

July 2016
20th Edition

Meadowlark
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Dear Meadowlark Extension District Patrons,

We hope you enjoy our summer edition of the Meadowlark Extension District Newsletter produced by your District Extension Agents. K-State Research and Extension, based at Kansas State University in Manhattan, Kansas, and the Meadowlark Extension District provide practical information you can trust — to help people develop skills and build a better future. Our focus is on solving grand challenges involving water, health, global food systems, vitalizing our communities, and growing tomorrow's leaders. We are Kansas State University in your community!

For more information about K-State Research and Extension, visit one of our Meadowlark Extension District offices in Holton, Oskaloosa or Seneca, using the contact information shown on the front page of this newsletter or our website: www.meadowlark.ksu.edu

David Key

Meadowlark Extension District Director and Agent

Seneca, Kansas



Community Economic Development

David Key

Productive Groups

Productive groups are the foundation for accomplishing the work of formal organizations (such as clubs, councils, boards, associations, or coalitions) or less formal groups (such as task forces, committees, or project work teams). Groups like these share leadership, serve others, and are willing to take risks.

Many different types of groups are involved with community activities. A productive group accepts and supports differences, communicates openly and respectfully, and works together for mutual goals. A newly formed group may not have clear rules on what is appropriate behavior. Fear of not being accepted or respected can create problems. It is important that all group members get to know one another and feel comfortable with one another.

Builders and Blockers

The following lists describe group behaviors that either build or block successful group building.

Builders

1. Humor
2. Starting on time
3. Short meetings
4. Fun
5. Compromising
6. Similar backgrounds
7. Common goals
8. Enthusiasm
9. Cooperation
10. Assigning a leadership role on a temporary basis (rotating facilitator)
11. Listening
12. Taking an extreme, absurd position to help others realize where they stand
13. Having clear goals which are understood by all
14. Following through and accepting responsibility
15. Alternative ideas
16. Consensus decision-making
17. Respect

18. Defined roles
19. Commitment
20. Flexible structuring
21. Support for others
22. Facilitation rather than leadership
23. Initiative
24. Sensitivity to people's differing needs
25. Trust
26. Being process-oriented, as well as task-oriented

Blockers

1. Not listening
2. Unclear issues
3. Disorganized
4. No facilitator
5. No defined goals and objectives
6. Not buying into goals and objectives
7. Not being involved in decision-making
8. Impatience with group decision-making process
9. Being afraid to speak up at a meeting because of what others might say
10. Using words and jargon that some members might not understand
11. Lack of information
12. No prepared agenda
13. Suppressing conflict
14. Rejecting other's ideas without hearing them out
15. Animosity and dislike in the group
16. Inflexible group structure
17. Lack of planning
18. Time pressures
19. Outside pressures
20. Ego
21. Pushy people
22. Hidden agenda/self-interest
23. Lack of well-defined roles
24. False or too much humor



Crops and Soil, Horticulture

David Hallauer

Fall 'Chores'

In July and August, most people aren't looking for things to do outdoors! That changes, however, when the weather cools. Fortunately, there's still a lot to do before winter sets in.

Soil testing is one of the most important things to think about in the fall. The information a soil test provides is the best way to get a head start on next year's turf grass maintenance program or garden improvement plan.

Fall is also a great time for seeding *and* fertilizing turf grass. Fall seedings have a great chance to get established before winter, and fall fertilization programs are the foundation of a good, thick turf stand. Plus, it provides great weed control!

Consider adding organic matter to the garden in the fall, and working the garden as well. Soils tend to be drier in the fall, preventing some of the compaction we sometimes cause.

Not quite ready to put the garden to bed yet? Fall gardening crops abound. Try out this K-State Horticulture video for some suggestions: bit.ly/1tmvt28.

Don't let summer heat and withering plants get you down — there are some great opportunities for outdoor lawn and garden work just around the corner!

Fall Treatment of *Sericea Lespedeza*

If you think a small patch of *Sericea lespedeza* is a problem, just wait until it becomes a big patch! *Sericea lespedeza* control is possible in late summer in to fall, but you have to make sure plants are actively growing and you know what growth stage they are in.

Product selection is key. Products containing Triclopyr (e.g., Remedy Ultra, PastureGard) can be effective during the early to full bloom stage, but products with metsulfuron (e.g., Escort XP, Cimarron Plus, Chaparral) are often more effective as flowering ends and seed pods appear and begin to fill.

Keep *Sericea lespedeza* from going to seed! *Sericea* plants can be killed until frost, but if pod fill has begun, viable seed will still be produced. Avoid grazing or haying after the *Sericea* has gone to seed to help prevent the spread the seed to other areas.

