

EXTENOVATIONS

For All of Extension

MINNESOTA EXTENSION SERVICE

Vol. 17, No. 2, June 1996

UNIVERSITY OF MINNESOTA

MAHNOMEN COUNTY MES EDUCATORS AWARDED TOP USDA HONOR

The U.S. Department of Agriculture's (USDA) highest honor, the Secretary's Honor Award, went to Margaret (Peg) Braaten and Marvin (Moss) Tibbetts, MES educators in Mahnomen County, at award ceremonies in Washington, D.C., earlier this month. They were cited for their "outstanding team effort in cross-cultural communication and understanding in establishing programs benefiting youth of the White Earth Indian Reservation."

Braaten and Tibbetts were cited for their innovative programs that encourage pride in the ancient Ojibwa culture while working through youth to alleviate some of the persistent medical, economic and social problems of the area. Mahnomen County is entirely within the boundaries of the White Earth Indian Reservation and its Ojibwa members live, work and attend school with European-Americans, the area's other major cultural group.

Tibbetts, himself an Ojibwa, and Braaten have worked with the White Earth Tribal Council, area schools, social services and government agencies to create programs to help youth cope with such stresses as teen pregnancy, suicide and low self-esteem. All of the programs were crafted to encourage cross-cultural understanding among the young people of Mahnomen County.



Braaten



Tibbetts

Since the program began, county extension youth participation has increased from 335 to more than 1,700 with Native American participation increasing from 22 percent to 51 percent in a four year period. A suicide prevention component of the program has reduced youth suicide attempts by half. The effort is funded by a USDA reservation-dedicated grant. Among the other successful efforts have been cross-cultural exchanges and cultural leadership camps, which bring together youth of various backgrounds for leadership training and the exchange of ideas and traditions.

Deedee Nagy

EXTENSION INNOVATIONS

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GOING TO THE LAKE OFFERS LEARNING EXPERIENCE IN MES TOURISM CENTER COLLABORATION

Sometimes a trip to a lakefront resort is an education instead of a vacation. That's the whole idea of a new Minnesota Extension Service effort, Service to Small Minnesota Resorts, where graduate students in landscape architecture provide consultation and site-planning help to Minnesota resort owners. The pilot project is a collaborative effort between the University of Minnesota College of Architecture and Landscape Architecture and the MES Tourism Center. It offers students a professional training opportunity while providing a welcome service to Tourism Center resort clients.

Last winter, 17 graduate students from the College of Architecture and Landscape Architecture visited Hay Lake Lodge near Pequot Lakes and Loveland's Resort, Manhattan Beach. The students spent a day at each resort, interviewing owners about landscape-related concerns such as lakeshore erosion, social spaces for gathering and first impressions as a visitor arrives from the main road.

The students returned to campus and drew up site plans to address the problems identified by the resort owners. They also suggested additional changes or enhancements that resort owners could consider as they undertook improvements and renovations on their property.

At a March conference, students' plans were presented to resort owners John and Ginger Pierron of Hay Lake Lodge and Erna Mae Loveland of Loveland's Resort. Students and resort owners discussed enhancing recreational areas, attracting wildlife, managing septic systems, creating inviting entries, and coping with beach erosion and fluctuating water levels.

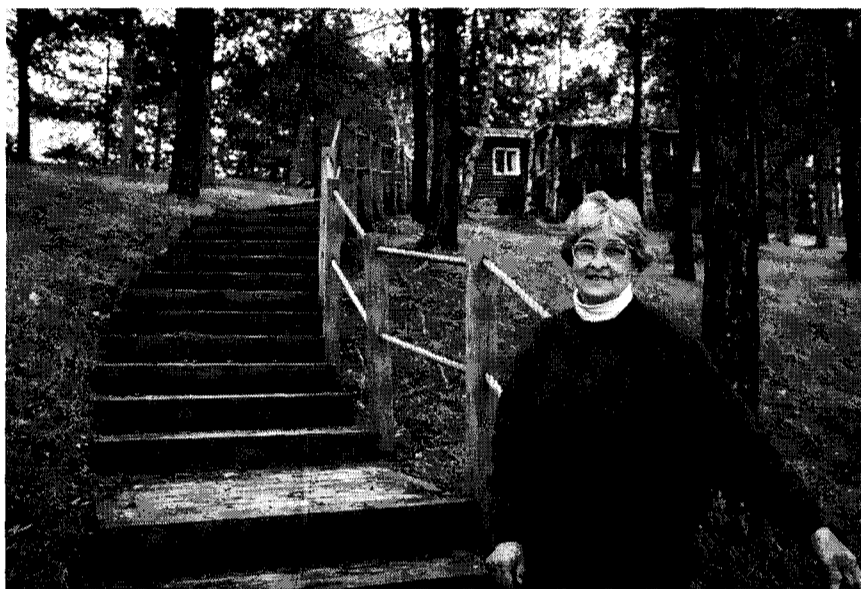
"I've known I had a beach-front erosion problem for years and I've been trying to deal with it," states Erna Mae Loveland. "The students gave me some great ideas I can use with a landscaper."

