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, 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
Characteristics of Successful Community Partnerships

A partnership is a public agreement among people, groups or organizations to work together for a common interest and implies a willingness to collaborate with others to pursue common goals—without giving up your own identity or interests while spending more time tackling problems than fighting each other. Some characteristics of successful community partnerships include the following:

**Broad membership:** Voluntary groups are made of people who choose to roll up their sleeves and work on projects that benefit everyone. Involving a wide variety of people multiplies the group’s creativity generating a wide variety of options and solutions.

**Local knowledge:** Partnerships draw on the expertise of a wide range of individuals and groups who know the local resources and economy. No single individual, agency or organization can effectively get the job done alone.

**Effective communication:** Partnerships must rely on communication to address problems and reach agreement toward a solution. Effective communication improves understanding of the issues, clarifies all needs and concerns and facilitates the reduction of conflict.

**Common vision:** By carefully developing a shared vision, partnerships build long-term support that can improve project implementation and substantially enhance the outcome.

**Ownership:** If people are involved in selecting a project and making decisions, they are more likely to have ownership in the outcome and help implement it. Furthermore, broad local involvement increases the likelihood that projects will be accepted and supported during the term of the project.

**Collaborative decision making:** Decisions usually are made by consensus, which ensures that everyone’s needs and concerns are addressed and an acceptable compromise is reached.

**Pooled resources:** The chance of success is improved by pooling resources of diverse organizations, agencies and individuals.

Learning from Unsuccessful Partnerships

You also can learn from unsuccessful partnerships. Seeing characteristics of your group on this list does not mean it is doomed for failure! It does mean that these issues need to be discussed openly by the group to see if they can be resolved.

* Conflict among key interests remain unresolved.
* The group has no clear purpose (lack of clarifying vision).
* Goals or deadlines are unrealistic.
* Key interests or decision makers either are not included or refuse to participate.
* Not all participants may benefit from the partnership.
* Some members may benefit more than others.
* Some members have more power than others.
* The partnership is not needed because one entity could achieve the goals alone.
* Financial and time commitments outweigh potential benefits.
* Members are uncomfortable with, or reluctant to accept the commitments required.
* Constitutional issues or legal precedents constrain the partnership.

Excerpts from “Working in Groups For Community Improvement” MF-2569 K-State Research and Extension

Fall 2013 Board Leadership Series Offered

K-State Research and Extension will be offering a Fall Board Leadership Series session October 8, 9 and 15, 16, 2013.

Session topics will include: Basic Board Leadership and Effective Meetings; Understanding Fellow Board Members and Conflict Management; Fundraising and Management and Strategic Planning/Legal & Ethical Issues.

If you know of interested attendees or groups that are willing to host the session please contact us at: dkey@ksu.edu or contact the Seneca Office –785-336-2184
Windbreak Planning

True or False: Spring ordering for windbreak trees through the Kansas Forest Service begins the first Monday of December. True. That means, start planning December 1, right? Actually...

You’d probably be better of starting the planning process now! There’s a whole lot more to a windbreak than simply ordering some trees and shoving them in the ground. For a windbreak plan to be successful, we suggest starting with some measurements and an aerial map. Follow up with research about where the windbreak should actually be placed to get the desired results as well as what trees are best adapted for that purpose. And last but not least, begin making plans to prepare the area, particularly if you will be using planting and weed barrier fabric equipment.

Contact a District Office for publications on everything from pre-planning through weed control after planting. And for you ‘early birds’, the fall ordering/shipping season begins the first Tuesday of September and continues through the second Friday of October. Only selected species of container-grown plants are available.

Corn Growth & Development

According to Iowa State University’s Corn Growth and Development publication, most of our corn hybrids will have a total of 19-20 leaves prior to tasseling. What’s that mean? Once we get to 20 leaves and follow up with tasseling, we enter the reproductive stages!

Reproductive stages can make or break us if conditions aren’t favorable. Pollination and fertilization take place during R1 (silking), the most stress sensitive period for the crop when kernel number per ear can be affected. Blister (R2) and Milk (R3) stages are when most kernel abortion occurs. And stress during R4 (Dough) and R5 (Dent) can reduce kernel weight. It’s a pretty important 65 day period from R1 to R6 (Physiological Maturity) that can put a huge dent in the yield potential we see right now. Knowing what that plant will be going through as we head in to the heat of summer can explain a lot about why we see what we see come harvest time.

