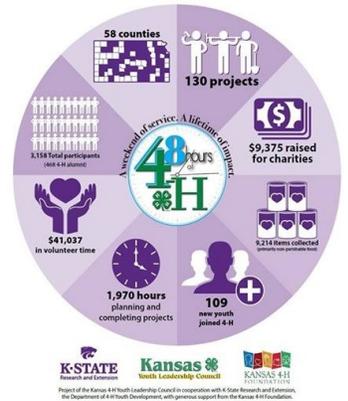


4-H Leadership Weekend



Recently, Southwind Extension District youth and volunteers attended the Kansas 4-H Leadership Weekend held at Rock Springs 4-H Center near Junction City, Kansas. The Kansas 4-H Leadership Weekend includes activities for both youth and adults, the Kansas 4-H Volunteers Forum and the Kansas Youth Leadership Forum. Out of over 250 people present from across the State, there were 8 delegates, 2 Youth Council Members, and 2 volunteers representing the Southwind Extension District.

The theme for the 2014 4-H Leadership Weekend was SHINE - Inspire, Create, Achieve. Youth and volunteers built their leadership skills and potential through workshops, consulting groups, inspirational speakers, and help elect the 2015 State Youth Council Members.



There was a special recognition ceremony for those County and Districts who participated in the 48 Hours of 4-H Challenge following National 4-H Week. Southwind Extension District received special recognition for the Most 4-H'er Involvement as a District with 116 4-H'ers who participated. The District was recognized again with the Most Unique Project by a Club. This award went to the Prairie Rose 4-H Club of Moran.



Master Gardener Volunteers

There were a number of Master Gardener volunteer service projects that happened in Southwind Extension District communities in 2014. This past year, 1152 hours of volunteer service was completed. According to most recent data from the *Independent Sector* (a coalition of charities, foundations, corporations, and individuals that publishes research important to the nonprofit sector), the estimated value of volunteer time is \$22.55 per hour. That calculates close to \$26,000 worth of service to our local communities! Here are some of the projects that the Southwind District Master Gardeners have worked on during the past year:

(Photo of the flower trial at the Erie Courthouse)

- ◆ Humboldt - "Pocket Park" - the park was renovated this year by Hoe & Hope Garden Club (many of which are Master Gardeners). The park was established 40 years ago on a vacant lot between two buildings. At that time, ground cover was planted and had since grown out of control. It was removed and a Hosta bed and a butterfly garden were established. All plants in the park will soon be labeled.
- ◆ Chanute - Community Garden - The Chanute Community Garden was established four years ago as a place where individuals unable to have a garden could garden. All plots in the garden were full this year and much of the food produced was donated locally.
- ◆ Iola - Pepper Variety Trials - A K-State research trial on peppers was conducted at the Elm Creek Community Garden with approximately 20 different varieties. Various individuals in the community were able to sample and evaluate the peppers.
- ◆ Fort Scott - Pool Project - beds near the city pool are in the process of being renovated. Bulbs were planted and all plant material in beds will be labeled next spring. Additional work was also done at Heritage Park.
- ◆ Erie - Flower Trial - An annual flower research trial was conducted at the courthouse in Erie. Companies send their newest plants to K-State to be trialed in the Kansas prairie climate. The trial showed that not all flowers can withstand the brutal climate in Kansas. All plants were labeled so people could see which varieties did well and which ones did not.
- ◆ Moran - Troxel Park - this park is very eye catching as you travel Hwy 59 in Moran. It sits right on a corner and really stands out!

Family Financial Management



More than 7,000 people turn 65 years old every single day in America. Nearly 400,000 Kansans are currently 65 or older and one in seven Kansans are on Medicare. Often income and financial resources are limited and it may not be easy to replace those funds. SHICK helps people with their financial security by finding them the most economical Medicare Part D Prescription Drug plan for the medications they take for the pharmacy of their choice.

During the annual coordinated election period for Medicare Prescription Drug Coverage (October 15th-December 7th), SHICK counselors help guide Medicare beneficiaries in their insurance decision. SHICK counselors are able to provide a printout comparison of how their current plan compares to other available drug plans and what to expect to pay each month for their premium, deductible, costs of medications, and when they will enter and exit the donut hole.

Each person's situation has special circumstances. During the 2014 enrollment period, Southwind Extension District Agent, Joy Purkypile assisted residents in the Southwind District to compare employer prescription plan coverage to Part D insurance; compare supplement plan to advantage plan benefits; explain financial assistance through Medicaid and how to proceed with Medicare Part D; explain rules and timelines of changing Advantage plans when moving to another state; direct people to Medicare Savings Program (helps cover Medicare premiums, deductibles, copayments, and coinsurance); direct and help people apply for Extra Help (helps cover Medicare Part D premiums and medication costs).

Southwind District statistics for 2014 SHICK consultations:

39 comparisons completed

Total Savings: \$28,751

Average Savings Per Person: \$737

Southwind 4-H Livestock Teams Compete for National Titles



The Southwind Extension District 4-H Livestock Quiz Bowl and Livestock Judging Teams recently traveled to the National Western Stock Show in Denver, Colorado to represent Kansas 4-H in two national contests.

The Livestock Quiz Bowl team bested 12 other teams from across the United States to earn the title National Champions. In livestock quiz bowl, students must have an understanding of current events in the beef, dairy, goat, sheep, and swine industries. They also study major issues that have affected the livestock industry in many ways such as: animal diseases, exports, animal ID, environmental issues, and regulatory changes. The purpose of the livestock quiz bowl is to stimulate learning in a subject matter area; reward 4-H and FFA members for knowledge gained in a subject matter area; and provide a competitive setting where attitudes of friendliness and fairness prevail. Through a bracketed system, Kansas 4-H members were able to outscore teams from Indiana, Texas and Ohio to win the Championship. Team Captain Trent Johnson was named High Individual in the Quiz Bowl and teammate Colton Heffern was Reserve High Individual. The Livestock Judging Team was named champion team in meat goat judging and were also 5th in Sheep, 6th in Reasons, 11th in Cattle and 7th Team Overall. Both teams are coached by Southwind Extension District Agent, Carla Nemecek.



Sunflower Supreme Heifer Development Program

The Sunflower Supreme Heifer Development Program was conceived as an idea to increase the economic potential of cattle to Southeast Kansas agricultural producers. Spearheaded by Southeast Area Livestock Specialist Dr. Jaymelynn Farney and with cooperation from several Eastern Kansas ranchers and Extension Professionals, the inaugural Sunflower Supreme Bred Heifer Sale took place on Friday, November 14, 2014. The sale, held at the Parsons Livestock Market, saw approximately 430 total head sell to a standing room only crowd. The average selling price of these heifers was nearly \$2600 per head. The sale grossed well over one million dollars for eastern Kansas ranchers. A large portion of the heifers in the sale came directly from the Southwind District agricultural Community.

Southwind Extension District

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