Mary Vogel, field coordinator from the College of Architecture and Landscape Architecture, praised the program. "It's wonderful for students to have the experience of dealing with clients and facing real world constraints such as economics."

She also praised the joint effort of the Tourism Center and the College of Architecture and Landscape Architecture. "This is a good example of how the University of Minnesota can provide a service to the state," she said. "It also shows how units of the U. can work together to benefit students and small business owners whose operations are important to the state."

Dan Erkkila, MES Tourism Center, said, "This project makes an important and productive connection between the U. of M. and business owners. Everyone benefits from involvement."

Phyllis W. Jenks



Erna Mae Loveland stands in front of a new stairway beach access recommended by University of Minnesota students in the College of Architecture and Landscape Architecture to help solve erosion problems at Loveland's resort.

ACTORS HELP PESTICIDE APPLICATORS COPE WITH ON-THE-JOB STRESS

Take 100 hour work weeks, tight weather-dependent deadlines and worries about exposure to hazardous chemicals. Added up, you've got some of the reasons that pesticide applicators often suffer from stress.

To help the state's custom agricultural and lawncare pesticide applicators deal with their stressful jobs, MES staff brought some humor and a touch of Broadway to the topic of stress management. John Shutske, MES agricultural safety and health specialist, worked with Dean Herzfeld, MES pesticide applicator training program administrator, and Gene Anderson of Extension Special Programs, to develop "Stress-Ticide" in cooperation with Theatre at Work actors Alfred Harrison and Marysue Moses.

Woven into the Stress-Ticide skits were techniques for dealing with stress and coping with the occupation's time and energy demands. According to Shutske, about 1,200 custom agricultural applicators attended the Stress-Ticide training sessions at eight sites in the state. Another 1,000 lawncare pesticide

applicators saw a similar version at training sessions.

In June, Herzfeld and Shutske took Stress-Ticide to a national conference for extension professionals involved in their states' pesticide applicator certification efforts. In addition, highlights of Stress-Ticide, links to other stress management information and photos from recent training sessions featuring Stress-Ticide are on the Internet at <http://www.bae.umn.edu/~shutske/stress2.html>

Deedee Nagy



John Shutske, right, MES agricultural safety and health specialist, helps narrate a skit by actors Marysue Moses and Alfred Harrison.

COUNTY EXTENSION DAY VISITORS EXPERIENCE HOW MES IS 'ACCESSING YOUR TOMORROW'

More than 300 people participated in County Extension Day on the St. Paul campus in March. Workshops and demonstrations spotlighted some of MES's innovative programs in areas of healthy families, technology and agricultural, resource and environmental management. In addition, MES Dean and Director Katherine Fennelly, University President Nils Hasselmo, Professional Studies Provost C. Eugene Allen and College of Agricultural, Food and Environmental Sciences Dean Michael Martin welcomed visitors and spoke about research and outreach efforts affecting the state. Among the County Extension Day visitors were members of about 70 families honored the previous evening as Farm Families of the Year from their counties.



Jane Leonard of the Access Minnesota project told County Extension Day participants about the effort, which has brought Internet access to 60 counties in the state through a 1994 U.S. Department of Commerce grant.



Deb Noll, left, with the 4-H Foundation, visited with EDS staff member Rae Montgomery at a table where the new Minnesota 4-H Recipe Book was for sale to County Extension Day visitors.



MES Director Katherine Fennelly offered "A New Director's Perspective" to County Extension Day participants.



