

December 2012



Southwind Extension SUCCESS

Allen County – Neosho County – Bourbon County

After School Programs



SAFE BASE, in its eleventh year as the after-school and summer program for the lola school district, serves almost 1,000 K-12th grade students annually, including home-schooled and Christian schooled students. Encouraging and promoting excellence in all students, SAFE BASE is not a remedial program, but an opportunity for all students to spark and fuel their interests and talents. SAFE BASE'S mission is to provide academic, health, and social enrichment in a safe and fun environment. During the fall of 2012, Southwind District

Agents team taught 2 sessions that highlighted the interactions of Agriculture with Foods & Nutrition.

“Grow Your Food & Eat It Too” was offered to 15 students for 8 consecutive weeks. Topics centered around the dynamics of growing a particular crop, and then that same food was offered for students to sample. For Halloween, growing vine crops was the topic of choice. A large pumpkin was opened and the entire class assisted in counting over 500 seeds! They also enjoyed eating roasted pumpkin seeds. Students gained life skills of critical thinking, making healthy food choices, decision making, and a better awareness of how their food gets from the field or garden to the table.

“Harvesting Your Holiday Feast” was offered to 15 students for 5 weeks during the holiday season. The initial class period discussed all of the traditional foods that are offered during a large holiday meal and utilized MyPlate to categorize the meal into food groups. Subsequent classes focused on each portion of MyPlate and included agriculture production systems involved in producing a particular food. For example, after watching “Meet Me at the Cheese Plant” and discussion about raising dairy cattle, students then sampled various types of cheese. Other topics included production of swine, turkey, potatoes, wheat, flour, and fruits. Resources that were incorporated into the classes included: MyPlate, Ag in the Classroom Ag Mag, and K-State Kids A Cookin’ video tours.

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Dining Etiquette for College Students

Table manners are important in making a good first impression and are essential to professional success and personal confidence. A group of students at Neosho County Community College recently learned proper dining etiquette for a job interview or other important occasion. As students enjoyed a three course meal, they learned how to handle a formal dining situation and to present themselves in the best possible manner.

All the students indicated that the information learned would be helpful to them. Topics students found most useful included use of silverware, appropriate conversation, and dealing with situations that might arise during a meal.

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.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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Collaborative Programming



Building good collaborations is important to the success of any Extension program. Through such a collaboration with the Iola Public Library, Southwind District has offered a series of cooking classes that have been fun, educational and inspirational. The library was the fortunate beneficiary of a lovely, fully equipped home just across the ally that provides the perfect setting to host cooking classes. Topics offered included a slow cooker class, a "planned" leftovers class and a candy making class that were all tremendously successful. Out of all the participants only 2 had attended any Extension programs before, so this collaboration is reaching a new audience for Extension. All participants reported they learned new skills that would be used with their own families, such as cooking 2 or 3 pounds of ground beef at a time and freezing the cooked meat for later use. One participant said she would prepare more meals at home using this method since it would cut her preparation time down. The candy making class was by far the most fun! The ladies were so excited to learn how to make the Christmas goodies they remembered their mothers or grandmothers making. All reported that they were confident enough to make the candies on their own after the class. One young lady was so excited to make peanut brittle for her family Holiday gathering because they hadn't had it since her grandmother moved to a nursing home. She was thrilled to carry on that family tradition! Because these classes have been so well received, we are planning more cooking classes with the Iola Library. By request of the participants, we are offering a cinnamon roll class and a jams & jellies class in the upcoming months.

Master Gardeners

The Southwind District Master Gardener program (22 gardeners) completed 779 hours of volunteer service to their communities in 2012. Examples of volunteer service provided included the work at the Chanute Community Garden, maintaining gardens in Humboldt, work at the Moran Community Center & Moran Manor, teaching children, maintaining beds at Neosho County Courthouse, teaching gardening classes, and activities with youth at Cherry Street to name a few. In 2011, the average value of volunteer service was \$21.79/hour making the value of the Master Gardeners service to their communities was almost \$17,000! The Master Gardener program is a volunteer program in which K-State Research and Extension "trades" classroom training for volunteer time. Training consists of 40 to 50 hours of instruction in all aspects of horticulture. After training is completed, volunteers donate an equivalent number of hours of service as was received in instruction.

Beef Cow Health Conference

Fourteen Kansas counties and two Oklahoma counties were represented by the crowd of 160 who attended the September 18, 2012 beef cattle meeting in Erie, Kansas. This event was a cooperative effort between the Southwind Extension District and SEK Genetics of Galesburg, KS. Attendees gained knowledge and participated in discussions on Bovine Trichomoniasis, Neospora Abortions and long-term drought concerns.

Bovine Trichomoniasis or 'Trich' has been gathering attention recently as an important reproductive disease of beef cattle. Dr. Cody Garten, DVM, US Department of Agriculture, highlighted the symptoms of Trich, testing requirements, transportation regulations, prevention and control methods. Dr. Don Coover, DVM at SEK Genetics, covered a new topic for most - Neospora Abortions. Neospora caninum is a protozoal parasite considered to be a major cause of abortion in cattle. First recognized in 1988, and linked to dogs in 1998, this parasite causes an infection called neosporosis.

Information presented on Trich and Neospora was new and very valuable to 82% and 94% of the participants respectively. The audience managed an estimated 9,500 cows, 13,200 stockers, and 1,250 feedlot calves. Ninety-eight percent of respondents said they were likely or very likely to make management changes with an estimated economic impact of \$130,650 based on the information they learned.

Kansas Youth Leadership Forum

Twelve Southwind District 4-H members participated in "4-H Safari—Explore the Possibilities" during the 13th annual Kansas Youth Leadership Forum (KYLF) held November 16-18, 2012 at Rock Springs 4-H Center. Members developed their leadership skills and potential through workshops, consulting groups, inspirational speakers that will motivate them to make a positive difference within their clubs and communities.

In addition to serving as delegates at the conference, Anna Setter and Ben Yarnell were elected to second terms on the Kansas State Youth Council and will spend time promoting, developing and implementing Kansas Extension 4-H and Youth Development programs across the state. Anna said "Campference was really the foundation for my leadership career, however when I went to KYLF it really put into perspective the abundance of opportunity in leadership. The high energy atmosphere at KYLF motivated me to take the next step by becoming an active leader on the State level."