



Master Gardeners Donate Time to Communities



Extension Master Gardeners come from all walks of life, but they have two things in common and that is their love of gardening and the joy of sharing with their communities.

Currently there are 21 certified Extension Master Gardeners in the Southwind District. These individuals were trained by state specialists from Kansas State University and have been through forty to fifty hours of instruction in all aspects of horticulture. After training, the Master Gardeners volunteer an equivalent number of hours back to their communities as was received in their training.

There are a number of Master Gardener volunteer service projects currently happening in Southwind Extension District communities. This year, 684 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 \$24.14 per hour. That calculates to \$16,500 worth of service to our local communities!

Projects the Master Gardeners have worked on this year include: Pepper and Tomato Variety Trials, Flower Trial, Public Programs and presentations; and Community Work with volunteer projects in Humboldt, Chanute, Moran, Iola, Uniontown and Fort Scott.

Grazing Management



Grazing management is an integral part of sustainable livestock production. To help producers gain insight and knowledge on this specific function of animal husbandry, K-State Research and Extension hosted over 40 livestock producers from Kansas, Missouri and Oklahoma at a Grazing School that featured extension agents from the Southwind Extension District, Cherokee County Extension, and the Wildcat District. The workshop was held at the Cherokee County 4-H Building in Columbus, KS and included classroom style presentations on utilizing resources, proper soil fertility, livestock nutrient requirements, and developing year around grazing systems. The highlight of the event was an opportunity to tour two unique, rotational grazing operations, and see the results of a fall fescue fertilization research demonstration plot. Participants indicated that based on the information learned at the event, their knowledge of grazing management practices increased, and they would make changes to their own farms and ranches to maximize production.



Stay Strong, Stay Healthy



A majority of adults aged 65 and older don't meet recommended guidelines for weekly physical activity; a data analysis from the Centers for Disease and Control and Prevention found that only 16% met guideline recommendations for muscular strengthening and aerobic activity. The Southwind District Counties residents in the 65 and over age range are already between 18-20% of the population, higher than the current 15% average for the U.S. population.

	Level 1	Level 2
Classes Taught	9	1
Participants Started	86	5
Participants Completed 60% of classes	65	4
% of Participants Completed	76%	80%
	Fitness Assessment	% Improvement
Endurance	8 foot get up & Go	75%
	Chair Stand	85%
Flexibility	Sit & Reach	63%
	Back Scratch	72%
Balance	Balance	77%

Stay Strong, Stay Healthy Strength training program is an eight week class that meets for one hour twice a week. Pre and post fitness assessments are completed at each session to measure endurance, flexibility, and balance. The benefits of exercise for older adults go beyond improving and maintaining cardiovascular fitness, strength, and flexibility. This program improves the health, quality of life and independence of older adults by increasing access to a safe, effective and evidence based physical activity program.

4-H Officer Training

In October, over 100 youth, parents, and volunteers attended the 2017 District Officer's Training at the Erie High School. To start the training, youth were asked to find a partner and form a large circle in the auditorium. They were then provided with directions for a walking and talking activity. The purpose of the activity was for youth to learn about others and become comfortable with proper introductions. Following the introductory activity, youth were then split by office to learn from a guest speaker important tips and suggestions for successfully performing the tasks related to their specific elected office. While in the breakout sessions, club leaders were provided information on ways to make meetings purposeful to youth and club leader succession plans.

County Fair Season

The Southwind District encompasses 3 county fairs—Bourbon, Neosho and Allen Counties, and lasts over 15 days. During this time, District Extension Agents share their resources and time among the counties to assist during busy schedules. By spending time in each county, Agents can become better acquainted with 4-H families and can be seen as a valuable asset to those working the local event. Even if the Agent does not live in the county, they are considered personnel with responsibility in each District County, so it is important to be helpful across county lines. Obviously, a lions share of time is spent at the home county fair because events can begin early in the morning and last until late at night. However, as time and schedules permit, it is important that residents know they can count on the District Agents to willingly serve as an announcer, time keeper or scheduling monitor during this busy time of year.

Southwind Extension District

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