

April 2012



Southwind Extension SUCCESS

Allen County – Neosho County – Bourbon County

www.southwind.ksu.edu

Loving Long- Distance:

Families Separated by Distance

One major obstacle to maintaining family connections can be distance. Families are often separated for any number of reasons. Whether the separation is job related, the result of a family circumstance, or due to military careers, families can build strong connections from a distance.

A program, Loving Long Distance, was presented as a district-wide program and leader training. Volunteer leaders will share the information with numerous groups within the district. For many of those attending, maintaining a relationship with grandchildren was a concern. Participants learned about tools they can use to maintain successful long distance relationships and shared their personal experiences. Completed evaluations indicated 90% found the program useful to them in their long distance relationships and 75% would find new ways to maintain or improve a long distance relationship.

Family distance can be stressful and challenging, but it also provides unique ways for strengthening family ties. Being creative in maintaining family connections can help all family members feel included and valued.

4-H Safari Photography Workshop



The second annual multi-county event was held on March 31st. The uniqueness of this day long workshop is that it provides a quality, educational experience close to those in the southeastern part of the state and it is completely youth and adult volunteer led. This year's 40 participants came from surrounding areas, some as far as Caney.

Using the 4-H model of 'learn by doing', the workshop provided hands on activities and breakout sessions that participants could choose from. One of the comments most placed on the evaluation, was how great it was to actually be able to be on a computer and learn the program during the Photoshop sessions. 93% of those who filled out an evaluation, stated they would put into practice something new they learned at the photo workshop.

Workshops, such as the Safari Photo Workshop, continue to instill the '5 C's' of positive youth development (competent, confident, connected, caring, and character) to the youth of the Southwind Extension District.

Home Horticulture Series

In the Southwind Extension District, horticulture is an important topic and reaches a diverse audience. Due to the interest in horticulture and the new addition of Bourbon County to the district, a "Home Horticulture Series" was held in March for three consecutive Thursday evenings in Fort Scott. Participants learned about vegetable variety selection and care, trees and shrubs and perennial flower selection for the area. In total, 91 individuals participated in the series. When surveyed, 78 agreed that as a result of the training, their garden/landscape was likely to be more successful. 74 surveyed indicated they will make changes as a result of the training.

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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Youth Livestock



Veterinary Science Series was offered to all 4-H members in the Southwind District who were interested in developing their science-based knowledge of their livestock and pet projects. Dr. Leann Flowers, DVM, served as instructor and advisor in developing this series of informational meetings. Youth who participated in this learning experience engaged in a curriculum geared at developing their diverse interests in animal and veterinary careers; became knowledgeable and responsible animal caregivers; developed experience-based science skill sets that pertain to health and disease; now appreciate the variety of opportunities available in animal and veterinary careers; and practiced the life skills of communication, disease prevention and character development. The 2012 Series focused on an Introduction to Veterinary Science, Reproduction, Livestock Quality Assurance, and a tour of the Kansas State University School of Veterinary Science. When asked what their favorite part of the Series was, one youth responded "all of it because I got to learn what being a vet is like." Youth also listed other important learning experiences such as: "how and where to give shots", "what a withdrawal time is", "why vaccinations are important", "how to spay a pet", and "how to take better care of animals". 100% of the 14 youth who attended the KSU tour said the information they received was "some" or "all" new information.

4-H livestock exhibitors in the Southwind District learned the importance quality assurance and character education as it relates to their animal projects at Livestock Quality Assurance Training. This important program is offered annually to teach youth it is their responsibility to produce safe, wholesome products and that the animal husbandry decisions they make affect the quality of the food they produce. Twenty nine youth from all three counties participated in the 2012 LQA certification training. Participants listed responsibility (22), improved work ethic (16), decision making skills (20), sportsmanship (20), leadership ability (20) and the ability to win and lose graciously (20) as skills they have gained through their livestock projects.

Farm Management

Winter is a good time to analyze current farm record keeping practices and lease arrangements to determine if changes need to be made before the hustle and bustle of calving and planting begins. The following events led those in attendance to think about their current situations with enough time to adopt the necessary adjustments.

Fifteen landowners, tenants, and ranchers from four counties found the Effectively Utilizing Excel workshop to be valuable. This hands-on experience allowed attendees to complete given scenarios utilizing the decision making tools available to the public on the AgManger.Info website. Knowledge learned will change management decisions by "it will be extremely useful in my job role," and "should help me make better decisions." Other comments include: "This is an excellent service you provide. People of all ages, levels of Excel knowledge can all benefit and very nice that there is little cost. These types of classes can be VERY expensive."

Sixteen landowners, tenants, and lenders from ten counties found the Lease Arrangement workshop to be valuable. One-hundred percent of respondents rated the rental agreement and ethics segments as good or excellent. Participants listed the most important things learned as: "gave me the courage to renegotiate with a tenant; since 1992 no change of terms," "helped me understand the important aspects of the other side of the landlord-tenant relationship," the "importance of communication," among many others. Management decisions will cause participants to "put the pencil to it more," "use the K-State management tools," and "increase communication". Other comments include: "plan to come to more meetings," and "an excellent meeting, one of the best I've ever attended."

Fifty-four percent of these participants stated this was their first attendance at a K-State Research and Extension educational event. Those in attendance represented 1600 acres of wheat, 2540 acres of corn, 1970 acres of hay, 700 acres of sorghum, 4370 acres of soybeans and 3576 head of cattle.

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 Larry and Debra Martin of Fort Scott to be inducted as a 2011 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-three Master Farmer families from the Southwind Extension District.

Food & Nutrition

Research supports eating a variety of plant-based foods to promote health, but most people do not get enough of these nutrient-dense foods. 'More Plants on the Plate' is a lesson designed to help participants improve health by finding at least one new way to put more plants on their plate. This lesson was presented to five different, diverse groups reaching 74 participants from across the Southwind Extension District. Participants ranged from 18-20 years up to 80 and over, both male and female. 34 participants, who were unable to identify plant foods that provide protein and calcium before the lesson, were able to name several after the lesson. 60% of the participants had never attended an Extension event. Of those, all agreed that they would likely attend Extension programs or access Extension information in the future.