

Dear Meadowlark Extension District Supporters,

Please review our early winter edition of the Meadowlark Extension District “Extension Response” that highlights some of the programs offered by our District Staff and volunteers. Our focus is on solving grand challenges around water, health, global food systems, vitalizing our communities and growing tomorrow’s leaders.

Sincerely
David Key

Meadowlark Extension District Director

Global Food Systems

Eastern Kansas Grazing School

The sixth annual Eastern Kansas Grazing School was held this fall in the Meadowlark Extension District. The multi-agency annual event brings together expertise from NRCS (Natural Resources Conservation Service) in Kansas and Missouri, the University of Missouri, and K-State Research and Extension, for presentations on a myriad of grazing topics. Meadowlark Extension District Agents provided timely presentations to producers, organized field exercises, tours, and coordinated the classroom education.

Pre-meeting surveys indicated that approximately 18 percent would consider themselves fairly knowledgeable. After attending, that number jumped to 82 percent! We won’t know the full impact of the grazing school education effort for a few years but participants definitely gained insight in to the science behind grazing management while getting a hands on experience with grazers and fellow participants to help them fine tune their system.

This year’s school was attended by 21 producers and was the second time it has been hosted in the Meadowlark Extension District since its inception.

Health

Stay Strong, Stay Healthy is a New Program

Eat healthy – check. Get aerobic exercise – check. Do strength training – not so much. The loss of muscle mass can slip up on us without warning. The idea of going to a gym or not knowing the proper exercises to do at home can keep people from starting. K-State Research & Extension has launched Stay Strong, Stay Healthy to help older adults regain strength while improving their balance, flexibility and overall health. Participants in the Meadowlark District’s inaugural class met for one-hour sessions, twice a week for eight weeks this fall. Activities included warm-up exercises, strengthening exercises with and without weights, and cool-down stretches. Class members are encouraged to do the exercises on their own once or more per week. The program is offered at a minimal cost and weights are provided for use during the program.



Delia PRIDE members participate in the 8-week Stay Strong Stay Healthy Class.

Growing Tomorrows Leaders

“4-H – Are You In To It?”

In an effort to maximize the impact of a face to face 4-H event, and offer more “bang for the buck” a multi-pronged, multi-purposed “4-H, Are You Into It?” event was held this fall in Oskaloosa. In



the timespan of a few hours there were opportunities to: attend Club Officer's Training, New Family Orientation, Project Discovery activities, participate in community service activities for Meals on Wheels, share in a potluck and of course, just have a little fun doing some minute to win-it games. All of this was planned, organized and ran by a 4-H Council committee in conjunction with the local Extension office.

This format led to one of the best turnouts in the recent past at 4-H Officer training, had contact with twelve new families, provided youth the opportunity to share information about their favorite projects with other youth and adults, and facilitated a county-wide community service project.

Community Vitality

Program Designed To Help With Disbursement of Personal Property

A majority of adults often die without a will; even more fail to address issues of personal possessions in their inheritance planning process. "Who Gets Grandmother's Yellow Pie Plate" was created by Minnesota Extension to fill a need for inheritance and personal possession educational resources.

This educational program was conducted last year in the District reaching 84 families. Program

participants better understand the sensitivity of the issues and determine what they want to accomplish, decide what's "fair" for their family and consider distribution options and consequences and understand belongings have different meaning to different individuals and agree to manage conflicts if they arise.

Global Food Systems

Extension Response to Veterinary Feed Directive

The Food and Drug Administration (FDA) has recently amended the new animal drug regulations to implement the veterinary feed directive (VFD) effective on January 1, 2017. In order to inform farmers and ranchers of these changes, Extension meetings were held for Sheep and Goat Producers in Valley Falls and Beef Producers in Seneca and Nortonville reaching over 125 producers. Several news articles on the subject were also published and District Veterinarians were also sent direct mailings of K-State's latest publications and the new K-State website on VFD was also shared.

Community Vitality

Christmas Cheer or Christmas Fear Program Conducted

According to National Retail Federation, almost 14 million Americans are still paying off their holiday bills from the year prior! Sixty-six percent of all consumers go over their budget during the holidays, by an average of \$116. To make matters worse, 63 percent of Americans will not set or have a budget for their holiday spending.

Extension programming around this issue involved several news columns related to spending and budgeting reaching nearly 6,700 households in the District, a "Money Matters" Newsletter-that reaches all of the banks in the District, and a holiday spending tracker handout was designed to help promote budgeting/saving for the holidays.

Meadowlark Extension District – Nemaha, Jackson, and Jefferson Counties

K-STATE
Research and Extension
 K-State Research and Extension
 is an equal opportunity provider
 and employer.

Seneca Office
 Nemaha County
 1500 Community Dr.
 Seneca, KS 66538-9786
 Phone: 785-336-2184

Holton Office
 Jackson County
 114 West 5th Street
 Holton, KS 66436-1791
 Phone: 785-364-4125

Oskaloosa Office
 Jefferson County
 Courthouse Basement
 P.O. Box. 326
 Oskaloosa, KS 66066-0326
 Phone: 785-863-2212

www.meadowlark.ksu.edu