For information on products and rates, check the *Chemical Weed Control Guide* available at your district office or at: www.bookstore.ksre.ksu.edu/pubs/SRP1126.pdf. Your local County Noxious Weed Director is a great resource as well.

Aquatic Weed Management Resources

Algae. Pondweed. Duckweed. Cattails. All pond problems with different control approaches. Fortunately, there are many excellent resources available to help pond owners with the myriad of vegetative species they might encounter.

The first is K-State's *Aquatic Plants and Their Control* (www.bookstore.ksre.ksu.edu/pubs/C667.pdf). It includes sketches to help you identify plants as well as an excellent chart that contains easy to understand information about which weeds will be controlled by which products, as well as physical and cultural aquatic weed control suggestions. It's a great reference to help you settle on an approach to control.

Finally, check out *Producing Fish & Wildlife in Kansas Ponds* available from the Kansas Department of Wildlife, Parks, and Tourism at: ksoutdoors.com/Fishing/Special-Fishing-Programs-for-You/Pond-Management-Program/Producing-Fish-and-Wildlife-in-Kansas-Ponds. In addition to aquatic weeds, it includes pond management information.

Windbreak Planning

Fall windbreak planting is a little ways off — but the planning process should already be in full swing.

Windbreak plantings don't just happen. You can shove trees in the ground, and some will survive, but for the best establishment success, advance preparation is necessary.

Almost any site requires some type of tillage, leveling, and weed control with plenty of time for weeds to die and the site to mellow out before planting. Weeds and grass in the planting can severely hamper establishment and slow growth if not controlled well before planting. Make sure weed control applications/tillage and weed barrier fabric are included in your budget.

Tree selection is also important. To find out what trees are recommended for your area, contact a District Office for advice. For further information to get you started, request a copy of *Windbreaks for Kansas*, MF-2120 available at your District Office or online at www.kansasforests.org.



Livestock, Natural Resources

Jody Holthaus

Eastern Kansas Grazing School Hosted in Meadowlark Extension District

Perry, Kansas, will be the host town for this year's grazing school. The school is planned for September 20 and 21 at the Highland Community College campus in Perry. We have a panel of 10 experts who will be presenting the school. Mark Green, District Range Conservationist from Springfield, Missouri, will share his expertise spanning 30 years of rotational grazing at work and at home. Mark is a temporary fencing expert and will share his secrets with hands on demonstration. He has a unique display of all the electric fencing gadgets he has gathered over the years, so he can share what works and what doesn't. Most come with a humorous story.

Wesley Tucker, also a Missourian, is an extension specialist in agricultural economics. Like Mark, Wesley has experience with rotational grazing, professionally and personally. Wesley will be sharing the economics of rotational grazing, and how that can affect the bottom line for the farm or ranch. David Kraft, NRCS state range conservationist, along with the district range conservationists Doug Spencer and Dustin Schwandt, will be providing presentations out in the field as well as classroom instruction.

Meadowlark District agent David Hallauer will be teaching a session on plant basics. Participants will get all the information needed to start or maintain a rotational grazing system for their farm or ranch.

Farm visits will occur at Melvin Williams, to view their rotational grazing system and unique watering systems. The Williams currently sell grass finished beef. Gene Barrett, of Jefferson County, will provide paddocks for the pasture allocation exercise, which helps participants visualize the needs of grazing cattle for a 24-hour period.

The two-day school is a combination of hands-on, classroom sessions, and demonstrations in the field. There

is a charge of \$50 for the first person from a farm or ranch and \$25 for subsequent participants. Registration is due by September 10. For more information or a copy of the agenda, please contact one of the district agriculture agents.

Women in Ag

September 14, 2016, will be a special program for Women in Ag, hosted by Jefferson County Soil Conservation District and the Meadowlark Extension District. The workshop will be in Oskaloosa at the Colonial Acres Event Center, 8998 US Hwy 59. The event starts at 5:30 p.m.

The first presenter is Cindy Williams, Meadowlark Extension District agent; her presentation will be "Who Gets Grandma's Yellow Plate."

The featured speaker will be Dr. Paige Pratt, Kansas Farm Bureau district manager. Paige has a unique tale of moving her cattle ranch across the country in order to transition the family farm to the next generation. Her talk is entitled, "The Family Farm Transition: The Good, the Bad and the In-Laws." There is a \$10 charge for the dinner. RSVP at the Jefferson County SCS office 785-863-2201 ext. 3, or one of the district extension offices.

