

Meadowlark Extension District Annual Report for 2022

Please review our 2022 Annual Report. Since 2006, our Extension District has been in alignment with K-State Research and Extension providing research-based information to help people, businesses and communities solve problems, develop skills, and build a better future.

Here are a few extension-programing highlights we would like to share with you from 2022!

Sincerely,
David Key
Meadowlark Extension District Director

Global Food Systems/Water

Armyworm Recovery

Winter educational meetings and spring hay stand evaluations in 2022 concluded an eight-month barrage of interest in the damage caused by armyworm feeding that began postharvest 2021. Through these meetings that included 'grow out' examples for early monitoring of growth in damaged stands, information on alternative forages, and considerations for livestock, forage growers were given the opportunity to fine tune management decisions for damaged stands ahead of the 2022 growing season.



Tailgate Talks Discuss Cover Crops and Forages

The 2022 version of this long-running series was held at the Matthew and Marley Hamon farm northwest of Valley Falls. This was a joint effort between K-State Research and Extension, NRCS, and Jefferson County Conservation District. Speakers covered weed control with cover crops, soil testing and fertility, plant identification, grazing management and using cover crops to fill nutrient gaps for ruminates. There was a small crowd of engaged producers at the event, who gained information and resources. In addition, the entire meeting was recorded and divided into YouTube video segments that were shared via the district Facebook account, over a series of several weeks. Reach with this digital delivery had been equal to or greater than those attending in person.



Soybean Cyst Nematode (SCN) Sampling Program-Monitoring for Potential Threats

Using funding from the SCN Coalition, more than 25 producer fields have been sampled for soybean cyst nematodes over the last three growing seasons. While sampling has yet to show any alarming results or trends, information from these farms has helped guide reactive responses in terms of field diagnoses and proactive efforts to educate producers about the level of concern we should have for soybean cyst nematodes. Primarily used locally, the samples are also part of a statewide sampling program designed to monitor the spread and pressure levels of this potentially damaging pest across our soybean acres.

Developing Tomorrows Leaders

4-H Enrollment and Volunteer Numbers Jump

The 2021-2022 4-H year saw a 7% increase in enrollment with 716 youth enrolled in the district 4-H program. Clover Bud enrollment in 2021-2022 increased about 24% to 56 members. With an influx of youth participation, we were also lucky enough to receive more support from volunteers within the district. In 2021-2022, there were 240 volunteers, an increase from 222 from the prior year.

District Youth Cooking Camp Conducted

To encourage youth to consume more fruits and vegetables, along with encouraging life-long cooking skills, the Meadowlark District collaborated with the Oskaloosa Methodist Church, Women of Faith, and local businesses to conduct a hands-on cooking camp in June. Local volunteer and retired teacher, Debbie Hochard, along with the assistance of 15 adult and four youth volunteers coordinated this camp providing the educational sessions. This camp was geared for youth in 3rd through 6th grade and was limited to 30 youth per day due to space restrictions.

Not only were cooking skills taught, but food safety, cooking terms, proper measuring, and clean up were also shard. Evaluations were conducted with youth and parents and shared with stakeholders.

One exciting report after the first day, six youth were able to go home and make homemade noodles that hadn't been made by their parents before. Positive comments were received from parents about how much their child had learned and enjoyed this cooking camp. Ninety-two youth participated in the three-day camp.



YQCA Training

Youth for the Quality Care of Animals training is an annual requirement for youth in meat and milk live-stock projects, at the state level and within Meadowlark District. In 2022, 387 youth received YQCA certification, 156 of those were via online learning modules and the balance in instructor led, in-person training at multiple locations across the Meadowlark District. Quality assurance, food safety, animal handling and character education are the major components of the program instilled in youth members. Members gained skills in record keeping, animal identification, animal handling techniques and sharing the positive message of animal agriculture this year.



Health

Senior Health Insurance Counseling for Kansas



Senior Health Insurance
Counseling for Kansas

Medicare beneficiaries are often confused about the complicated Medicare system. The Senior Health Insurance Counseling for Kansas (SHICK) program provides unbiased information and education on Medicare

and the other insurances that work with Medicare. Trained SHICK counselors can help beneficiaries estimate their Medicare costs, help to explain benefit statements, help with appeals, and provide presentations and workshops for Medicare beneficiaries and their families.

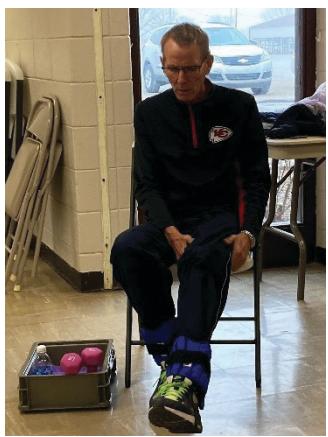
In 2022, the Meadowlark Extension District began to implement this valuable program providing one-on-one counseling to 103 Medicare beneficiaries. Public presentations on Medicare options were also shared across the district to 179 participants. Facebook posts and local news articles also provided guidance and education on Medicare. This year during Medicare open enrollment district participants were able to make recommended changes in their Medicare plans following SHICK program recommendations saving \$36,287 in prescription drug costs.

