. Dawn Burton, program specialist – health with Prairie View A&M University. Facilitators included Dr. Jessica Vincent, community and public health outreach specialist, and Heather Wingo, program associate – health with the Division of Agriculture. The panel discussion aimed to tell the story of the importance of recognizing essential public health programming as

an integral part of the work Extension performs daily within communities. ■



Dr. Lisa Washburn, Dr. Jessica Vincent, Dr. Dawn Burton, Dr. Bryan Mader, and Heather Wingo at the NEAFCS conference, presenting on Exploring the Intersection of Cooperative Extension & Public Health.

Kenyan Delegation Visits to Learn About Sheep & Goats

Small ruminants are the fastest-growing commodities in Arkansas nowadays. The UADA Small Ruminant Extension Program, led by Dr. Dan Quadros, has promoted the advantages of raising sheep/goats and developing key partnerships. On Sept. 11-12, an international dele-

gation from Kenya, with representatives from the Kenya Agriculture and Livestock Research Organization and the Meat and Livestock Industry Council, visited Arkansas to learn about our research and technology applied to sheep/goat production as well as prospecting future commercial relationships.



International mission from Kenya visiting Delta Laboratory (top left) and Smart Reproduction (top right) in Jonesboro, Square One Farms (bottom left) in Redfield, and USDA/ARS (bottom right) in Booneville.

Kenya is in the top 10 countries with the largest inventory of sheep and goats. On the first day, the delegation visited the Arkansas State University Delta Livestock Laboratory and Smart Reproduction in Jonesboro. Smart Reproduction exports semen and embryos of genetically superior animals. On the second day, they visit Square One Farms in Redfield and the USDA/ARS Dale Bumpers Small Farms Research Center in Booneville. The visit, which was organized by the Missouri Department of Agriculture and Smart Reproduction, had participation from UADA, Arkansas Department of Agriculture, ASU, USDA, and Square One Farms, among others. ■

EHC Club Donated Hats to Arkansas Children's Hospital



Arkansas Children's Hospital receives donation from Arkansas County EH members Linda Goodwin and Betty Ann Vansandt.

Extension homemakers in Arkansas County recently delivered 126 crocheted hats to Arkansas Children's Hospital. The donation is part of Crochet Connection, an ongoing community service project that helps make a difference in the lives of the hospital patients. The group meets on the first Thursday of each month at the Arkansas County Cooperative Extension Service.

On their recent visit to Little Rock, they also stopped by Charlotte's Eats and Sweets Shoppe in Keo for lunch. After delivering the hats, they ended the day with a stop at Joann Fabric & Craft Store for more yarn. ■

Superglue with Sparkles

Superglue with Sparkles is the main ingredient for building more successful teams. Sparkles and laughter are what AACES presenter Vanessa Lewis, CPED program associate for professional development, brought to the first AACES in-person meeting since COVID, with over 40 attending.

Lewis emphasized that the "ME" in TEAMS relates to "how I make a significant contribution to my team and thereby help establish a solid foundation for me and my team."

Vanessa's key ingredients for building a successful team are below. She realizes that there are 365 days in a year but gives herself at least one day's grace – which she recommended for us. She suggested we create our own recipes.

Vanessa noted hiccups will occur. "Over time our foundations may crack, break, leak, or be compromised. Life

shifts, ruptures, splits, and fractures can create pits, scars, and imperfections. How do we reconnect in a positive way,"

Vanessa asked. "We BOND." Vanessa encouraged us to learn more about our colleagues and what interests them outside of work.

She stressed that all of us are role models, whether we realize it or not so we must take ownership of our actions.

Vanessa's Sparkling Superglue Recipe

Key Ingredients:

364 cups -- consistency
24/7 teaspoons of "smiles on my face" and in my heart
A splash/dash of creativity
A hint of seriousness
A big scoop of fun and silliness
1000% respect for every single person

Mix it all up with a **WHOLE** lot of grace!



Lewis' Superglue Sparkles for TEAM success: recognize it's an ONGOING process; INVEST in yourself and others; BUILD relationships; be OPEN; and have FUN. ■

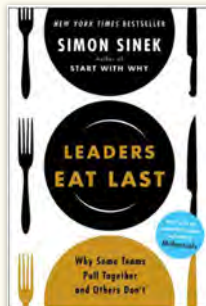


Vanessa Lewis, CPED program associate for professional development, presents at Beans, Brains and things.



