January 2014
15th Edition
Meadowlark
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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
Making Meetings Manageable

It can be difficult to decipher a funeral from a meeting. Each event is “a gathering of people who are wearing uncomfortable clothing and would rather be somewhere else.” —Dave Berry

Is this quote an accurate reflection of many of the meetings you attend? Are you responsible for planning meetings and want to make certain that the participants don’t mistake it for a funeral? The tips presented here are helpful for ensuring that meetings start off in the right direction and continue toward the established goal.

What Makes a Meeting Successful?
The key to a successful meeting is thoughtful planning!

Step 1. Determine the purpose of the meeting.
Why is this meeting being scheduled and what needs to be accomplished?

Step 2. Determine the outcome.
When the meeting has concluded, what will the product be? “Determine whether you are planning the meeting out of habit or necessity. Habit is never a good reason for a meeting; it only devalues the idea of a meeting for participants and can expend valuable resources.

Step 3. Ask the question: Do we need to have a meeting?
To accomplish the stated purpose and objective(s), is it necessary for people to come together for a meeting?
What alternatives are available for accomplishing the same result? Instead of a meeting, consider a conference call, having one on one contact either in person or by telephone.

Step 4. Who needs to participate in this meeting?
Noting the purpose of the meeting and the desired outcome, consider the people who need to come together to make this happen.
Are there people who attend meetings who have no input in the work being done? Perhaps just keeping them informed by means of the agenda and the minutes is sufficient. Most people will be pleased to cross another meeting off their calendar. As an added bonus, these same people are more likely to attend when their input is needed.

Step 5. Select the meeting place.
Build on what is to be accomplished and who is to attend by selecting a functional meeting place that ensures active participation and input.

Helpful Tips

Facilitation Skills
Develop your facilitation skills and learn how to keep a meeting moving to harvest the energy of the group. Look for information on activities, tools and skills that help build your facilitation skills.

Use the Agenda
The agenda is the map of the meeting. Following the agenda will get you to the desired outcome. Remember, the agenda should be posted so as the meeting progresses everyone has the opportunity to refer to it in order to stay on task.

Closing the Meeting
A good closing can be just as important as a good opening.
• Review open items created during the meeting determine their future and how they will be handled.
• Assign tasks for items that need to be accomplished with a specific due date.
• End on time. People fade quickly when a meeting extends beyond the stated ending time. Items that have not been covered on the agenda should be moved to the front of the next meeting’s agenda.
• Say “Thanks!” And end meetings on a positive note.

Tools for the Meeting Participants
• Be Present-you were included in the meeting for the talent and energy you bring to the group.
• Be Prepared-Do you homework. Study the agenda. Read the materials provided in advance. Follow up on assignments.
• Be Purposeful-Treat the meeting like it matters. Participate and help keep the meeting on task.

Tools for All Connected with the Meeting
• Be adaptable.
• If you don’t know, say so.
• Trust the resources of the group.
• Honor each group member.
• Be yourself.
Herbicide Resistance

As the list of herbicide resistant weeds has increased over the last 20 years, a lot has been said about how to fight them. Even with new technologies on the horizon, we could see the same problems with new chemistries as we have the old. In some cropping systems, we are (too) close to being without a herbicide group that will control problem species, and that means we need to continue to evaluate our herbicide programs.

We know we can help avoid the development of herbicide-resistant weeds by rotating chemistries and using tank mixes with different sites of action (within and across years), using crop rotations, including alternative control tactics (cultivation, prevention, crop competition, cultural practices), and using the proper herbicide rate at the proper time. What about from the herbicide side? Observation tells us that herbicides like glyphosate, atrazine, and the ALS herbicides are more likely to have problems with weed resistance. Others have few or no problems with resistance. Why?

Generally, herbicides with a very specific site of action, long residual effects in the soil or those with a high degree of selectivity will encounter the most problems. Certain management practices will tend to favor the development of herbicide-resistant weeds as well. Reliance on a single herbicide or mode of action over consecutive seasons, and you’ll tend to favor resistance.