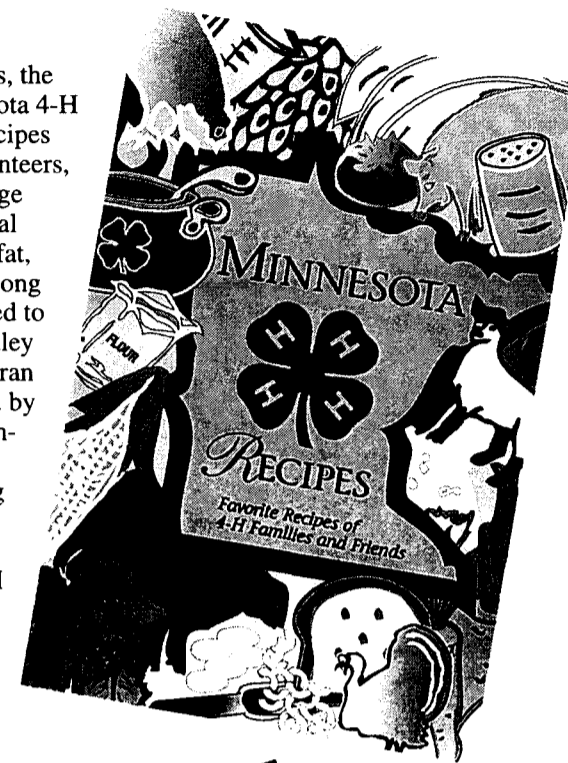
County Extension Day visitors walk to McNeal Hall to hear about MES efforts on behalf of healthy families.



Mike Schmitt of the Soils Department explained the manure application program to a County Extension Day participant. Many MES programs were featured in displays and exhibits.

4-H COOKBOOK, GARDENING CALENDAR NOW AVAILABLE BY MAIL, PHONE

Minnesota 4-H Recipes, the new recipe book put out by the Minnesota 4-H Foundation, includes 300 of the best recipes submitted by 1,500 4-H members, volunteers, MES staff and 4-H alumni. The 208-page wirebound book also includes nutritional information of interest to those on low fat, low sodium and other special diets. Among the MES staff members who volunteered to help develop the book were Linda Bradley and retirees Marian Larson and Mary Fran Lamison. The book cover was designed by Bill Svendsgaard, MES educator in Hennepin County. Books are available for \$15.45 including shipping and handling from the Minnesota 4-H Foundation, 340 Coffey Hall, 1420 Eckles Avenue, St. Paul, MN 55108. 4-H clubs and 4-H county programs are also selling the book in several counties throughout the state.



Gardening and Minnesota are the themes portrayed on the cover of the Minnesota Gardening 1997 calendar, now available from the MES Distribution Center on the St. Paul campus of the University of Minnesota. The cover shot by EDS photographer Don Breneman shows Duluth's Leif Erikson Rose Garden with the city's Aerial Lift Bridge in the background. A special feature in the calendar offers tips on gardening in raised beds. Although the calendar retails for \$7.50 or more in retail outlets, U. of M. employees may buy as many as five copies for \$3.75 each from the MES Distribution Center, 3 Coffey Hall, 1420 Eckles Avenue, St. Paul, MN 55108. To place a credit card order, call 624-4900 in the Twin Cities, 1-800-876-8636 outside of the metro area. Ask for item MI-5741-EX.

RIVER FRIENDLY FARMER PROGRAM RECOGNIZES 70

Seventy farmers in 14 Minnesota counties have earned the designation of River Friendly Farmers (RFF) in the first year of the program. Those honored with the title satisfied 10 criteria that are correlated with land stewardship that results in protection of the rivers, according to Don Olson, MES agriculture program leader. Each application was reviewed by local RFF alliance members. RFF designated farmers earn the right to display the RFF sign on their property. The program is sponsored by the Minnesota Alliance for Crop Residue Management, of which MES is a partner. The counties that had farmers recognized by the RFF program were Blue Earth, Faribault, Koochiching, Le Sueur, Lincoln, Lyon, Nicollet, Olmsted, Redwood, Sherburne, Swift, Waseca, Watonwan and Yellow Medicine. Olson says that other states are studying the RFF program and a number of them expect to begin similar efforts to reward outstanding stewardship within the agricultural community. To date, Olson has received nearly 100 inquiries from other states and agencies.

Jennie Rominger



DIRECTOR FENNELLY TOURS MINNESOTA COMMUNITIES

MES Dean and Director Katherine Fennelly, who began her duties in January, has been touring the state, visiting extension offices and coordinate campuses of the university. At a stop in Wabasha in March, Fennelly watched Access Minnesota volunteer Dean Meurer demonstrate Internet access which is available at the Wabasha County MES office. Also watching were, from left, former Governor Orville Freeman, University of Minnesota President Nils Hasselmo and U. of M. Regent H. Bryant Neel. The group also met with business owners in the community who talked about the university's role in encouraging economic development in small communities.



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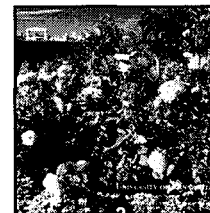
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Inside



USDA Cites Mahnomen Educators	cover
Stress-Ticide has Broadway Flair	1
Visitors Participate in County Extension Day	2
70 Farmers Designated 'River Friendly'	3

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