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12th Edition

Meadowlark Extension District
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Dear Meadowlark Extension District Patrons,

We hope you enjoy our winter 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, offers programs, publications and newsletters focused on improving the quality of life for Kansans and others using science-based information and has offices in all 105 Kansas counties.

We are committed to providing practical information, education and training that is research based on issues that Kansans consider important and helpful in improving their lives, farms, organizations, businesses, families or communities.

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 Web site: http://www.meadowlark.ksu.edu

Sincerely,

David Key
Meadowlark Extension District Director and Agent
Seneca KS
Why People Volunteer

An effective leader knows that volunteers are people who have chosen to participate in a project, and that they can at any time choose other options. And they probably will if their experience is not a positive one.

Generally, volunteers can be categorized based on whether they want to make a long-term or short-term commitment. One type of volunteer is not better than another. However, their interests and motivations are somewhat different, leading to different levels and kinds of involvement. The same individual can be a short-term volunteer with one project and a long-term volunteer with another. Both are important to the success of any project.

What motivates others in your community to give of their time, energy and expertise? And how do the tasks you give them match up with what motivates them? Following are some typical reasons and their implications for you as a community leader to consider.

**To make a difference.** Many people volunteer because they want to make things better, to fix a problem, to produce something for others in the community. Wanting to make a difference means wanting to see results.

**To be with people.** Volunteering can help new people in the community to meet others. It can be a way to develop networks that help people professionally. And it can provide an opportunity for family members to be together by volunteering together.

**To gain experience.** Volunteering for a project can help people learn more about important community issues or opportunities. This activity assists people to develop skills that transfer to the work world and provide experience that looks good on a resume.

**To respond to a sense of duty.** Sometimes people volunteer because for them, it is simply the “right thing to do.” Their effort may come from a desire to give something back to the community. It may be based on religious convictions or other values. Many community volunteers come from families with a tradition of volunteering and assume that it is a normal part of life.

To have fun. Volunteering is work. But work does not have to be oppressive. Remember volunteers are not doing this for a paycheck. If their experience is unpleasant, they can always do something else.

To do something different. For some people, one of the rewards in volunteering is the chance to escape a routine. It may be a chance to get out of the house. It maybe an opportunity to use skills that are underused at work. Volunteering can be a time to step off the treadmill for a while.

Keeping Volunteers on the job

A volunteer’s experience with a project should add to the community’s pool of volunteers, not drain it. Several factors contribute to keeping volunteers once you have recruited them, such as providing good orientation, adequate training, support and recognition.

Four key things can help you get the best return on the time and effort you put into supporting volunteers:

**Stay in touch.** Make sure all volunteers get the same information about the project and its progress in a timely way. Make sure they have the resources they need to do their job. Be able to work with volunteers to find a mutually acceptable solution to disputes or problems.

**Ask for and give feedback.** Show respect for your volunteers and take them seriously. Ask them for feedback about their project and its progress. Consider developing a job description for volunteers and ask for feedback as they carry it out.

**Create a recognition plan.** The surest way to lose volunteers is to take them for granted. Be intentional about recognizing what volunteers accomplish. Plan to recognize volunteers in formal and informal ways.

**Understand the volunteer “life cycle.”** When volunteers turn down an invitation to work or choose to step back, make sure your organization maintains a positive relationship with them. Remember an old saying: “Our ability to work together tomorrow depends to a large degree on how we treat each other today.”

adapted from the “The Community Leadership Handbook” Framing Ideas, Building Relationships and Mobilizing Resources By James F. Krile
Kansas Ag Lease Law

A number of our land leases across the state are unwritten. Most of them work relatively well - until it comes time for a termination to occur for some reason. How does termination work? This text is from Kansas Agricultural Lease Law publication C-668 from KSU:

*Notice to Terminate a Lease*

For all leases, except written leases signed by the parties that provide otherwise, Kansas law provides that notice to terminate farm and pastureland leases must be given as follows:

1. in writing
2. at least 30 days prior to March 1, and
3. must fix March 1 as the termination date of the tenancy.

Any notice to terminate which does not comply with the above requirements is inadequate and the tenancy will continue.

On the surface, that doesn’t seem very complicated, right? Ever heard the saying ‘the devil is in the details’? Such is the case with any type of unwritten or a poorly written or misinterpreted written lease.

