

Congratulations Class XXVI



THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES
Cooperative Extension
Maricopa County



IMPROVING THE LIVES, COMMUNITIES, AND ECONOMY IN MARICOPA COUNTY

IN THIS ISSUE

2018 CENTRL Celebration

By Scott Koenig

Arizona's Center for Rural Leadership, Project CENTRL, took an opportunity to celebrate on Friday June 15, 2018. The program welcomed sixteen individuals who live, work or represent rural Arizona into its competitively selected, tuition-free, 12-month leadership development program. The evening marked the graduation for 26th Class of leaders who spent the last year building their personal leadership skills, learning about the issues affecting rural Arizona and connecting with other leaders and experts. Members of Class 26 reflected on how they are already putting what they learned to work in their communities. They are reducing risk for Yavapai County corrections employees, communicating with one-voice from the Yuma region during the recent E.coli breakout, communicating labor issues in the nursery and dairy industries with Arizona's Congressional delegation in Washington, D.C. and getting media attention for a public safety concern at Horseshoe Bend in Page.

Project CENTRL also celebrated the accomplishments of two of the over 600 alumni who are making a difference in their communities. Paul "Paco" Ollerton, Class 20 was awarded the Agrarian Impact Award for his work in the cotton industry and beyond. Senator Sine Kerr, Class 22 was given the Civic Impact Award for her work on various state



and local boards and her recent appointment to the Arizona State Senate, District 13.

Project CENTRL is a public-private partnership founded in 1979 with several industry groups and The University of Arizona Cooperative Extension. CENTRL's two employees are based out of Maricopa County Cooperative Extension Offices: Executive Director Scott Koenig, Class 21 and Administrative Assistant, Tracey Wasson. While over 50 similar programs exist around the world, Project CENTRL remains the only one tuition-free. The continued financial, in-kind and academic support from UA Cooperative Extension is a key factor. Additionally, the support of a volunteer board of directors, industry partnerships and alumni donations help remove the financial barrier for leadership development. Applications for Class 28 will be available soon at www.centrl.org and due 3/15/19.



2018 Project CENTRL



Go Further with Food



DIG: Desert Institute of Gardening

Go Further with Food

By Rachele Phillips

The month of March was National Nutrition Month, with the theme of the month being *Go Further with Food*. During the month of March, the Central Arizona Academy of Nutrition and Dietetics partnered with a non-profit, known as Kitchen on the Street, in order to help expand the amount of food raised. Through Kitchen on the Street, Maricopa County school food pantries are stocked, which relates to the issue of food insecurity in the county and state. Food backpacks, also known as Bags of Hope, are then made and dispersed every Friday so that an estimated 1,500 children have meals to eat until school begins the following Monday.

Central Arizona Academy of Nutrition and Dietetics' member and our own Maricopa County Cooperative Extension (MCCE) SNAP-Ed Instructional Specialist, Senior, Rachele Phillips, was involved with the planning and organizing of this food drive project at MCCE. MCCE gathered and donated 325 items to Kitchen on the Street and helped their wondrous cause!

"I just wanted to give a **HUGE** thank you to all of those who donated to Kitchen on the Street here at our office. A major thank you to the Horticulture program here at MCCE, Yvonne Cooper for getting the Master Gardeners involved, and to our beloved Master Gardeners for raising a large portion of the donations. Thank you again everyone! Your contributions mean everything to those in need of food!"



Who & What is MARCO?

By: Carol Diemer

Maricopa County Food Systems Coalition (MarCo) is a coalition of members and guests who partner to support and grow a healthy, sustainable food system in Maricopa County. MarCo's organizational structure deliberately employs a flattened hierarchy to enable all of our volunteers share ownership of the group and group decisions. Individuals can join as Members or Friends of MarCo. Paid Members play an active role in leading projects and contributing to the vision of the Coalition. Friends can support the Coalition by staying informed of the Coalition's work and by participating in projects in line with our mission.

Food is personal and important in Maricopa County, the fourth most populous and fastest growing county in the United States. Across the country, food policy councils have been developed to address gaps across all areas of the food system. The Maricopa County Food System Coalition was launched in 2015 in order to support the mission of an equitable, healthy, sustainable, and thriving local food system. The largest regional food coalition in Arizona, MarCo, is diverse and includes individuals from many sectors involved in the food system including public health, agriculture, city government, and non-profits such as health foundations and food banks.