Leadership Lunch and Learn

In August, Dr. Hunter Goodman, assistant professor for Community, Workforce, and Economic Development, presented a book review of *Leaders Eat Last, Why Some Teams Pull Together and Others Don't* written by Simon Sinek. She shared that being a leader is an awesome responsibility. This quote highlights what the author means by this. "Every single employee is someone's son or someone's daughter. Like a parent, a leader of a company is responsible for their precious lives." Read summary [here](#). Watch the recording [here](#). ■



LeadAR

LeadAR Class 20 participated in a virtual seminar on Aug. 25. Chelsea Boozer, government affairs manager at Central Arkansas Water, reflects on the session. "Complexity. The word often comes with a negative connotation. We receive it as meaning too hard, too complicated, difficult, and undesirable. But really, complexity is a beautiful thing. It's stimulating, unique, and breeds learning and exploration. There was a beautiful irony around complexity that struck me as my LeadAR Cohort participated in our virtual seminar this August led by Dr. Jay Barth titled "The Complexity of Arkansas' Social and Political Context." Read blog post [here](#). ■



iLEAD

Family and Consumer Sciences Instructor Rebecca Simon reflects on the first in-person gathering of iLEAD Cohort III. "The cohort, composed of 14 employees representing various positions within the University of Arkansas System Division of Agriculture (UADA), was warmly received by the administration, marking the commencement of their program journey focused on enhancing leadership skills." Read blog post [here](#). ■

We inadvertently scheduled the 2024 Support Staff Conference over Good Friday when some of our county offices are closed. Thanks to those who let us know. Please change your calendars to reflect the new date. Join us for the FUN Learning Event (Fantastic-Unbelievable-Networking) opportunity.

NEW
DATE

Save the Date!



Support Staff Conference

Wednesday/Thursday, March 27-28, 2024

The Vines Center

Wingo Presents Exercise Program on National Webinar

The Extension Foundation hosted a webinar with the Health and Human Services on Aug. 16 to discuss and summarize key strategies to increase physical activity among older adults.

Representatives from the Office of Disease Prevention and Health Promotion led the webinar to relay the results of the Midcourse report. The webinar focused on reviewing the “Physical Activity Guidelines for Americans Midcourse Report: Implementation Strategies for Older Adults,” along with resources provided by Move Your Way. These resources offered insights and strategies for effective approaches to increase physical activity levels among older



Heather Wingo

adults. The webinar emphasized how Extension professionals can leverage these tools and resources to promote physical activity within their programs and communities.

This webinar also features informative program overviews from two Extension initiatives dedicated to

older adults, highlighting Extension’s implementation and impact in this field. Heather Wingo, program associate – health, discussed the Extension Get Fit program, while the University of Missouri discussed its Stay Strong Stay Healthy program. The overviews offered attendees examples of impactful community programs that effectively engage older adults and promote enhanced physical activity. Watch the webinar recording [here](#). ■



New Publications:

(You know you want to look.)

<https://www.uaex.uada.edu/publications/default.aspx>



KEEPING ARKANSAS DOLLARS AT HOME

Learn how to search for available government contracts in your region
AND
Learn about selling to the government.

01, NOVEMBER 2023
9:30–11:00 AM

LEARN MORE

Register in LEARN Today!
Contact Melanie for more info
at msberman@uada.edu

You're Invited!



Finding and Using Shared OneDrive/SharePoint Data

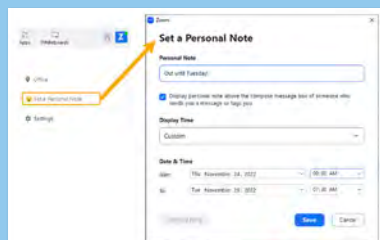
- Sign into your Office 365 account
- Click on the App Launcher (upper left)
- Click on OneDrive
- Click on Shared in the left pane
- Find the folder containing your sensitive data and select the folder
- Click the 3 dots along the top
- Select Add shortcut to My Files
- Now you will be able to see your shared folder in your file explorer under your OneDrive folder.

What do the OneDrive Icons Mean?

Windows/MAC - What do the OneDrive icons mean?

If you have any problems or need assistance, reach out to the helpdesk for assistance – <https://support.uada.edu>.

Zoom Pro Tip – Out of Office Message



Taking some time off soon? Let your coworkers know you will be unavailable. With Personal Note in the Zoom client, you can set a message that will display when others try to send you a chat message.

The Zoom Support site has [instructions for setting your Personal Note](#) from the desktop client or a mobile device.

Hacks from Hump Day



- Create a Drop-down list in Excel
- Using Gridlines in PowerPoint ■

2023 TECH TUESDAYS WEBINARS

Have you missed any past Tech Tuesday webinars or want to join future webinars? Check out the recordings and other resources on the Tech Tuesday [Blog page](#). More Tech Tuesday topics coming soon! Did you miss August's [Web Accessibility Basics](#) Tech Tuesday? Check out the recording and resources.



Agriculture Awards Luncheon!