The bottom line is this: make sure you are communicating with your landlord or tenant first and foremost. It’s hard work but worth it in the long run or cases where things get confusing. Follow that up with a carefully worded, well thought out written lease. Follow that with MORE communication. Even the most innocent action or word can cause confusion and strain a relationship. Make sure all your i’s are dotted and your t’s crossed by checking out C-668 as well as the other publications on leases available from KSU and your District Extension Office.

Conservation Trees from the Kansas Forest Service

The number of windbreaks in some state of decline is disheartening. For many with pine species, pine wilt has ruined what was once a very attractive and useful windbreak planting. For others, specifically those with eastern red cedar based windbreaks, trees have simply matured and started to grow together, thinning in the lower areas of the canopy and making them less effective. Drought has also played a role. Evergreen trees need water constantly. With the lack of through this last year, life for them has been pretty difficult.

The ‘fix’ isn’t simple. Start by getting a plan. Will you replace or fill in? If you’re missing a tree here or there, filling in might be the best option. If multiple trees are in a state of decline, start with a new plan. You can get low-cost tree and shrub seedlings for use in conservation plantings via the Kansas Forest Service as well as some great recommendations for what species to plant, spacing, and even post-planting care. Orders are being accepted now.

Follow up with lots of TLC. Do everything that you can to help those trees get established the first couple of years. That means not only watering, but a good weed control program as well.

And last but not least, don’t walk away after trees are established. Plans usually call for trees to be thinned when they reach a certain height. Pruning will definitely be a necessity if you plant any deciduous species. Watering will be needed throughout the lifetime of the tree, particularly if hit dry spells like we have the past couple of year.

For more information on selecting/ordering/and planting trees, contact your District Office and request a Kansas Forest Service conservation tree order form or visit them on the web at: [http://www.kansasforests.org/conservation/](http://www.kansasforests.org/conservation/). They have wildlife planting information, too!
Jackson County Livestock Exposition- January 26, 2013

This year’s Expo will begin with a trade show, starting at 11 am at the Jackson County Fair Building in Holton Kansas. A complimentary lunch is provided by the Jackson County Conservation District. Afternoon sessions designed for adult learners will start at 1 pm, speakers include Dr. Keith DeDonder, DVM, Jeff Hill ADM, Dr. Tim Parks, DVM, Farm Bureau DOT Workshop and Sarah Leonhard of Purina-Land of Lakes. The evening will start with a grilled steak dinner and trimmings, musical entertainment by CROSSROADS and featured speaker, Dr. Dan Thompson, Internationally known Veterinarian. The day’s events are free and open to the public, the meal, speaker and dance (music by Riverguard) require a ticket, which can be purchased at the local Extension office for $15.00 each or from one of the JCLA Directors.

4 State Beef Conference

The 4 State Beef Conference is a united effort of the Land Grant Universities of Nebraska, Missouri, Kansas and Iowa. This year’s conference will be a combination of presentations in person and via webinar. Darren Williams, National Cattlemen’s Beef Association will join us via the web to discuss the challenges the beef industry is facing. A representative of Cattle FAX will give Beef Industry Update and Outlook. Dr. Bob Weaber, KSU Beef Specialist will discuss “Calving Season Strategies” and Jody Holthaus, Meadowlark District Extension Agent will discuss “Saving that Precious Hay”. The event will take place at the Nemaha County Community Building on January 29th, at 4:45 pm. There is a $20 charge, which includes the meal and proceedings. Please register by January 22nd, with your local Extension office.

NE Kansas Sheep & Goat Workshop

This year’s workshop will be focused on Lambing and Kidding, and will take place January 31st at the Fair building in Valley Falls Kansas at 7 pm. Dr. Brian Faris, KSU Sheep & Goat Specialist will be the featured speaker. Dr. Clifford Hawk, Highland Community College Ag Instructor will discuss “Lamb Price Insurance” and Mindy Young, Doniphan County Agricultural Agent, will discuss “Practical Goat Herdsmanship”. There is no charge for this event, all interested persons are invited to attend.

BRANDS

If you are wondering if your winter ration is meeting the needs of your cows, or you are using some droughty corn silage for the first time and you don’t know how much to feed, then the BRANDS program may have the answer. This computer ration balancing program can be used to determine the correct amounts of forages or supplements your cattle will require. You can simply identify which feedstuffs you have available, indicate the class of cattle you have and your goals for them and the District Livestock agent can create some rations just for you. Give me a call if you are interested. There is no charge for this service.

Mark Your Calendar!! KSU Dairy Day will be February 1, 2013 at the Community Building in Seneca. This year’s event will feature a trade show and the “dissection of an udder”.
Are You Salt-Savvy?