Livestock Workshop August 19

This summer's end workshop will be in the northern part of Jackson county, touring the Henry Pagel and Matt Pagel cattle operation. We will be introducing the new K-State beef veterinarian, A.J. Tarpoff, who will discuss "Veterinary Feed Directive." Also, we will have a presentation by David Kraft, NRCS state range conservationist, on "Extending the Grazing Season." Other presenters include Dustin Schwandt, NRCS range conservationist, David Hallauer, District Extension agent, and Jody Holthaus, District Extension agent. This meeting is a collaboration with Delaware WRAPS, Glacial Hills RC&D, Jackson County Conservation District, and the Meadowlark Extension District. Reservations are required for lunch and may be made at 785-364-4125.



Food and Nutrition, Financial Management

Cindy Williams

Guessing Canning Processing Times — Not a Good Idea

Gardens are coming on strong, and that means food preservation will be going strong, too. If you guess at a processing time for canning, you could under process your food, resulting in food poisoning and/or product loss due to spoilage.

All reliable recommendations for canning include process times that have been determined by or based on results of laboratory testing. The exact time and temperature combinations of tested canning processes are needed to assure the destruction of microorganisms that may be present in the filled jars. Sure, it's possible that you could use unsafe canning practices for some time without causing waste or harm, but it only takes one batch of food containing destructive microorganisms to ruin your streak of luck. And especially if you are canning low-acid foods, the consequences could be severe and irreversible.

While some microorganisms are apparent just by looking, others remain invisible to your bare eyes. Many different types of mold, yeast, and bacteria swell on food. Given their preferred conditions of moisture, acidity, oxygen levels, and temperature, they will grow, and some will even produce toxin.

Process time recommendations can deliver safe amounts of heat to destroy microorganisms of concern. You can trust that your home-canned food will receive adequate heat treatment by using proper canning methods and following recommended process times. For more information about recommended canning times, contact your local extension office as we have many publications on preserving a wide variety of foods.

Prepare a Money Management Plan

There are many reasons why you can benefit from designing and following a plan for saving and spending. A

management system or budget is based on decisions which can help you to:

- Use money in the most effective manner possible to maximize resources and to minimize waste.
- Achieve financial goals by emphasizing top priority goals, reducing debt, and directing your money toward the things you really want to do and to buy.
- Gain a sense of being in control by minimizing the impact of emergencies and change in economic conditions.
- Reduce family conflict by encouraging cooperation and teaching children to use money wisely.

Designing and implementing a good money plan is not easy. It takes time and effort to do the job well. Remember, in the course of your lifetime you'll make decisions about many thousands of dollars in earnings.

The main purpose of your plan is to get as much value and satisfaction from your money as you can.

Strategies for Tracking Your Spending

Tracking your spending will be easier if you:

- Keep records simple. Avoid unnecessary detail
- Appoint one person in the household to assume responsibility for recording family expenditures.
- Set a regular time schedule for record keeping. Getting behind can make it more of a challenge to catch up.
- Analyze expenditures regularly. Ask:
 - » Are all expenditures listed?
 - » Are all financial obligations being met?
 - » Is spending within your income?
 - » Are you satisfied with how your money is being used?
 - » Are you satisfied with the amount being saved and/or invested?



Family Life

Nancy Nelson

Keys to Embracing Aging

What you do today will affect your future. This is especially true in issues regarding aging. The way you take care of yourself through the years, both physically and mentally, will affect the natural process of aging.

No one knows this better than centenarians, people who are 100 years old and older. Centenarian studies demonstrate that life does not diminish with aging. In fact, 100-year-olds show how the acceptance of aging can be positive, joyful, and exciting. They demonstrate that aging brings new experiences, knowledge, and wisdom, and a greater ability to engineer a positive approach to the aging process. Many centenarians contribute their longevity to the following:

Positive Attitude

A positive attitude affects overall happiness, health, and well-being. A positive attitude can also help you better manage life's transitions and challenges.

Eating Smart and Healthy

Eating right can help prevent illness and chronic disease. It can also provide you with more energy so you can be alert and a better decision-maker. Eating healthy includes a well-balanced diet and a healthy relationship with food.

Physical Activity

Regular exercise is associated with decreased death and disability from diseases such as heart disease, diabetes, arthritis, and cancer. It is also associated with positive psychological benefits, such as improved quality of life. The most important thing to remember about exercise is to do it.

Brain Activity

A healthy brain is crucial to survival, growth, and everyday successes. Similar to the rest of the body, the brain needs exercise and maintenance to optimize and protect its current and future health. In particular, the brain needs socialization, mental stimulation, physical activity, nutrition, and sleep.

