



Extension Outreach: After The Storm



In October 2016, the city of Humboldt was hit with a damaging storm that caused considerable damage to many trees in the community. Homeowners were faced with the daunting task of tree trimming and in some cases, even tree removal. So many times when a storm hits, homeowners do not have the knowledge of proper tree trimming techniques and can actually cause more hazards to develop from improper branch removal. In response to the damage this storm caused, the Southwind Extension District worked with the Humboldt City Manager and hosted two tree care and pruning workshops - one for the city

utility crews and one for the general public. Tim McDonnell, community forester with the Kansas Forest Service, taught the workshop. He provided educational information to the residents on not only tree trimming and care after the storm, but discussed recommended tree species that would work well in our area as replacement trees for those that were lost.

Building Community Leadership

Informed and committed board members are the key to healthy, effective boards and committees in our Kansas communities. K-State Research and Extension's Board Leadership Series was recently offered in Fort Scott, KS and provided an opportunity for board members to learn the basics of being a good board member. The class was offered in the state of the art facility at the Lowell Milken Center for Unsung Heroes in and facilitated by the Southwind Extension District.

The Board Leadership Series was offered at 15 locations across the state of Kansas via a live feed utilizing zoom technology. Participants were connected with experts from across the state and participated in discussion and activities at the local location.

Topics that were covered included roles and responsibilities of board members, managing an effective meeting, understanding fellow board members, conflict resolution, fundraising, legal and ethical issues, and wrapped up with strategic planning. Participants finished the series with information that will help them provide leadership and expertise with the local civic and community organizations to which they belong.

**FAMILY &
CONSUMER
SCIENCES**



Creating Healthy & Sustainable Families

Family and Community Education (FCE) Units, formerly known as Extension Homemaker Units, remain an active and important part of the Southwind Extension District. We currently have 8 FCE units with 102 members in Allen, Bourbon and Neosho Counties. During the 2016 program year, these members were trained with 9 lessons. In turn, the FCE members shared these lessons with a total of 6,697 other people in the form of actual lessons presented, and 37,431 contacts through fair booths, new articles and educational displays. This incredible reach required approximately 1,764 hours of vol-

unteer service by our FCE members resulting in \$41,559.84 worth of value for their efforts. FCE has historically been, and continues to be, a shining example of Extension work in the Southwind District.

Stay Strong, Stay Healthy



As people age, poor balance and flexibility contribute to falls and broken bones. These fractures can result in significant disability, and, in some cases, fatal complications. Strengthening exercises, when done properly and through the full range of motion, increase a person's flexibility and balance, which decreases the likelihood and severity of falls.



Stay Strong, Stay Healthy (SSSH) is an eight-week exercise program for older and sedentary, middle-aged adults. The goal of this evidence-based program is to improve health and quality of life through strength training. Instruction is provided by trained and certified K-State Research and Extension Southwind District Agents. Sessions meet for one hour, twice a week and include warm-up exercises, simple strengthening exercises with or without weights and cool-down stretches. A day of rest is scheduled between exercise classes. Participants are encouraged to do the exercises on their own one other time during the week.

Over the eight weeks, participants learn the exercises and begin to improve strength and balance. Pre and post fitness assessments are completed with each session. During the first session, participants improve their endurance, flexibility, and balance. Those who continue, may improve while others maintain endurance, flexibility, and balance. Participants have reported:

Not sore from doing a big outdoor chore.

Balance is better- no longer has to hang on to something when putting pants on.

I feel better no matter what it says.

I feel less stiff when I stand up from sitting.

I am able to get up off the floor from vacuuming under beds without hanging on to something.

Growing and Cooking with Herbs

Finding ways to add flavor and seasoning to food without additional salt is an important topic for consumers. One way to enhance flavor and taste without added salt is through the use of herbs. Herbs are versatile plants that can be used for natural seasoning for any cook. With the realization that fresh herbs have more distinctive tastes than some dried herbs, many gardeners are interested in trying their hand to grow their own. The Southwind Extension District held herb workshops in Chanute, Iola and Fort Scott to help close to 80 residents hone their herb growing and culinary skills. The District Horticulture Agent and District Nutrition Agent collaborated to offer workshops that would be of interest to those who grow and prepare their own food. Participants learned herb garden design, care and maintenance, preservation and culinary uses. In addition, live herbs were on display so participants could see and smell the different aromas. A cooking demonstration using herbs was also held where participants learned how to pair herbs with different foods.



Poultry Management

The commercial poultry industry is one of the largest users of feed grain in the United States and the potential for commercialization in Kansas is high. In the past eight years, expansion has occurred in the commercial egg area, turkey production, and most recently in the area of replacement pullet production. Economic development opportunities through the poultry industry could bring additional jobs, use Kansas grain, and reverse the rural outflow of the labor force. To help meet the educational needs of the Southwind Extension District poultry producers, K-State Research and Extension Poultry Specialist Dr. Scott Beyer recently addressed a great crowd in Iola, Kansas at a Poultry 101 program. Topics of this program include bird health, selection, nutrition and housing for layers and broilers.

Southwind Extension District

Erie Office: 111 South Butler, Erie, KS 66733 (620) 244-3826

Fort Scott Office: 210 South National, Fort Scott, KS 66701 (620) 223-3720

Iola Office 1 North Washington, Iola, KS 66749 (620) 365-2242

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