To combat, take time this winter to evaluate what you saw last year, then explore other control options. During the growing season, devote time to scouting. At the rate many weeds grow, not scouting can take you from a controllable weed an inch tall to a six inch tall problem that only increases resistance potential. The 2014 KSU Chemical Weed Control Guide will be out in late January. Be sure to pick up a copy and start checking out some alternatives!

2013 NE Area Wide Brome Plots (5 sites)

Results averaged over 5 sites. Note the response to N up to 90#/A and the response to P at the 90# N rate as well. There was no response to split N application treatments (40+20 and 60+30).

Conservation Trees from the Kansas Forest Service

December means it’s time for ordering conservation trees from the Kansas Forest Service. Order forms are available in the Office or online at http://www.kansasforests.org/conservation/. If a windbreak planting is in your plans, check out Windbreaks for Kansas, available from your District Office as well.

What do I plant here?

When we lose a windbreak to pine wilt, what should we use to replace it? How about designing a perennial bed? Or planting landscape trees?

Check out this link: http://www.hfrr.ksu.edu/p.aspx?tabid=731. This site is your ‘one stop shop’ for plants recommended in Kansas – even fruits and vegetables!!

One favorite of mine at this site that anyone who is interested in perennial or annual plants are the links to the Prairie Star (annuals) or Prairie Bloom (perennials) sites. Here, you’ll get not only the recommended plants, but also a picture of what they will look like. It’s a great stop if you are thinking ahead to spring planting!
Red Letter Day

January 29th Red Letter day, not only is it the day to celebrate Kansas, but it’s also the day to terminate Agricultural leases. It is estimated that over 50% of our farmland and pastureland is rented. Leases are growing in prominence and will play an increasingly important role in production agriculture. As fewer and fewer producers manage our ag resources.

It is important that both parties to a farm or ranch lease understand the details of their lease agreement and the laws that affect their lease.

Some leases are simple oral agreements, while other are complex, lengthy written documents. Though an oral lease is unenforceable if it cannot be performed within one year, a written lease may cover any period of time. Any beginning and ending date can be used in a written lease.

For all leases (except written leases that provide otherwise) notice to terminate must be in writing. The recipient must receive 30 days notice to March 1, and must fix the termination date of the tenancy. Sending termination notice by registered mail, is the safest bet, because the recipient has to sign that they received it. Or you can deliver in person to their primary residence. You can hand it to anyone residing there that is 12 years old or older, or posting in a conspicuous place.

Before entering into a lease, you might consult an attorney. Sample farm and pastureland leases and other useful information are available at the Extension office and at www.agmanager.info/farming/land/lease. These resources can help you and your attorney draft farm or pastureland leases that meet your needs.

Lease Meeting in Seneca

Each year we are asked about the going rate for cash rents or what would be an equal share. On January 13th, a full day workshop will be presented to answer these and many more questions. The event will be held at the Nemaha County Community building, starting at 9:30 am. Dr. Kevin Dhuyvetter, KSU Ag Economist will discuss types of leases, which includes cash rent, shared rent and flex rent. Dr. Mykel Taylor, KSU Ag Economist will discuss the ethics of leasing from both the landowner and tenant perspective. After lunch, they will demonstrate the use of Excel spreadsheets, including some of the more helpful aspects and functions of spreadsheets for applications in an ag operation.

The cost is $15.00 which includes lunch and materials. Contact the Extension office to register.

KSU Dairy Day

Seneca will be the site for one of two statewide meetings held. The event will take place on January 31st at the Nemaha County Community Building. The event will be sponsored by the Kansas Dairy Council. The day will start mid morning, a meal is provided. Each year the KSU Dairy Specialists highlight the research being conducted at the University and how that information can be used on a dairy. Reservations can be made by calling the Extension office.