If you over-salt your food, you’re not alone. About 95% of men and 75% of women in the U.S. regularly consume salt (sodium) in excess of recommended, healthy amounts. Check the salt-related habits that are true for you:

- I love salty foods such as chips, pickles, olives, ham and bacon.
- I rarely have time to shop for or prepare fresh foods.
- I have not tried using less salt in my cooking.
- I always salt my food at the table.
- I usually don’t buy reduced-sodium products.
- I often eat frozen entrees or prepared foods.
- I frequently enjoy take-out or restaurant fare.

If you marked “true” more than once or twice, your sodium habits may be a health risk.

While you need some salt to maintain your body’s fluid balance, consuming more than 2,300 milligrams of sodium a day may raise your risk for chronic ailments. In sensitive people, larger amounts often lead to high blood pressure, heart failure, prostate problems, leg swelling and liver or kidney disease. The recommended daily sodium limit for middle-aged and older adults is 1,500.

Take steps to reduce your sodium intake with these tips:

- Make meals from scratch whenever possible. Fresh fruits, vegetables, whole grains, low-fat dairy products, fish, poultry and lean meats are low in sodium.
- Flavor foods with herbs and spices instead of salt. Try fresh or dried basil, oregano, cilantro and garlic—or fresh-squeezed lemon juice or flavored vinegar.
- Check food labels for salt content. Low-sodium products have fewer than 140 milligrams per serving.
- Limit use of high-sodium foods and condiments, such as smoked or pickled products, soy sauce, ketchup, barbecue sauce, soup mixes and tenderizers.
- When eating out, order your meal prepared without added salt.

Source: Sodium Shakedown

Walking and Meditating?

Yes, this form of meditation focuses on the physical sensations of each step you take—your feet touching the ground, the rhythm of your breathing while moving, and feeling the air on your face. You don’t zone out, but the forced concentration on your movement takes effort, which can reduce stress by detracting from tension and anxiety. Walk away from stress today.

Make a Habit of Saving With Your Child Each Week

Each week, set aside a few dollars and put it into a savings account or into a piggy bank at home. Make sure you have one account for yourself and one for your child. As weeks go by, you and your children can watch your respective savings grow! Be sure to stick with your savings plan and only spend your savings on things you really want. By doing this you will not only start to save yourself, but will also help your child start to save as well. Remember: Set a goal; Make a plan; Save Automatically. Join America/Kansas Saves Week—February 25-March 2, 2013.
Elizabeth Roach, Hoyt Livewires, and Michaela Little, Delia Early Birds, have a passion for quilting. Their 4-H quilt exhibits placed champion and reserve champion, respectively, at the 2012 Jackson County Fair. Both teens received purple ribbons on their quilts at the Kansas State Fair. Elizabeth’s exhibit was named 4-H Best of Show Quilt of which there were 144 entries in the fiber arts patchwork & quilting class. In September both girls were featured in the on-line blog of Generation Q Magazine, a quilting magazine.

After reading the blog stories Elaine Johannes, Extension Specialist Youth Development, commented, “These articles remind me of the current research in adolescent thriving which focuses on how some youth thrive due to being "sparked' by something uniquely theirs. What a great example of Elizabeth and Michaela finding their "sparks'!

Nancy Nelson, left, received National Extension Association of Family & Consumer Sciences Continued Excellence recognition, September 27, in Columbus, Ohio, presented by 2012 NEAFCS president, Amy Peterson, Osceola, Nebraska.

The brain is a highly complex organ that controls all aspects of the human body and personality. Walking, talking, breathing, and the way a person acts, feels, and thinks are all directed by the brain. A traumatic brain injury (TBI) changes the way the brain functions. Individuals may require month or years to recover, and may work continuously to meet and overcome the challenges from the injury. Some will have changes that will last for a lifetime. Someone who experiences a TBI is called a “survivor.”

Here are some ways to create positive differences for people who experience TBI:

**Use person-first language.** Never define or describe people by their disability. For example, say a “person with a TBI” rather than a “brain-injured person” or “TBI Person.” Person-first language emphasizes the person, not the injury itself, and is a simple but important way to be sensitive to others.

**Be respectful.** A TBI may affect an individual’s perceptions and awareness, contributing to behaviors or emotional responses that may seem inappropriate at times. Speak in your natural tone of voice and never “talk down” to an individual.

**Be patient and honest.** Allow extra time for a survivor to organize thoughts or find the right words to express what he or she is thinking. Never pretend to understand if you don’t. In turn, allow extra time for a survivor to understand what you are saying.

