

April 2013



# Southwind Extension SUCCESS

## *Master Farmer and Master Farm Homemaker*



Since 1927, K-State Research and Extension has been a proud sponsor of the Kansas Master Farmer and Master Farm Homemaker award. Each year six Kansas couples are honored for their leadership in agriculture, environmental stewardship and service to their communities. The Southwind Extension District is proud to have nominated Gary and Lynda Foster to be inducted as a 2012 family. This prestigious selection is believed to be the highest honor which can be accorded to a Kansas farm couple. Since the program began there have been twenty-four Master Farmer families from the Southwind Extension District.

## *District 4-H Foods Project Day*

Forty-seven 4-H youth and adults from Allen, Bourbon and Neosho Counties spent a day in Fort Scott learning about the business and art of food service. The budding gourmets, ranging in age from seven to seventeen, visited three local restaurants and a kitchen store. At a newly opened coffee shop they learned how a group of determined volunteers worked together to provide a gathering place for the community. A local pizza place introduced the group to the challenges and rewards of operating a family owned business. Another local restaurateur emphasized the importance of cleanliness and safe food handling and of knowing what customers want. A downtown shop provided a look at the latest cooking gadgets and gourmet foods. The owner discussed ways to grow a business by engaging the community with educational activities and by giving back to the community.

An older 4-H member shared her experiences of participating in the 4-H Favorite Food Show and encouraged the youth to display their creativity and food preparation skills in the district contest.

A three-course lunch followed a lesson on table manners and dining etiquette. The meal was served and catered by Fort Scott Community College dining staff and gave participants an opportunity to practice social skills. International dining customs, utensils, and food terms were discussed by a local food enthusiast and food blogger.

All attendees indicated they learned something new. Responses of knowledge learned included: what to do at the Favorite Food Show, the importance of cleanliness in food preparation, cookies are called biscuits in England, what gelato is, how to make espresso and the correct way to eat bread during a meal.

During the day, the youth were exposed to social, cultural, business and economic aspects of food service. While the event was an educational activity for 4-H youth and the accompanying adults, many of those attending were also introduced to the products and services local businesses provide and their economic impact on the local community.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Carla Nemecek, 620-365-2242.

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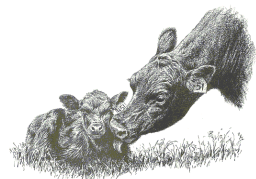
## ***District 4-H Club Day***

Communication and public speaking are important life skills taught by 4-H. Public presentations are used in 4-H by youth and adults as a way of sharing information, teaching poise, and gaining self-confidence. "Show me how," "Let me see how you do that," and "I'll show you how" are methods used to teach others the skills we have learned, (Clemson Extension). In the Southwind District, 4-H Club Day is the chosen venue to practice communication skills by speaking in front of a judge. Since the District was formed in 2010, total 4-H Club Day participation has increased by 21%. In 2013, there were a total of 101 Public Speaking entries which included Readings, Project Talks, Multi-Media Presentations, Demonstrations and Illustrated Talks. There were 45 entries in Talent & Music and 9 4-H Clubs participated in the Model Meeting competition. In addition, 14 Cloverbuds (youth ages 5-6) participated in Show & Share.

A Communication Survey was administered to 4-H Club Day participants at the 2013 event. 90% of youth ages 14-18 responded they are "often or always" comfortable when talking in front of adults and 86% of those youth indicated their public speaking skills have "often or always" improved since they have been in 4-H. Youth who are 10-13 years of age are a bit less confident in their speaking ability, even though 100% responded they are "sometimes, often or always" comfortable helping others. There is no doubt youth ages 7-9 have less experience speaking in front of groups or adults. However, the junior division answered that 73% of them are confident in themselves and also make good decisions.

4-H Club Day allows members to express themselves clearly and convincingly, organize ideas and present them in a logical order, research subjects, develop confidence in themselves, and listen to the opinions of others. At the same time, the survey tool indicates public speaking events improve self-confidence and decision making skills.

## ***Sunflower Supreme Heifer Development & Management Program***



The Southwind and Wildcat Extension Districts are working with Beef Systems Specialist, Jaymelynn Farney, to create a heifer development and management program for Kansas producers. This is a cooperative effort between K-State Research and Extension and the Kansas Department of Agriculture.

The intent of the Sunflower Supreme Heifer Development and Management Program is to provide knowledge, guidance and tools to assist beef producers in improved reproductive performance of replacement heifers and in turn increase cow longevity within a herd. The improvements will occur as a result of the adoption of effective health protocols and successfully utilizing available technologies and genetic tools.

With expanded collaboration between producers, Extension and local veterinarians, this program will add value and additional revenue to Southeast Kansas cowherds and provide quality replacement heifers to increase the demand for Kansas cattle. The program will be unveiled in the spring of 2013 with heifers being enrolled at fall weaning to begin the established protocol.

## ***Family Nutrition Program (FNP)***

The Family Nutrition Program (FNP) helps Kansans with limited resources improve their healthy food choices by focusing on increasing fruit and veggie consumption, choosing low-fat dairy, lean protein, and whole grain foods. FNP shares research-based lessons in a variety of settings, such as WIC clinics, Head Start parent meetings, and in classrooms for qualifying school districts. Through the school enrichment lessons provided by our Nutrition Assistants in the Southwind District, over 1000 preschool and school-aged youth are reached each month during the school year with a nutrition lesson. It is sometimes hard to measure impact with the students directly, but we hear from teachers and parents frequently that the lessons ARE making an impact and even rippling into the families.

Recently, a parent shared that her kindergarten-aged son had caused a change in the type of milk the entire family drinks because of what he learned from the nutrition lesson in his class at school. Through FNP, he learned that it is important to choose low-fat dairy and that when shopping, you should choose the milk with a '1' on the label, referring to 1% milk. This mom said her son checks the label on the milk jug when she is shopping and reminds her every time! Because of him, she read the milk label and was surprised by the calorie and fat difference in the whole milk they used to drink and the 1% milk they choose now. She said it is a permanent change for her family and that because of the milk label, she reads other nutrition fact labels more often now and makes better choices because of it!

## ***Home Horticulture Series***

In the Southwind Extension District, horticulture is an important topic and this programming area reaches a diverse audience. Due to the interest in horticulture, a "Home Horticulture Series" was once again held in the district for a third year in a row. The series was held in March for three Thursday evenings in Iola. Participants learned about vegetable variety selection and care, trees and shrubs and annual flower selection for the area. In total, 103 individuals participated in the series. When surveyed, 72 agreed that as a result of the training, their garden/landscape was likely to be more successful. 68 surveyed indicated they will make changes as a result of the training.