Wheat Plot Data

At the time of this writing, the wheat plot has yet to be harvested. By the time it is published, yield results will be available. Check them out at www.meadowlark.ksu.edu under the Crops & Soils link.

Bagworms – Too Late to Spray?

Note the closed top of the bag and the silken attachment to a branch, rather than a loose attachment to foliage or the presence of the bagworm larvae head capsule. If you see bags tightly attached to branches like this, your spray window for bagworm control is effectively closed. Pesticides will not penetrate the bag at this point and the closed bag means feeding has ceased. Hand removal is your only option.

If, however, you have smaller bags covered with foliage the same color as the source of feeding. Or if bags are ‘wiggling’ or a head capsule is present, feeding continues. The longer it does, the more damage that will be done and the less chance your control efforts will have of doing any good.

What can you do? Scout now! The optimum time window for a single spray to catch most of the hatch when they are small passed in early to mid-July. Take heart, though, if feeding continues. As long as you can get very thorough spray coverage to come in contact with the head capsule, or provide pesticide that the feeding larvae can ingest, you still have a chance for good control.

For a list of products, consult K-State Research & Extension publication number MF728, Bagworms. You can find it online or at your District Extension Office.

Fall Vegetable Crop Planting

Just can’t get enough of working in the garden? Fall can be a great gardening window as well! The table below is from KSU’s Kansas Garden Guide publication (available online or for sale through your District Office). It shows some of your options should frost be a concern. For further information on what you might want to consider for a fall garden, contact your District Extension Office.

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<tr>
<th>Sensitivity of Fall-Planted Vegetables to Freezing Temperatures</th>
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<tr>
<td>Tender Crops</td>
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<td>Damage by First Frost</td>
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<td>Beans</td>
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<td>Cucumbers</td>
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District Agents Jody Holthaus and David Hallauer presented sessions at the Ag/Water Festival for 290 3rd and 4th grade students, in Jackson County on May 1st. Due to inclement weather the event was moved to the Jackson County Fairgrounds instead of Banner Creek Reservoir.

**Anyone Can be a Spokesperson**

It doesn’t require you to pass the SAT or the ACT test to earn this MBA, but beef producers will benefit just the same. It’s the MBA – the Masters of Beef Advocacy Program. The online designed MBA program is an e-learning opportunity developed to assist producers across the country in becoming effective spokespersons for the industry. The program consists of six, 1-hour core courses: beef safety, beef nutrition, animal care, environmental stewardship, modern beef production and the beef check off.

Alumni of the Masters of Beef Advocacy Program are notified when there are media attacks on the industry. Graduates are then asked if they would like to give the facts about the situation. It’s very easy to write a letter to the editor when the Kansas Beef Council gives you the facts, a template of what the letter should look like and even offers to proofread your letter.

Your age or level of education does not matter, and even if you never become a beef advocate, you will have educated yourself on the current issues of importance to your industry.

It’s easy to get started, just go to www.beef.org/mastersofbeefadvocacy.aspx.

**Blue/Green Algae in Farm Ponds**

Blue/Green Algae is a troublesome contamination of surface waters. Last year with the above normal temperatures and the drought, conditions were ripe for blue/green algae. The water temperature has to be at 78 degrees F or higher. The causes of harmful algal blooms are not completely understood. They are related to increased nitrogen and phosphorus concentrations in water. Although ag nutrient runoff is a known risk factor, we also have seen the Blue/Green Algae blooms in ponds surrounded by rangeland.

The toxic algae blooms are usually a blue green color as the name indicates, and often looks like an oily substance has been spilled in the water.

A simple at home test can be done with a canning jar and lid. Fill the jar three-quarters full with the pond water (collected just under the surface). Set the jar in the refrigerator where it can be left undisturbed overnight. The next day take the jar out and see where the algae have accumulated. If they are settled on the bottom of the jar, your pond does NOT have a lot of blue/green algae growing in it. If they have formed a green ring around the top of the jar, there is a strong possibility your pond does have a blue/green algae community in it.

