Plant – Nurture - Grow
2017

Janet B. Carson
Extension Horticulture Specialist
Your Responsibility

• Learn
• Interact
• Get Recharged
• Share with your members
Choose to be happy!

- Focus on the positive—it is contagious.
Do our acts of kindness make us happier adults?

• Studies show that we feel better about ourselves when we practice kindness.

• Not only do good deeds make us feel better, but as David Brooks explained in the New York Times article *Nice Guys Finish First*, people who are kind and compassionate are often the most successful.
Write down 3 acts of kindness each day
Kindness Matters!!

• “my outrage doesn't convince you to rethink your position; it only encourages you to ratchet up your own.”

• Don’t become part of the problem.

Scatter seeds of kindness wherever you go
The Fred Factor – Mark Sanborn

• There is a massive difference between fame and greatness.”
• “People love to take credit, but place blame.”
• “Good leaders make heroes of others.”
• “We are responsible for living in a way that shows others who we truly are and what we believe.”
• “It’s not the job you have, it’s how you do the job you have.”
• “The only thing better than acknowledgement is action.”
• “You are the spark that sets others on fire when you initiate.”
• “It takes just about the same amount of time to be a nice guy as it does to be a jerk.”
• “The test of leadership is this: Is anything or anyone better because of you?”
• “Managers maintain. But leaders improve, grow and inspire.”
• I hope in the next two days you will grow and be inspired!
Plant – Nurture – Grow
2017

Janet B. Carson
Extension Horticulture Specialist
Kindness matters!

• Share at your table one or two of your kindness deeds these past two days.
THANK YOU!
User name: mgonly
Password: Compost2
On Line Web Reporting
Deadline to report Dec. 15
# Hours to date

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>2720</td>
<td>2828</td>
<td>2890</td>
<td>3458</td>
<td>2812</td>
</tr>
<tr>
<td>Sanctioned</td>
<td>128,259</td>
<td>134,991</td>
<td>137,912</td>
<td>144,039</td>
<td>88,453</td>
</tr>
<tr>
<td>Non sanctioned</td>
<td>18,908</td>
<td>19,558</td>
<td>16,712</td>
<td>19,737</td>
<td>9,698</td>
</tr>
<tr>
<td>Total work</td>
<td>147,267</td>
<td>154,549</td>
<td>154,624</td>
<td>163,776</td>
<td>98,151</td>
</tr>
<tr>
<td>Education</td>
<td>87,988</td>
<td>84,606</td>
<td>80,665</td>
<td>89,810.75</td>
<td>51,592</td>
</tr>
</tbody>
</table>
Link to Web Reporting
12 hours of education for PNG

2 bonus points for Trivia
2 new opportunities

• Statewide zoom training
  Wednesday’s beginning October 18

• On-Line MG training
  • Beginning Jan. 2018
  • Applications ready mid October.

• MENTORING REQUIRED
2018 State MG Conference

Doubletree & Marriott – Fort Smith
Thank you to the counties that support our awards program!

- Arkansas County Master Gardeners
- Benton County Master Gardeners
- Columbia County Master Gardeners
- Craighead County Master Gardeners
- Crittenden County Master Gardeners
- Faulkner County Master Gardeners
- Five Rivers Master Gardeners
- Hot Spring County
- Independence County Master Gardeners
- Jefferson County Master Gardeners
- Johnson County Master Gardeners
- Lonoke County Master Gardeners
- Marion County Master Gardeners
- Miller County Red Dirt Master Gardeners
- Mississippi County Master Gardeners
- Monroe County Master Gardeners
- Nevada County Master Gardeners
- Polk County Master Gardeners
- Pulaski County Master Gardeners
- River Valley Master Gardeners
- Sharon and Bob Berdine
- St. Francis County Master Gardeners
- Union County Master Gardeners
- Washington County Master Gardeners

2017: 24 out of 67 counties $1,625 spent $3456
2016: 35 counties donated $3500; spent $2900
2015: donated: $3100 spent $4271
Congratulations Award Winners

• MG of the Year:
  – Debbie Moody—Izard County
  – Barbie Luther—Union County

• Rookie of the Year:
  – Jean Fortenberry—Lonoke County
  – James Howard—Faulkner County

• County Agent of the Year:
  – Russ Parker—Crittenden County
  – Mark Keaton—Baxter County
Recognize Volunteers’ Contributions