Last year, almost 250 individuals were involved as Members or Friends of MarCo. Members can participate in Coalition leadership by participating in committees, which support infrastructure and organizational development. Members and Friends can both participate in Work Groups, which serve as the engine of the coalition's programmatic efforts. Our Work Groups include the Policy Work Group, Food Assessment and Coordination Team (lovingly known as FACT), and the Urban Agriculture Work Group.

The Coalition supports partners by providing support for grants and initiatives in line with our vision. Coalition members have played critical roles in events such as the 2017 state Food Summit and 2017 Phoenix Food Day. We have embarked on the first ever countywide food system assessment, food system public policy survey, and are developing urban agriculture advocacy and resource guides. This is only a portion of the important work we do; if interested in learning more and becoming engaged in the Coalition, you can find meeting times and locations on our website's calendar or join our email list to receive updates on our activities and opportunities to engage. Website: <https://marcofoodcoalition.org>.



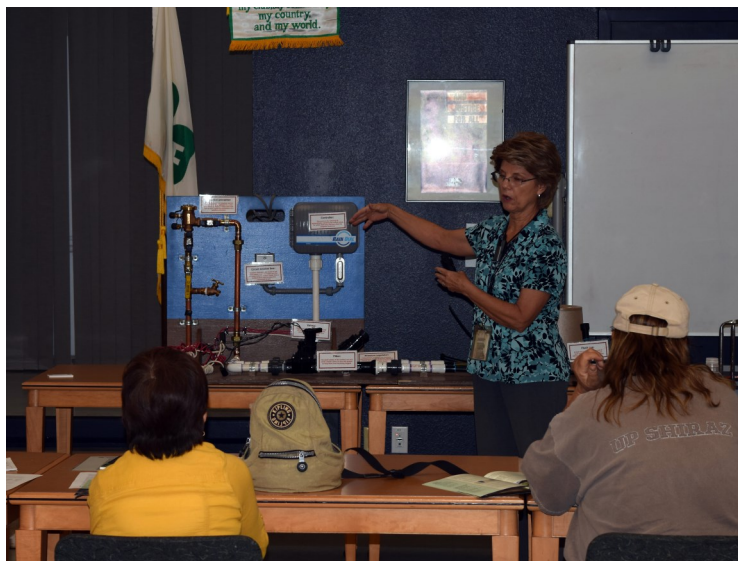
Program Spotlight

The Desert Institute of Gardening (DIG)

By Julie Knapp, Maricopa County Master Gardener

Master Gardener, Kris Christensen, looked out on the DIG attendees and removed the rose mystery as she assured them that roses love our low desert environment and are relatively easy to grow. In fact, she explained that some of the largest national rose exporters are in the far West Valley. In those first few minutes of her presentation, the attendees relaxed, smiled, and were reassured they, too, could grow roses. The goal of the Desert Institute of Gardening (DIG) is to help Valley residents build their confidence in desert gardening whether it is the backyard vegetable garden, roses, citrus, fruit trees, or cacti and succulents. The program also offers courses on how to support landscape management needs such as pruning, watering solutions, and composting.

"It is with great pride that I, with the help of valuable volunteers, have watched the DIG program reinvent itself over the last three years," stated Yvonne Cooper, Maricopa County Master Gardener Program Coordinator. These classes are at the center of our program's mission as it is here that our certified Master Gardeners teach homeowners efficient gardening practices unique to our low desert. It's rewarding to see Master Gardeners share their gardening and presentation talents to the Maricopa County community members."



For only \$20 for the public and \$10 for Master Gardeners, attendees receive two hours of instruction from some of the Valley's gardening experts who are trained through the University of Arizona Maricopa County Master Gardeners. Susan Mitchell, a committee member for two years, said, "I'm relatively new to Arizona and DIG is the perfect blend of volunteering and learning for me." She enjoys her volunteering time on DIG as a Master Gardener and gets the added benefit of growing her gardening arsenal through the presentations.