Water samples for blue/green algae identification can be sent to the KSU Veterinary Diagnostic Lab for a small fee. Contact them at 866-512-5650 to receive water collection and mailing instructions.

**Passing Down the Farm**- Do you want your farm or ranch operation to continue in the future? Dr. Ron Hanson Ag Economist from the University of Nebraska, a nationally recognized expert on farm transition along with Forrest Buehler, KSU Ag Mediation Lawyer and Duane Hund, KSU Farm Management Specialist will be presenting a day long seminar in Holton on December 7th at the Evangel United Methodist Church. Registration details will follow and will be posted on our website, www.meadowlark.ksu.edu.

Eastern Kansas Grazing School- This year’s school will be held at Ottawa Kansas, September 10 & 11. The two day program has presenters from Kansas and Missouri NRCS, Missouri Extension Service, Kansas State University, Kansas Extension Agents and local producers. The school has an emphasis on Managed Intensive Grazing. For registration information call the Extension office or visit www.meadowlark.ksu.edu.
Advice To Couples To Talk Before They Walk

The recent poll hosted on the National Foundation for Credit Counseling website revealed that 68 percent of respondents held negative attitudes toward discussing money with their fiancé, with five percent indicating the discussion would cause them to call off the wedding.

With many brides and grooms walking down the aisle this summer, regardless of how difficult it may be, the conversation about personal finances is one that should be neither ignored nor postponed. As a matter of fact, to increase the odds of making ‘happily ever-after’ a reality, the discussion should take place before the ‘I do,’ not after.”

Apprisen recommends the following Do’s and Don’ts for that much-needed financial conversation:

**Do**

- Be honest about the current financial situation. If the courtship phase of the relationship has painted a financially unrealistic picture, it’s time to be honest about what the long-term lifestyle will look like.
- Probe to understand long-held financial attitudes, often present since childhood and likely ingrained by observing how parents addressed money issues.
- Acknowledge that one may be a saver and one a spender, understanding that there are benefits to both approaches and agreeing to learn from each other’s tendencies.
- Construct a budget that includes savings. When just getting started, money is often tight, making it tempting to delay beginning to save. However, when every cent counts, it is even more important to have a financial safety net in the form of savings.
- Decide which person will be responsible for paying the monthly bills. It is likely that one spouse will be a good fit for this task, while the other finds it burdensome.
- Talk about loaning money to family members and friends. Decide if it’s something each is comfortable with, or should be avoided.
- Talk about caring for aging parents, and how to appropriately plan for their financial needs, if necessary. Often times, people bring financial baggage into a relationship, but don’t deal with it until problems arise. Baggage can come in the form of a poor credit rating, significant debt, or no experience managing money. Regardless of the issue, the time to address money differences is up front, before the financial bottom falls out. Court records show that financial stress is one of the main causes of divorce. Taking action now could help to prevent a disaster later.

**Don’t**

- Spring the conversation on the other party. Instead, set a time to talk that is convenient for each.
- Make it casual conversation about a serious subject, respecting the fact that each person has valid opinions and concerns.
- Be honest about the current financial situation. If the courtship phase of the relationship has painted a financially unrealistic picture, it’s time to be honest about what the long-term lifestyle will look like.
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—Taken in part from The Money Minute, June, 2013.
Assistive Technologies Add Quality to Life

Perceptions and misunderstandings about assistive technologies may prompt many who could benefit from using them, to overlook them. While it’s true that some assistive technologies involve high-end electronics, such as motorized wheelchairs or voice-activated computer software, many are low-tech, relatively inexpensive and easy to use.

An electric can opener, floppy rubber jar opener and colorful little grippers added to make a pen or pencil easier to hold all qualify as assistive technologies. A long-handled shoe horn and hands-free card holder also fall into that category.

Such gadgets can be helpful to older adults or others who may have a chronic illness or health condition such as arthritis, but aren’t limited to any one population or group. Understanding of assistive technologies and how to access – and use them – can improve daily living.

Many of the technologies – ergonomic garden or kitchen tools or oversized key-grips that make identifying and using keys easier for children and older adults – are inexpensive and readily available.

Others, such as a cutting board with suction cups on the bottom of the board to hold it in place, edges on two sides to reduce spills and a spike to hold a potato or tomato in place to simplify cutting, may not be as familiar. A plastic sock aid with rope handles that makes it possible to put socks on without bending, stooping or sitting and crossing a leg is another.