Social Activity

Engaged people are often healthier, happier, less depressed, and demonstrate enhanced brain vitality. Social activity also improves academic performance, inspires a positive attitude, enhances self-esteem, connects you to family and peers, and reduces the risk of illnesses and disease.

Tuning Into the Times

Staying in tune to the times throughout life promotes lifelong learning, which increases knowledge, problem-solving skills, and decision-making. Staying on top of the latest technology and keeping up with the news also enhances brain stimulation and helps broaden social opportunities.

Know Your Health Number

Certain health numbers can save and extend your life. These numbers are associated with cholesterol, triglycerides, blood pressure, blood sugar, body mass index, and waist circumference. A lifestyle including regular visits to a health-care provider, proper nutrition, and physical activity promote these numbers and contribute to healthy aging throughout the lifespan.

Stress Management

Appropriate stress is healthy and useful, but when stress overwhelms you, it can cause anxiety, tension, irritability, and a number of health problems. Learning what causes stress and how to manage it in positive ways helps you cope and live a more balanced, healthy life.

Sleep

Sleep has a major influence on overall health and quality of life, including the way you look, feel, and perform on a daily basis. Your body needs sleep to repair muscles, consolidate memories, and regulate hormones and appetite. When you sleep well, you wake up feeling refreshed and alert for daily activities. Sleep prepares you to concentrate, make decisions, and fully engage in school, work, and social activities.

Taking Time for You

In today's busy world, you juggle multiple priorities and responsibilities and likely make time for others before making time for yourself. But you are important too. Taking time for you is to take care of you, which makes you a better family member, friend, co-worker, caregiver, or leader. Even if it is just for 10 minutes a day, a time out is good for your mind, body, and soul.

Conclusion

There is no magic potion to stop the aging process. It is important to take care of your body, mind, and spirit. These keys, and many additional healthy behavior practices, encourage optimal aging throughout the life span.



4-H Youth Development

Ross Mosteller

Kansas 4-H Camp Counselor Training Impacts

Summer is an active time of the year in the 4-H program. One of the highlights of summer is the 4-H overnight camping experience. Every year hundreds of 4-H members across Kansas make their way to Rock Springs 4-H Center to take in four days and three nights of fun, socializing, learning, and growing as independent young people. All of this is accomplished under the direct guidance of a teen 4-H camp counselor.

Every year camp counselors are trained in the skills needed to successfully mentor and lead eight or nine youth campers during 4-H camp. The major purpose of the camp counselor training is to help teens develop the specific leadership and communication skills to help the campers have a safe and fun experience while at camp. For several years, counselor training impact has been measured. Following is the summary of what Kansas 4-H has found about our counselor training program.

The focus of the camp counselor training is based on Kansas 4-H Life Skills:

- Positive self-concept
- An inquiring mind
- A concern for the community
- Healthy interpersonal relationships
- Sound decision-making

These five life skills complement those enduring qualities that help young people develop Competence, Confidence, Connection, Character, and Caring for others which are the 5 C's of Positive Youth Development that lead to the 6th C — Contributions.

Short Term Outcomes

Eight of the 14 training topics increased significantly immediately following training but before the arrival of the campers.

- Life skills
- Ages and stages
- Effective team membership
- Transition techniques
- Camper adjustment

- Risk management
- Cooperative problem solving with supervisors
- Leadership skills

The surveys indicated that camp counselors applied much of the information they learned from the camp counselor training. Being able to immediately apply the 14 training topic principles learned during the camp session reinforces the learning and positive behavior change sought through the training process. This is a medium term outcome.

Medium Term Outcomes:

The preparation of the 4-H camp counselors through participation in a standardized pre-camp training course is a positive experience that significantly increases the teenagers' knowledge of:

- Positive youth development life skills
- Pre-adult growth and development stages
- Effective team membership
- Transition techniques for 4-H camp
- Camper adjustment to the residential camp environment (both physical and social)
- Risk management
- Cooperative problem solving with adult supervisors
- General leadership skills

The knowledge and attitudes displayed resilience and continuity and transitioned into valuable skills and behaviors. This evidence is strengthened by the words and language chosen by the counselors when asked regarding their most valuable attributes or which skills required further improvement:

"I learned about the leadership and patience balance that keeps everyone safe, yet still allows for fun."

"I learned how to deal with conflict better, and learned to be more outgoing."

"I learned how to handle different personalities and how to get them to work together."

"I learned how to effectively work with others: campers, counselors and agents."

K-STATE

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Fair Dates 2016

Nemaha County Fair
July 29–August 1

Jackson County Fair
July 25–29

Jefferson County 4-H Fair
August 1–4