DIG classes will resume in the Fall with an August workshop titled, "Get the Dirt on Desert Soils." This class will be held on Sunday, Aug. 19, 2-4 p.m. Master Gardener Liz Lonetti will guide attendees through the intricacies of how to improve our soil. "Grow Organic Vegetables Year-Round," will be presented on Thursday, Sept. 13, 6-8 p.m. and a more advanced vegetable workshop, "Fall Veggies," will be presented on Sunday, Sept. 23, 2-4 p.m.

For more information and registration links for these and other fall DIG workshops, go to the Master Gardener's website at <https://extension.arizona.edu/maricopamg>.



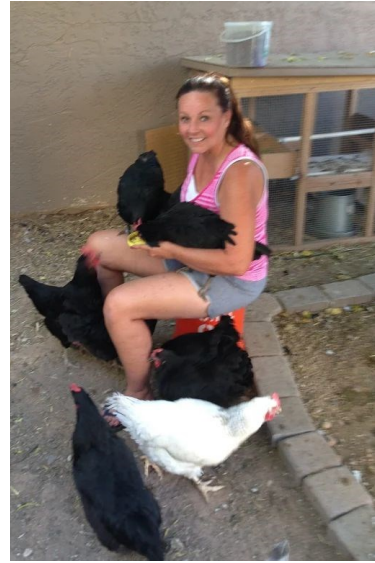
Volunteer Spotlight: Master Gardener Debra DeBoor

By Lisa Morast, MG Class of 2015

Debra Deboor is the June/July Master Gardener of the Month! To be honest, I didn't even know that Debra is a volunteer. I assumed she is an employee of the Maricopa County Cooperative Extension. It turns out that I'm not alone. "Lots of people think that!" Debra told me. It was apparent on the first day of class, Debra is passionate about the Master Gardener program. She is efficient in organizing: fellow Room Monitors, new Interns, class guests, sign-in sheets, product sale items, text books and other details to ensure the intern class starts on time.

Debra is an Arizona transplant living here since 2002. A Master Gardener in Indiana, Debra found that she couldn't grow anything here in Arizona. She enrolled in the Maricopa County Master Gardener Program to learn about gardening in the desert and graduated from the Master Gardener Program in the Fall of 2013. To date, she has logged over 980 volunteer and 112 continuing education hours with nearly 230 contributed in 2017. This is remarkable considering that on December 13, 2015, Debra had a terrible car accident. She has endured eight (8) foot and ankle surgical procedures. Her recent surgery was on April 14, 2018 and we are all hopeful she will recover from this ankle/joint replacement and be back on her feet without pain. We are sending her our healing thoughts and prayers.

Debra's injuries have affected her physically, but has not slowed her momentum as she continues to bank volunteer hours. Crutches, knee scooters, wheel chairs and walking boots have not kept her from continuing to be the asset she is to the Intern class. The bulk of Debra's Master Gardening volunteer work revolves around the biannual Intern Classes. She oversees the entire Room Monitor program including organizing and updating the room monitor training program, conducting new volunteer training, managing the rotating schedule, supervising the room monitors throughout the 6-month program. And then she starts again.



Yvonne Cooper adds, "Debra just doesn't manage the Room Monitor program – she invented it. Debra comes to me with many great ideas of how she can help. I enjoy, with lots of humor, when I can shoot her down, but most ideas are keepers. The Room Monitor training and the rotating schedule she developed so that volunteers do not have to commit to all 17 weeks was a lasting favorite." Debra states, "I can't believe how hard the (MG) staff works. But they can't do it all by themselves." Yvonne (Cooper) and the staff come up with great ideas. Our job, as volunteers, is to implement that vision. That's the way the program was designed and that's the only way it will work."

Debra lives in Mesa, Arizona. She is a wife, mother, and grandmother of three granddaughters, ages 10, 8 and 1. Currently, she owns two dogs and plans to start raising chickens again once she recovers from her recent surgery. In 2016, Debra presented an MG Update on *What You Should Know about Raising Chickens*.