January 12, 2024

Friday, 11:00 a.m.

**C.A. Vines Arkansas
4-H Center, Ferndale**

**DON'T
FORGET!**

High Tunnel Instructor to Support Agents and Growers Statewide

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A new horticulture instructor will join the extension faculty starting Oct. 2. Taunya Ernst has been hired as the new High Tunnel and Urban Agriculture instructor based in the Little Rock State Office. Ernst previously worked at the University of Arkansas Fruit Research Station as a program associate and at a hydroponic greenhouse operation in Northwest Arkansas.

The Natural Resources Conservation Service (NRCS) high tunnel cost-share program has made high tunnel assistance a high need area in the state. Ernst's position was created

through an NRCS Technical Assistance Grant to Dr. Amanda McWhirt and Dr. Aaron Cato. This position will help strengthen collaboration between NRCS and Extension

in specialty crops, develop a suite of extension publications, including a handbook, and work with county agents statewide to support high tunnel demonstrations. ■



Benefits Corner



Open enrollment begins Oct. 23. This year, you will be able to make additions and modifications to your benefit elections and coverages through Nov. 6 at 5 p.m. All benefit enrollments will be made in Workday.

Open enrollment is the only time you can make changes to benefits and coverages each year, outside of a qualifying life event. This is the time to evaluate if your current benefit elections will meet your needs in 2024. If you plan to add a new dependent to coverage, now is the time to gather their information and documentation (marriage license, birth certificates, adoption paperwork, court documents).

Dependent Information Needed:

- Full legal name
- Relationship to you (Spouse, Biological Child, etc.)
- Date of birth
- Gender
- National ID -> Social Security number

Additional information will be provided in the coming weeks by email and mailed to your home address. Check your address in Workday. ■

Save the
DATE

Extension Employee Conference

Monday, December 4, 2023

10:00 a.m. – 12:00 p.m.

Little Rock State Office Auditorium

Grants & Contracts

PROJECT TITLE	AWARD AMOUNT	PI	GRANTING AGENCY
Professional Development Program - Model State Program	22,000	Amanda L. McWhirt	University of Georgia Research Foundation, Inc.
Tech Changemakers 2023-2024	143,000	Hope Bragg	National 4-H Council
Wheat Verification Research Programs	14,000	Jason P Kelley	Wheat Promotion Board
Pest Management Using Recommended Wheat Varieties	4,191	Jason P Kelley	Wheat Promotion Board
Arkansas Fruit and Vegetable Prescription Program	50,927	Josh Phelps	Arkansas Hunger Relief Alliance Inc
Experiential Scholars Program	749,638	Julie C. Robinson	National Institute of Food & Agriculture (NIFA)
Sustainable Agriculture Research & Education	48,800	Kishan Mahmud	University of Georgia
Beef Quality Assurance FY24	8,400	Maggie Justice	Arkansas Beef Council
Pest Management Using Recommended Wheat Varieties	2,500	Nick Bateman	Wheat Promotion Board
Protocol #NA23X12054S SOW 2023-04	12,500	Terry N. Spurlock	Corteva Agriscience LLC
Pest Management Using Recommended Wheat Varieties	8,215	Terry N. Spurlock	Wheat Promotion Board
Protocol #NA23M1B012H SOW 2023-03	4,500	Tom Barber	Corteva Agriscience LLC
USA-23-065 TVE29/Clomazone positioning for weed control SO 8	5,000	Tom Barber	FMC Corporation
TOTAL AWARDS FOR AUGUST 2023: 1,073,671			

Personnel Changes



Welcome Aboard:

Nina Roofe – Assistant Vice President - Family & Consumer Sciences, Little Rock

Frank Seo – Assistant Professor - Rural Development, Community, Professional, & Economic Development, Little Rock

Tiffany Hoss – 4-H Program Assistant, Ouachita County

Laura Grutz – Program Associate - Mental Health, Family & Consumer Sciences, Little Rock

Henriette Farver – Administrative Specialist III, Agriculture & Natural Resources, Little Rock

Farewell to:

Allison Howell – County Extension Agent - Agriculture, Clay County

Pearl Webb – Program Associate - Crop Soil & Environmental Science, Little Rock

Amy S Monk – County Extension Agent - Staff Chair, Montgomery County

Caitlin Elizabeth Palenske – Program Associate - Obesity Reduction, Family & Consumer Science, Little Rock

Bridget Fortenberry – Assistant Vice President & Chief Human Resources Officer, Human Resources, Little Rock

Christy Diane Kelsey – Program Technician - Plant Pathology, Plant Pathology, Rice Research & Extension Center

Zachary Gardner – County Extension Agent - Agriculture, Faulkner County

Tina Coley – Administrative Specialist III, Pulaski County