Farm Profit Conference

WIBW Farm Profit Conference-KSU Meadowlark Extension District will be co-hosting the Farm Profit conference on February 13, 2014 in Valley Falls Kansas. This year’s featured speaker is Dr. Kevin Dhuyvetter, KSU Ag Economist. Dr. Dhuyvetter will be discussing Ag leases, the different rates used for crop sharing and cash renting. He will be followed by Darrel Holiday, who will give his predictions on commodity prices.

The event will be held at the Kendall State Bank meeting room, a free dinner will be provided, to register contact the Extension office with the number attending.
Grocery Shopping On A Budget

Are you looking for an easy way to save $1,000 or more a year? Use a shopping list as it will save you time and money. The average shopper spend 40 percent more on impulse purchases when shopping without a list. If you spend $50 each week at the grocery store, there’s a good chance that $20 of those purchases are unplanned. That adds up! The average shopper spends $2.17 for every minute they’re in a supermarket. You’re likely to spend 50 cents more for every minute you are at the grocery store beyond the first 30 minutes.

Here are some tips for saving with a list:

*Write your grocery list in the same order as the aisle layout of the store, or group your shopping list so that foods are listed by category. This will help you reduce the amount of time you spend in the store. The more time you spend looking for items in a supermarket, the more food dollars you’re likely to spend.

*Keep your weekly shopping list in a handy central location so you can note which items to buy more of as you use them throughout the week. Ask family members to add to it as needed.

*Before shopping, check your kitchen to make sure you have the ingredients, and the amounts, that you’ll need in order to prepare the meals and recipes you planned for the week. If possible, plan to prepare extra servings on the days when you cook so that you can freeze the extras for a future day when you don’t have time to cook. Add any necessary items to your grocery list.

*Buy according to the list when you get to the store.

*Coupons or Generic Brands? By buying generic or store brands, you could save 40 percent on your groceries. Store and generic brands usually cost less than name brands.

*If buying name-brand foods, check for coupons in newspapers and on the Internet. Before using a coupon, compare prices of different brands. Use coupons only for foods already on your grocery list. Use them on the store’s double or triple coupon days, if available.

*Tips for getting more value for your dollars spent on meat—Chuck, round, flank, plate, shank and brisket are less costly and less tender cuts. But after marinating or being cooked in liquids, such as in a slow cooker or boiled gently in stews, these cuts become very tender. Rib and loin cuts are more tender and can be cooked without added liquids, such as by stir-frying, broiling or grilling.

*Lean cuts provide more meat for your dollar.

*Consider the amount of cooked lean meat or the number of servings obtained for the price. The cut with a low price per pound is not always the best buy if it contains a lot of fat or bones.

*A pound of raw meat without bones or fat will provide about 12 ounces after cooking.

*Plan to serve three ounces cooked meat per person per meal.

*If you can afford the initial cost, buying in bulk will save money. Compare two packages of the same cut of meat, and buy the one that costs the least per pound. Freeze the surplus in meal-sized portions, either before or after cooking the meat.

*Do the preparation work yourself. For instance, slice your own steaks or kabob chunks, make your own meat patties, and cook meats yourself to reduce costs.
Handling Stressful Situations

We all have a variety of stressors in our lives. How we handle or don’t handle these stressful situations goes a long way toward defining our quality of life.

What kinds of things might be causing stress for you? First, identify a stressor like a family problem or a difficulty with a co-worker. Then choose an activity or two that you think would help you deal with it. Apply yourself to doing that particular activity for a day, a week, or a month. Then look back and note the difference in your stress level. Return to the list of activities whenever you like and repeat the process.

Journal

We need an outlet for our positive and negative feelings, such as dancing, talking, painting, and writing. You might try writing your feelings in a private journal or notebook. Expressing your feelings in this way can be therapeutic. Find a technique that works for you so that you can come in closer touch with your feelings.

Honest Positive Appraisals

At the end of a day, we are often tempted to focus on what we did not accomplish instead of what we did accomplish. Get into the habit of praising what you did accomplish. Before you go to bed, write down three positive things you’ve accomplished that day, no matter how small you may think they are. Reflect on your daily successes.