Debra describes herself as strong. She spent much of her childhood at her grandma's farm where she routinely hauled 75-pound hay bales. Her grandma's farm included three acres of gardens, including the food that supported her family. When asked what others would never guess about her, Debra said, "I was raised super poor in a small town in Indiana. My grandma's home had dirt floors." However, she never thought of herself as poor. She attended Indiana University and earned an internship at a publishing house, which hired her full-time in 1983 at \$40,000/year. That was a lot of money in 1983. Professionally, Debra was a successful commercial insurance agent in Bloomington, Indiana. She also ran a trade association, the National Consumers Association, for several years.

We are glad this small-town girl made her way to Maricopa County! The Master Gardener program and The University of Arizona, Maricopa County Cooperative Extension are lucky to have her.



The Director's Cut

By Ed Martin



Daily temperatures are over 100° F, the traffic has somewhat cleared in the morning commute, and the electric bill is off the chart – must be summer. As the temperatures outside continue to heat up, the programming at Maricopa County Cooperative Extension shifts gears to prepare for a summer of educational opportunities for Maricopa County residents. Our 4-H program staff have been preparing for our upcoming Camp G.R.I.T (Growing, Reaching, Impacting, Tomorrow) for several months. In addition to the logistics of setting up a four-day/three-night

youth camp, we need to get our volunteer camp counselors trained and ready, schedule daily activities, and double check all the registrations. We will also be starting our new Master Gardner (MG) class in July. With well over 120 applicants for only 65 spots open, the decision will be difficult for the staff. We had a successful Strategic Visioning Workshop in late May for the entire office. We worked on developing goals for the upcoming year. We also heard from Dr. Mallery Tytel, who spoke to us about integrating Diversity and Inclusion into our strategic visioning. The workshop was a great success. We also had a very successful Smartscape class that concluded at the end of May. Like all of our Smartscape classes, the information was current, the presenters engaging, and the participants gave us high grades across the board. However, this class was different than those offered in the past, this class was presented entirely in Spanish. With over 35 participants, the entire Smartscape 101 class was presented in Spanish, with Spanish handouts, Spanish slides, and Spanish speaking presenters. This is the first time Maricopa County Smartscape has offered a class in Spanish and judging from the results, I'm sure there are more Spanish classes to come. For all of our programs, visit us at <https://extension.arizona.edu/maricopa> or on Facebook at Maricopa County Cooperative Extension. If you get a chance, stop by the office, we're doing some incredible work transforming our landscape into a Living Classroom.

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ABOUT TOWN

Summer 2018 Community Garden Leader Training
When: July 3 - July 31 5:30pm - 8:00pm
Where: Pascua Yaqui Tribal Building
More Information:
<https://extension.arizona.edu/events/2018-07-03/summer-2018-community-garden-leader-training>

Master Gardener Plant Clinic
 (3rd Wednesday of Every Month)
Where: Maricopa County Cooperative Extension
More Information:
<https://extension.arizona.edu/events/2018-07-11/maricopa-county-plant-clinic>

Smartscape 101
When: July 9 - August 8 3:00pm - 6:00pm
Where: Maricopa County Cooperative Extension
More Information:
<https://extension.arizona.edu/events/2018-07-09/smartscape-101>

AZ Women in Agriculture Conference
When: July 12 5:30pm - 7:00pm
Where: Westward Look Resort
Day 1 Information:
<https://extension.arizona.edu/events/2018-07-12/arizona-women-agriculture-conference-day-1>
Day 2 Information:
<https://extension.arizona.edu/events/2018-07-13/arizona-women-agriculture-conference-day-2>


Baseball Field Turfgrass Management Field Day & EXPO
When: July 31 7:30am - 12:00pm
Where: Sloan Park
More Information:
<https://extension.arizona.edu/events/2018-07-31/baseball-field-turfgrass-management-field-day-expo>

Well Owner's Workshop
When: Aug 4 9:00am
Where: North Valley Regional Library
More Information:
<https://extension.arizona.edu/events/2018-08-04/well-owners-workshop-maricopa-county>

DIG - Get the Dirt on Desert Soils
When: August 19 2:00pm - 4:00pm
Where: Maricopa County Cooperative Extension
More Information:
<https://extension.arizona.edu/events/2018-08-19/dig-get-dirt-desert-soils>

Maricopa County Cooperative Extension Monthly Event Calendar

<http://extension.arizona.edu/maricopa>

 **Check us out at:**
<https://www.facebook.com/MaricopaCountyCooperativeExtension>

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