



**Southwind Summer Internship Program**

The summer internship provides older youth in the Southwind Extension District an educational opportunity to gain valuable experience working with District Extension Staff and community members. Interns are exposed to a number of learning experiences enhancing their academic and career goals. The partnerships developed between the Southwind Extension District Staff, community members served, and the Interns have proven to be beneficial to all involved.

During the summer of 2016, three interns were hired to serve in each of the District Extension Offices. Each intern offered an educational program of their choice, and were responsible for the development, marketing, scheduling and materials necessary to conduct the event. Agents offer advice and supervise the projects to be sure quality programs are offered within the District.

With a great deal of preparation, the Erie Intern offered a barn quilt class, which mirrored a similar class offered by the Kansas State Fair. With personal strengths in artistic creativity, this project was only natural for the intern. The Fort Scott Intern taught a class to 4-H members about preparing food gift packages for judging at the County Fair. She also offered a Clothing Buymanship workshop where 16 youth practiced modeling, made accessory decisions and discussed questions judges might ask during an interview. Finally, the lola Intern offered a Bucket Calf Clinic where young 4-H members were invited to bring their bucket calf project to the fairgrounds for a practice before the fair. Calves were weighed, and the intern distributed information on equipment, parts of the calf and interview questions for show day. Planning for the unexpected, preparing ahead of time and being prepared to answer questions were all life-skills developed by the interns.



**Livestock Management Consultations**



According to data from the National Agricultural Statistics Service (NASS), the Southwind Extension District has around 114,000 head of cows and calves in Bourbon, Neosho and Allen Counties. These cows and calves run on multiple thousands of acres of native and cool season grass pastures. Good pasture management is essential to providing optimum performance for cattle and maximum financial returns for farmers and ranchers.

On farm consultations are available to all farmers and ranchers in the three Southwind District Counties. These on farm consultation visits allow extension professionals and livestock producers the opportunity to work together to improve the naturally available resources, and to help better match the available resources to the current and future needs of the livestock production system.

Often times, on farm consultations focus on weed control, pasture fertility, grazing management or any combination of these topics, in order to improve livestock productivity or performance goals. After a recent on-farm visit with a ranch manager to determine the production goals for the ranch and the management history of the land, it was decided that a change in calving practices would improve herd performance and overall productivity. This change was in lieu of complete pasture renovation, an option that would have been expensive and time consuming.

## Grow It Prepare It



The desire to know where food is grown and the interest in growing, preparing and preserving the family's food has exploded in recent years. The Southwind Extension District addressed this interest by hosting a series of programs called "Grow It - Prepare It." In total, eight do-it-yourself, hands on programs were presented - 4 horticulture and 4 food preservation. The programs were taught by Extension agents, Master Gardeners and a SNAP-Ed Nutrition Assistant.

The horticulture program topics included basic gardening, growing berries, container gardening and common garden problems. The basic gardening information was designed to help first time gardeners with such topics as soil preparation, garden layout, planting tips and care throughout the growing season. The container gardening program illustrated to participants that regardless if they lived in an apartment, rental or their own home, they could garden in containers. The berry program highlighted how growing your own small fruits offers the biggest potential in reducing household food costs because they are the most expensive item in the produce section.

Building off the horticulture programs and encouraging folks to use their own fresh produce, the food preservation programs began with a required Preservation 101 class that taught all the food safety and science behind home preservation. Participants also learned about safe and proper techniques for freezing and dehydration of foods for preservation. The other hands-on classes were Pressure Canning, Jams & Jellies, and Salsa. The pressure canning class allowed several first-timers the opportunity to prepare meat, pack jars and process the jars in a pressure canner. The jams and jellies and salsa classes featured processing using the boiling water-bath method and included instruction about choosing the best produce for preservation. All of the classes reinforced the ideas of not only controlling how your food is grown and prepared or preserved, but also the cost-saving benefit of doing so.



## Take the Leap with 4-H



In 2005, the American Camp association undertook the first largescale study to measure outcomes of the camping experience. In all, more than 5,000 families took part, completing surveys before and after camp and also six months following camp. Camp counselors and directors also offered feedback. The results provide scientific evidence that camp is a positive force in youth development. Results suggest that a stay at camp benefits a child in the following ways:

- Children become more confident and experience increased self-esteem.
- Children develop more social skills that help them make new friends.
- Children grow more independent and show more leadership qualities.
- Children become more adventurous and willing to try new things

Each June, Southwind District 4-H members are presented with a couple of great opportunities to attend 4-H Camp. In addition to the traditional 4-H Camp at Rock Springs 4-H Center, the most recent addition to the camping experience has been Greenbush Adventure Camp. This year, there were over 15 youth in attendance from the District and over 35 total from neighboring counties. Greenbush is designed for those younger 4-H'ers who are 7-9 years of age and easing into our larger 4-H Camp at Rock Springs. Youth stay overnight at the Camp and Recreation Center at Greenbush learning about wildlife ecosystems like canoeing, archery, 4-H night, campfire, astronomy after dark, and a morning full of the high ropes course.

## Southwind Extension District

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