

April 1 Webinar Quiz

The April 1, 2020 Maine Tree Fruit Webinar recording is online at

<https://tinyurl.com/METFwebinar-2020-04-01>

(link is not active in PDF file, you will need to type it into browser)

Name _____ Email address _____

State that issued your pesticide applicator license _____

Pesticide Applicator License number _____

You must choose the correct answer for 8 or more of the 10 quiz questions to qualify for two pesticide applicator recertification credits.

Send the completed quiz as an email attachment to: John.T.Pietroski@maine.gov, or mail a paper copy to: Maine Board of Pesticides Control, 28 State House Sta., Augusta, ME 04333-0028. Quizzes should be sent within two weeks of the training date.

For license holders in other states who send in a quiz with a passing grade, the Maine Board of Pesticides Control will send confirmation that recertification credit was earned to their state agency if that state shares reciprocity for recognizing pesticide applicator credits.

Quiz After each statement 1-10, circle whether the statement is TRUE or FALSE.

1. Decision support systems combine data such as weather and orchard observations with computer models to generate information to help people make decisions. TRUE FALSE
2. On-farm observations, called "biofixes", are never used to help online computerized weather-based models make more accurate predictions. TRUE FALSE
3. The NEWA program by Cornell University is a website where Farmers, Extension, and Private consultants share insect pest trap counts. TRUE FALSE
4. RIMpro and Ag-Radar are online weather-driven computerized apple pest models that can use gridded weather data. RIMpro was developed in Europe, Ag-Radar was developed in Maine. TRUE FALSE

5. There is company servicing orchards in WA state that provides weather data sensors for every individual acre, digital camera traps, and pheromone dispensers for \$150 per acre.
TRUE FALSE

6. Land for Good is nonprofit organization that helps farm families develop a generational transfer plan TRUE FALSE

7. The Maine Agricultural Mediation Program consider both sides of a dispute and issues a legally binding judgement for who is right and who is wrong. TRUE FALSE

8. The coronavirus crisis has added stress to farm families and businesses. But because farmers get regular fresh air and exercise, they are immune to stress or other mental health concerns.
TRUE FALSE

9. Acute stress can be energizing as people respond to threats. But acute stress can also cause people to get overwhelmed and stuck in indecision or inaction. TRUE FALSE

10. These are all ways to deal with stress: Breathe deeply and slowly. Take a walk. Have a laugh. Talk to someone. Plan for contingencies. Communicate with business partners, suppliers, lenders. TRUE FALSE

Other key points from the April 1 webinar presentations.

Jon Clements presentation

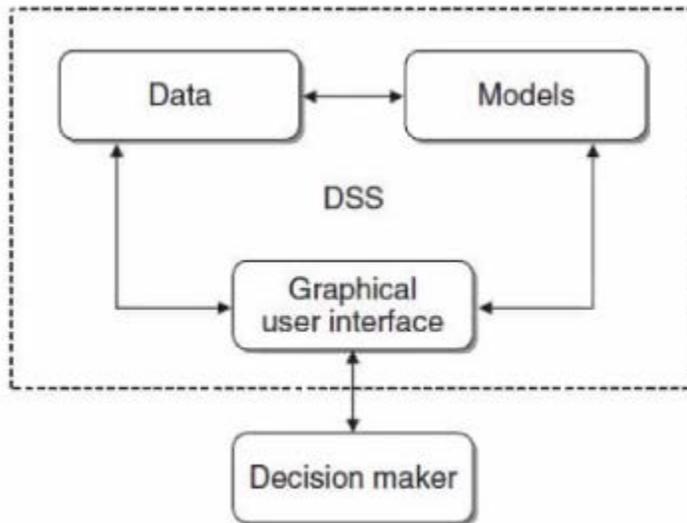


Figure 1. Outline of a Decision support system. “Data” can be temperature, rain or other weather variables; insect pest, disease or weed observations, crop growth stage, planting date etc.

These statements are all TRUE.

Different model presentations answer different questions. For example, a scab model may focus on hourly timing of post-infection sprays or on the infection risk on a daily time scale.

The NEWA apple carbohydrate thinning model measures the susceptibility of apple trees to chemical thinners.

RIMpro and Ag-Radar combine gridded weather data from government weather agencies with forecasts. Both platforms can also use station data instead of gridded data, but the station data output files must be configured to match the RIMpro or Ag-Radar specifications.

All forecast weather data is pulled from a grid because weather stations cannot measure what has not happened yet.

Weather from professionally generated weather grids is not perfect. Small scale rain events can fall below grid scale resolution. Glen pointed out that data from on-farm weather stations is not perfect either, and requires the quality equipment be properly sited, calibrated, and receive regular maintenance.

There are electronic insect traps with a camera that send a picture of what has landed in the trap to your computer, thus saving you from having to check the trap in person.

Robots and drones are emerging technologies for orchard management.

Leslie Forstadt presentation

These statements are all TRUE.

Mediation is a process to clarify understanding and priorities and improve communication to help resolve conflicts.

The rapid, unexpected onset of coronavirus is a source of acute stress. As the crisis continues it will likely also become a source of chronic stress.

People differ in how much they use intuition versus data and analysis in making decisions. But all people's decision making is influenced by their values.

When under stress, intuition may feel fuzzy, or data may be uncertain.

Discussing and listing your values can help define criteria in choosing between decision options.

When dealing with stress, consider the tools and resources available to help you. You are not alone as you may feel in facing difficult situations.

This is a time of exceptional uncertainty. It is also a time of opportunity – to open into uncertainty with curiosity.

Resources to get help with farm or family stress, conflict resolution, business planning, farm transfer, etc.

*** Stress/Crisis/Suicide emergency: Call 211**

- National Suicide Prevention Lifeline:
 - Call 1-800-273-TALK (1-800-273-8255)
 - <https://suicidepreventionlifeline.org/chat/>
 - UMaine Cooperative Extension
 - Legal Food Hub
 - SCORE
 - Family and Community Mediation
- Maine Agricultural Mediation Program
 - Land for Good
 - Personal accountant, attorney
- Retirement planning and healthcare
 - Retirement
 - AgrAbility
- Michigan State University
 - https://www.canr.msu.edu/managing_farm_stress/

Effects of Stress

On your body	On your mood	On your behavior
Headache	Anxiety	Overeating or undereating
Muscle tension or pain	Restlessness	Angry outbursts
Chest pain	Lack of motivation or focus	Drug or alcohol misuse
Fatigue	Feeling overwhelmed	Tobacco use
Change in sex drive	Irritability or anger	Social withdrawal
Stomach upset	Sadness or depression	Exercising less often
Sleep problems		

Source: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>

Connect with Others

- A healthy farm is nothing without a healthy you
- RuralResilience.org
- Social distancing does not mean social isolation
- Work with your farm team to make a plan for the “what ifs” on the farm
- How might you be needed to help a neighbor?

Resilience Buffers Stress

1. Learn your own signals (irritability, stomach ache, nervousness...)
2. Exercise (may or may not be farm work, that is up to the individual)
3. Set priorities (work with family to delegate and share decision making)
4. Practice gratitude (at the end of the day, what is one thing you are grateful for?)

What Builds Well-Being?

- Resilience: Ability to bounce back after stress
- Ability to tolerate stress for long periods
- Stress will be punctuated with antidotes to stress: connection, laughter, exercise, implementing strategies
- The body needs clear signals of relaxation and restoration