• specific appreciation ceremonies and events
Years of Service

• Remember—to accrue years of service past Lifetime, you must report a minimum of 10 hours on a county sanctioned project.
Janet B. Carson Scholarship

Brittney Beck
Faulkner County

Jessica Wesson
White County
MG Appreciation Day

• South Arkansas Arboretum
• October 9, 2017
MG Appreciation Week – October 8-14, 2017

Mississippi Bus Trip
Oct 11-14
Mississippi
30 Year MG Birthday
Moss Mountain – October 13, 2018
Paying speakers

• MOU
• Pre-authorized travel
• Form#? Month in advance minimum
• Must pay same rate for mileage
Bus contracts

- Have your agent contact Burl at the state office for bids.

- T-shirts state level
budgets

• Why are you raising money?
• How is it going to be spent?
• Planning pays off.
Signing contracts/ grants

• For CES, that authority has been delegated to **Dr. Cartwright & District Agents**

• This includes authority to review, approve, and sign all
  – Applications for grants
  – Contracts for buses, rental facilities, etc.
  – Includes United Way & Community Foundations grants
If you sign a contract, grant application, etc., you may be taking *personal responsibility* for anything that goes wrong!
As always

- Volunteers may not apply for grants. All grant applications for the county must be initiated by an agent who will route the application through the state office with a completed Finance 312.
Travel
River Cruises

Rhine River Cruise
August 20 – 27, 2018
World Happiness Report was published in April 2012,

• World Happiness Day
  – March 20th

• Arkansas MG Happiness Day – October 13
Happiest Countries

- Denmark #1
- Switzerland, Iceland, and Norway

- 1. Denmark (7.526)
- 2. Switzerland (7.509)
- 3. Iceland (7.501)
- 4. Norway (7.498)
- 5. Finland (7.413)
- 6. Canada (7.404)
- 7. Netherlands (7.339)
- 8. New Zealand (7.334)
- 9. Australia (7.313)
- 10. Sweden (7.291)
Unhappiest Countries

• Eight of the 10 are in sub-Saharan Africa, while the remaining two are war-torn countries in other regions
• (Syria in the Middle East and Afghanistan in South Asia)

• 148. Madagascar (3.695)
• 149. Tanzania (3.666)
• 150. Liberia (3.622)
• 151. Guinea (3.607)
• 152. Rwanda (3.515)
• 153. Benin (3.484)
• 154. Afghanistan (3.360)
• 155. Togo (3.303)
• 156. Syria (3.069)
• 157. Burundi (2.905)
• 11. Israel (7.267)
• 12. Austria (7.119)
• 13. United States (7.104)
• 14. Costa Rica (7.087)
• 15. Puerto Rico (7.039)
• 16. Germany (6.994)
• 17. Brazil (6.952)
• 18. Belgium (6.929)
• 19. Ireland (6.907)
• 20. Luxembourg (6.871)
1993 Education Law

- Denmark, the land of the happiest people in the world, takes empathy seriously, with an hour of empathy-building each week a required part of the national curriculum for all kids aged 6 to 16.
• Sustainable development and holistic concepts are a better overarching guide to human wellbeing than the single-minded pursuit of income, or economic freedom, or other one-dimensional objective.
• health and social factors (trust, generosity, corruption) are key determinants of cross-country happiness.

• a sense of connection and belonging are crucial for humans to develop, function, and flourish.
Action for Happiness

• People meet regularly for uplifting and mutual support.
• Feel Connected!

• Aristotle said: there is an intrinsic value in relational and civil life, without which human life does not fully flourish.
• We need to understand people are different than we are.
• We need to put ourselves in their shoes and try to appreciate who they are as people.
Emotions

Positive
- Joy
- Pride
- Gratitude
- Hope
- Interest
- Awe
- Love
- FUN!

Negative
- Anger
- Hurt
- Resentment
- Pain
- Worry
- Disgust
- Greed
- NOT FUN!
What is your glass?
Where are you and your program going?

• If you don't know where you are going, it makes no difference what path you take.
• Without a clear vision, you have no way to prioritize what is most essential.
• A clear vision allows you to focus energy on the most important things to do.
Create a culture of kindness and respect.
See you next year for PNG

- September 18-19, 2018