

Southwind Extension District



Newsletter brought to you
by:

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Livestock Production
and Forage
Management

Southwind Extension
District

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Welcome to the fourth 2020 Edition of the Southwind Extension District - Livestock and Forage Crops Newsletter.

I look forward to assisting with your livestock production and forage crop needs in this Spring. Currently, K-State Research and Extension has suspended all face to face activities until Mid-May. I look forward to seeing again then, but I am still available to serve you by e-mail at: cgp@ksu.edu and by phone at 620-223-3720.

[Click here for a direct link to KSRE Covid-19 Resources,](#)

*K-State Research and Extension is committed to making its services, activities, and programs accessible to all participants. If you have a special requirement due to a physical, vision or hearing disability, please contact Christopher Petty at 620-223-3720.

Upcoming Events

Please check this and upcoming editions of the newsletter for more information about coming events. Tentatively scheduled meetings and activities include:

[Demographics](#)

Quick Links

[Southwind Extension District](#)

[KSU Animal Science Department](#)

[K-State Research and Extension](#)

[Kansas Livestock Association](#)

[Kansas Pork Association](#)

[Kansas Meat Goat Association](#)

[Kansas Forage and Grasslands Council](#)

[Society for Range Management - Kansas Section](#)

Join My Mailing List

Women in Ag Follow Up Webinar April 7, 8

Economics of Ag Webinars April 2, 9, 16

Southwind District: Livestock by the Numbers

[Click here for a short video about livestock production in the Southwind District.](#)

K-STATE
Research and Extension



Knowledge
for Life

Women in Ag Webinar Update

A follow-up to Farm Financial Skills for Kansas Women in Agriculture *Addressing concerns amid COVID-19*

KANSAS STATE UNIVERSITY Agricultural Economics

K-STATE
Research and Extension



Robin Reid
Extension Farm Economist



LaVell Winsor
K-State Farm Analyst



Rebecca McFarland
Frontier District FCS Agent

Two LIVE Webinars times:

April 7th, 7:00-8:00 pm

April 8th, 1:30-2:30 pm

(same content both times)

ALL are welcome to participant, even if you were not a part of our winter series.

Topics include:

- What is going on with the Ag. Markets?
- How should I be adjusting my farm financials and management decisions?
- How do I cope with this stress?

Registration Information:

www.AgManager.info under "Events"

You may register up until the meeting time!

This material is based upon work supported by USDA/NIFA under Award Number 2018-70027-28586.



United States Department of Agriculture
National Institute of Food and Agriculture

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 Rich Llewellyn (785) 532-1504 or Director of Affirmative Action, Kansas State University, (TTY) 785-532-4807.

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[**Click here for the Ag Manager Events Web Page**](#)

Economics of Ag Webinars

[**Click here for the Ag Manager web page for Active Registration and recording Links**](#)

A Series of Online Gatherings

Thursdays at 7:00 pm CDT

April 2, 2020–Grain Markets & Planting Intentions–Dan O’Brien/Gregg Ibendahl
April 9, 2020 – Ongoing Effects on Livestock Markets – Glynn Tonsor
April 16, 2020 – Effects on Land Values – Mykel Taylor

[RECORDING: Further Updates on the Macroeconomy \(3/26/20\)](#)

The primary topics are listed above, but other specialists will be available to help answer questions about other topics. Expect a short presentation/discussion by the specialist on the topic for that week, then the opportunity to discuss and ask questions.

No fee, but registration required. Registration limited to 300.

Recordings will be posted on AgManager.info following each session.

When you register, you can submit questions you would like addressed, in the space provided.

Please register for the **April 2 webinar by clicking on the URL below:**

https://ksu.zoom.us/meeting/register/vJYkdu6gqjMuRGzpeS0Vt6we1j6w_6WEeg

After registering, you will receive a confirmation email containing information about joining the webinar.

Information:

<https://agmanager.info/events/economics-agriculture-during-covid-19-pandemic-series-online-gatherings>

Questions: Rich Llewelyn at rvi@ksu.edu

Farm Stress Video

<https://www.youtube.com/watch?v=2SDszgQciiA>

Click the above link for an excellent video on farm stress, created by our friends at Douglas County Extension.

Self Care is for Farmers Too

Caring for ourselves should be a practice we engage in routinely. During challenging times that may be the first thing we take off of our schedule or to-do list. We have the best of intentions, but we easily replace it with another responsibility or to-do.

I want to remind you that taking care of yourself is vital to your health and well being. Self-care is something we do intentionally, to take care of our mental, emotional and physical health and well being. Self-care looks different for everyone. Your self-care plan needs to be customized to your needs, but should ensure that you are caring for your mind, body and spirit.

Here are some tips to help you intentionally care for yourself:

- * Schedule time for yourself in your daily schedule. Allot some time each day when you don't obligate yourself to anything. Give yourself total freedom to enjoy one of your favorite activities or states of being.**
 - * Practice self-care first thing in the morning. This could be as simple as five minutes of mindfulness, prayer or breath work. It might be journaling or writing down three things you are grateful for.**
 - * Don't be afraid to try new methods or strategies for self-care. There are numerous videos and apps for mind-body methods, stress management, physical activity, etc.**
 - * Remember self-care also includes making healthy eating choices, being physically active, getting sufficient sleep, and getting regular health care check-ups and screenings.**
- If you already have a self-care practice you engage in routinely, keep it up. If not, I challenge**

you to incorporate at least one within the next week.

"There is enough time for self-care. There is not enough time to make up for the life you'll miss by not filling yourself up." - Jennifer Williamson



Southwind District Demographics

County Name	TOTAL County Population	White, alone	Black or African Am*	AM Indian or AK Native	Asian	Native HI or Pac. Islander	% Two or more races	% Female	% Male	% Latino/Hispanic
Allen	12444	93	2.1	1	0.8		3.1	50.7	49.3	3.8
Bourbon	14653	92	3.2	0.9	1.2		2.6	50.6	49.4	2.9
Neosho	15951	94.1	1.4	1.5	0.7	0.1	2.2	50.5	49.5	5.1
Woodson	3183	95.4	0.6	1.6	0.1		2.3	49.7	50.3	3
Totals for District	46231	93.23	2.10	1.18	0.84	0.03	2.58	50.53	49.47	3.91

K-State Research and Extension - Southwind Extension District

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