Many assistive technologies are readily available in local stores. More costly devices, such as those developed for a specific impairment, may require a recommendation or consultation from a health care professional. More sophisticated technologies can be more costly, but may be covered by insurance or other benefits plans.

Kitchen Devices for Easier Food Preparation

As our bodies age there are several natural physiological changes that occur which make it more difficult to prepare our own meals and move around in our kitchens and homes.

Physiological Changes:
- Reduced strength in legs and arms
- Reduced strength in hands and fingers and ability to grasp and turn
- Reduced ability to bend and stoop
- Decreased flexibility for reaching
- Age related vision changes – increased difficulty with glare and decreased ability to see object clearly

Some basic changes in kitchen utensils and hardware can help keep general food preparation a reality for you in your home as you age.

- Large utensil grips
- Lever handles
- Large numbering/lettering on measuring and temperature devices
- New inventions in helping tools become available every day. Be on the look-out for them.
Although 4-H provides youth the opportunity to explore a variety of topics, and to master the knowledge and skills they learn through a wide range of projects, its ultimate aim is to teach leadership, citizenship, and life skills. Youth develop important life skills and gain workforce preparation and developmental assets such as:

- Communication skills
- Organizational abilities
- Wise decision-making skills
- Independence & self-confidence
- Respect and caring for others and the community

4-H has a responsibility to provide a safe and healthy environment for youth. 4-H aims to meet the needs and interests of a wide variety of youth. 4-H Youth Development programs are offered to all youth, ages 5-19, regardless of race, color, sex, religion, national origin, disability, political beliefs, sexual orientation, marital or family status, on an age appropriate basis. 4-H uses a variety of methods to engage youth in learning and their communities, such as:

- Experiential learning (learn by doing)
- Youth-adult partnerships
- Fun curriculum materials and activities such as contests and events
- Service learning
- Collaborations with other youth-serving agencies and organizations

The 4-H Youth Development Program aims to be youth-centered, professional-led, and volunteer-delivered. To make this happen, 4-H encourages the teamwork of local and campus-based faculty/staff, and volunteers as we offer youth and adults high-quality personal growth opportunities. Extension 4-H faculty and staff focus on involving volunteers as stakeholders in 4-H at all levels and educating the public about Extension 4-H. Volunteers, as full partners in 4-H, contribute their unique talents, skills, and knowledge of their communities to assist 4-H staff in offering a comprehensive local 4-H youth development program in accordance with State 4-H Policy and Best Management Practices.

All 4-H volunteers within Meadowlark Extension District are appointed by the District Extension Governing Body, after completing a screening process. All prospective volunteers complete the 4-H Volunteer Information Profile (VIP) process, which includes an authorization for a background check and a request for references, along with participation in an orientation. Volunteers then subscribe and follow the Kansas 4-H Volunteer Code of Ethics.

There are many ways in which you can serve as an adult volunteer, based on your time, interests, and abilities. You can be a:

- Club leader
- Project leader
- Resource person
- Judge
- Member of an advisory group
- Key leader for a project area (Action Team) or special event

For more information about 4-H volunteer positions, speak with District 4-H staff. Anyone who successfully completes the VIP Process can be a 4-H volunteer. You don’t need to have members involved or have been a past 4-H member. All you need is a willingness to share your knowledge with 4-Hers, as together you work to “Make the Best Better.” Information about volunteering in Kansas 4-H can be found at: http://www.kansas4-h.org/p.aspx?tabid=486
Passing Down the Farm II
December 7, 2013
9:00 a.m. – 4:30 p.m.
Evangel United Methodist Church
227 Pennsylvania
Holton, KS

First Person Registration $50.00
(Includes Notebook)
Additional Family and/or Students
(Without Notebook)
$35 per person Additional Notebooks
$10 each
REGISTRATION MUST BE RECEIVED BY NOVEMBER 15!

For more information please contact
Jody Holthaus at 785-364-4125 or
email jholthau@ksu.edu

Fair Dates 2013
Nemaha County Fair
July 26-29
Jackson County Fair
July 29-August 1
Jefferson County  4-H Fair
August 5-8