Say No

Learn to say no to requests you can’t reasonably handle. Memorize a variety of ways to say no: “No, I’d rather not,” “Thank you for asking, but I’d better not take on another commitment right now,” or simply “No, thank you.” Don’t feel guilty or make excuses for your response.

Learn to Rely on Supportive Relationships

Draw strength from friends and family members. You may have some friends who help you to make decisions, to feel loved, and to feel hopeful. Call them. Talk to them. Tell them how you feel.

Breathe Deeply

Deep breathing is a basic technique for relaxation. Breathing slowly and deeply can help turn off stress and turn on peaceful feelings.

Exercise

Physically active people handle stress better than those who are not active. Make time in your schedule for regular exercise. Choose an aerobic activity you can do 30 minutes most days of the week.

From 50 Stress Busting Ideas for Your Well-Being by Stephen F. Duncan & Montana State University Extension. For a copy of the publication, email nnelson@ksu.edu

Join Walk Kansas!

March 16 - May 10, 2014

Walk Kansas

celebrate healthy living
4-H Youth Development - Mission Mandates

The mission of 4-H is to provide meaningful opportunities for youth and adults to work together to create sustainable community change. Too often the image of 4-H being an organization for rural kids with animals prevails. The fact is that the 4-H program has potential for all youth and their families. This is accomplished within three primary content areas, or mission mandates, citizenship, healthy living, and science. The educational foundation of 4-H lies in these three mission mandates.

Since its inception, 4-H has placed emphasis on the importance of young people being engaged, well-informed citizens. By connecting to their communities and community leaders, youth understand their role in civic affairs and expand their role in decision making processes. It’s clear that civic engagement provides the foundation that helps youth understand the “big picture” of life and find purpose and meaning. The core areas of Citizenship are:

- Civic Engagement (voice, advocacy, activism)
- Service (community service, service learning, community youth development)
- Civic Education (government principles, processes and structure; personal roles & responsibilities, history & cultural heritage)
- Leadership (leadership, respect, understanding, character development)

Citizenship is interwoven into learning experiences through opportunities to engage with the community and through building relationships with both youth and adults from diverse backgrounds.

Healthy food and nutrition has been addressed by the program since its inception in 1902. Having a long history of promoting healthy living among youth and their families, 4-H has become a national leader in health-related education. The 4-H Healthy Living Mission Mandate engages youth and families through access and opportunities to achieve optimal physical, social, and emotional well-being. The core areas of Healthy living are:

- Nutrition
- Fitness
- Social-Emotional Health
- Prevention of Injuries
- Prevention of Tobacco, Alcohol, and other Drug Use

Healthy Living is interwoven into learning experiences through opportunities to make decisions that lead to positive well-being for the individual and the community in which they live.

The need for science, engineering, and technology education is essential for today’s young people. 4-H programs prepare youth for the challenges of the 21st century by engaging them in a process of discovery and exploration. The core areas of Science are:

- Animal Science & Agriculture
- Applied Mathematics
- Consumer Science
- Engineering
- Environmental Science & Natural Resources
- Life Science
- Technology

Science is interwoven into learning experiences through inquiry based opportunities that connect knowledge, skills, and resources to practical application across multiple settings.

These three mission mandates – citizenship, healthy living, and science – all intertwine and can be integrated across project areas and activities. The content development of the mission mandates is closely tied to the research and teaching of the land grant university system, and provides the educational foundation of 4-H. Visit www.joinkansas4-h.org to get involved today!
SAVE THE DATE

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Lease Meeting in Seneca
9:30 am, January 13, 2014
Nemaha County Community Building
1500 Community Drive
Seneca, KS

Farm Profit Conference
6:00 pm, February 13, 2014
Kendal State Bank Community Room
406 Broadway
Valley Falls, KS

KSU Dairy Day
10:00 am, January 31, 2014
Nemaha County Community Building
1500 Community Drive
Seneca, KS