**Provide extra cues or help when needed.** Always write down important information, such as dates and times for meetings or appointments. It may be more difficult to remember and organize information after a traumatic brain injury.

**Offer specific help and aid to survivor or family member.** Simple offers of assistance (“Can I take you to the grocery store?”) may be important for survivors who struggle with transportation. Keep in mind that many challenges are “hidden” and are not obvious to others.

**Model awareness and acceptance for others.** Model person-first language and use of supportive strategies for others in your community. Be willing to share what you have learned with those in your social circle and in your neighborhood.

Join us for Walk Kansas 2013 -- March 17 through May 11
A Response to the Need for Future Scientists…

The 4-H Youth Development Program offers a solution to address the need for future scientists, engineers, mathematicians and techn-icians. 4-H Science, reaches more than 5 million youth with hands-on learning experiences to encourage young minds and to fill the pipe-line of young leaders proficient in science. Today, 4-H out-of-school opportunities focus on agricultural science, electricity, mechanics, nat-ural sciences, rocketry, biofuels, renewable energy, computer sciences and more. The combination of content and context inherent in 4-H clubs, camps and 4-H afterschool is proven to have a positive effect on youth, resulting in young adults who are prepared to contribute, excel and lead in their communities and in the global workplace.

According to findings in the 4-H Science Youth Engagement, Attitudes and Knowledge (YEAK) survey, 4-H is capturing the attention and interest of our youth and encouraging their pursuit of post-secondary education and careers in the STEM (Science, Technology, Engineering and Math) fields. The 1,060 4-H youth surveyed are racially and geographically diverse. Nearly 90 percent of participants reported being enrolled in a public school, with the next largest group indicating that they are home schooled (7 percent). The participants surveyed included a slightly higher percentage of females (54 percent) than males (46 percent).

4-H Youth Attitudes Towards Science

More than eighty (80) percent of respondents intend to finish college or continue to get more education after college. Fifty (50) percent of respondents want to pursue a science career.

Seventy-one (71) percent of 4-H Science participants said science is one of their favorite subjects. Sixty-eight (68) percent do science-related activities that are not for school work. Fifty-nine (59) percent would like to have a job related to science when they graduate school.

4-H Youth Exposure to Informal Science Activities

Youth with more exposure to 4-H Science programming participated in more informal 4-H Science and science leadership activi-ties. More than three-quarters of respondents had helped with a community service project related to science and more than half taught others about science. African American participants were involved in an average of 2.5 science leadership activities while white participants were involved in an average of 2.0 activities.

4-H Youth Skills and Knowledge

More than three-quarters of youth reported that they can: write down information correctly, do an experiment to answer a question, tell others how to do an experiment, and explain why things happen in an experiment. Older youth (ages 13-18) reported being capable of: recording data accurately (76 percent), using data to create a graph for presentation to others (75 percent), and using the results of an investigation to answer the questions asked (73 percent).

4-H Youth Assessment of 4-H Science Program Environment

Sixty two (62) percent of respondents cited the thing they like best about their 4-H Science programs was the opportunity to spend time with their friends. Sixty (60) percent of respondents’ favorite thing was the opportunity to do hands-on activities and projects. For thirty (30) percent of youth, the presence of kind, caring adults was a favorite aspect.

Survey Findings: Implications for 4-H

Taken altogether, the evaluation findings reported indicate that 4-H is indeed implementing its rich and abundant variety of science, engineering and technology programs/activities to 4-H youth successfully. By providing engaging out-of-school programming, 4-H Science programs have the potential to bolster participants’ interest in pursuing education and careers in the STEM fields. Sound like something you or your children are interested in??? Contact your local Extension office or visit: http://www.joinkansas4-h.org/ to inquire about “Joining the Club” and engaging in STEM education today.

(taken from National 4-H’s - The 2010 Youth, Engagement, Attitudes and Knowledge Survey Results)
Board Leadership Series—You are serving on a board now what?

March 4, 11, 18 and 25, 2013

Mary Cotton Public Library in Sabetha KS 6:00 p.m. to 8:00 p.m.
Offered in a facilitated group setting via Adobe Connect

Cost is $40.00 for the first board member and $20.00 for each additional board member from each board registered and includes all handouts and refreshments

Topics:

Conducting Effective Meetings and Roles and Responsibilities of a Board Member

Understanding Fellow Board Members and Conflict Management

Fundraising and Fund Management