Meadowlark Extension Conducts Food Preservation Workshops

Two hands-on food preservation workshops were conducted in the Meadowlark District at the Prairie Band Potawatomi Bingo Hall near Mayetta. These were a collaborative effort by the district, K-State Research and Extension, Tribal Food Systems, and Northeast Area SNAP-Ed Programs. One session was held on preserving tomatoes and the other on preserving meat (deer and buffalo). The workshops allowed participants to use the boiling water bath for preserving tomatoes and the pressure canner for the products that they made for the preserving meat session. Participants learned the science behind safe food preservation, along with updated canning techniques and information preserving foods safely and then taken their jars of their preserved products home.



Stay Strong, Stay Healthy



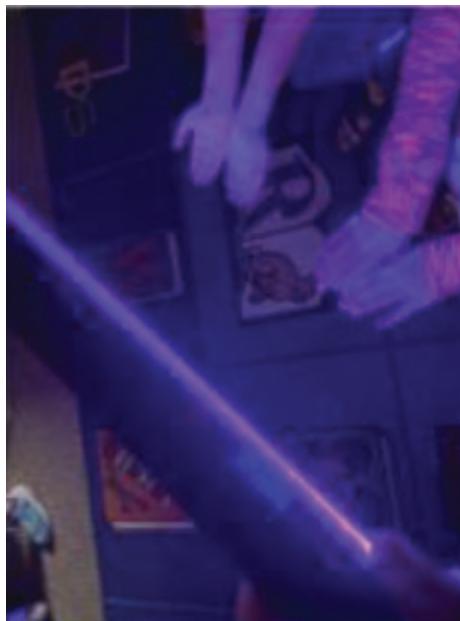
Stay Strong, Stay Healthy is an eight-week strength training program designed for older adults who want to improve their quality of life and stay active.

Two Stay Strong Stay Healthy classes were held in the Meadowlark District in 2022. One at the Jackson County Senior Center in

Holton and one at the Nemaha County Community Building in Seneca. One hundred percent of participants improved in some capacity on their post-fitness assessments. Participants indicated that they felt less tired at the end of the day and that their mood improved after taking the class. Participants also stated that they enjoyed meeting new people and socializing.

Glo Germ

Glo Germ is an effective way to demonstrate hand-washing, surface cleaning, and hygiene. Meadowlark Extension District 4-H program managers routinely provide youth enrichment activities in schools across the district such as the Glo Germ activity. A Glo Germ activity was recently shared with the Centralia kindergarten class. The activity shared the importance of hand washing. In this activity a lotion-like liquid is rubbed into one's hands. Youth then wash their hands as normal. One's hands will appear clean; however, the ultra-violet light will reveal "germs" as the lotion-like substance illuminates under the light.



Community Vitality

Welcome A-Board

The Welcome A-Board leadership series was successful again this year. This year's class was a group of middle-aged and older participants with predictable survey results following the sessions. Learning and knowledge gained in all areas of leadership development were found. This year we had participation from all three counties in the district and from Brown and Atchison counties.

One participant shared the following: "Thank you for a very informative zoom lesson. I am not real familiar with Zoom so it was definitely a learning experience just to experience Zoom. Since I have served on several boards, some of the basic info was a good refresher course for me. And I also learned a lot of new information. Very good learning experience." Pat

PRIDE Programs in District Remain Successful

In 2022, Ozawkie PRIDE was a success the recipient of a near \$1,000 Community Promotion Grant from Kansas PRIDE, inc. to promote their community. The First State Bank and Trust of Perry was selected as a 2022 Rising Star Award recipient for their work with Perry PRIDE and the Perry Community. Delia Rural Fire District #5 was selected as a 2022 Rising Star

Award Recipient for their work with Delia PRIDE and the Delia Community.

In October, Delia PRIDE was granted Community of Excellence Status for the next three years! They also received \$2,000 in grant funds from Kansas PRIDE to support their Community Center Roof Project. Perry PRIDE received a \$2,000 grant from Kansas PRIDE for work on their Perry Parks and Fitness Project

Meadowlark Extension District Governing Body Members

Jackson County

Henriette Area, Mayetta
Bruce Yonke, Holton
Carolyn Kennedy, Circleville
Amy Pruyser, Hoyt

Jefferson County

Mike McNary, Meriden
Kim Swearngin, Lawrence
Susan Voelker, Valley Falls
Julie Newman, Oskaloosa

Nemaha County

Marcia Bauerle, Goff
Pam Deters, Baileyville
Marya Haverkamp, Bern
Tresa Jones, Seneca

Meadowlark Extension District Agents and Staff

Holton Office

David Hallauer, Extension Agent Agriculture and Natural Resources
Teresa Hatfield, Extension Agent Family Community Wellness
Cara Robinson,
4-H Program Manager

Carol McManigal, Office Professional

Oskaloosa Office

Cindy Williams, Extension Agent Family and Consumer Sciences
Clay Roland, Extension Agent 4-H and Youth Development
Linda Gantz,
4-H Program Manager

Office Professional - Vacant

Seneca Office

David Key, District Director and Extension Agent Community Vitality
Ross Mosteller, Extension Agent Agriculture and Natural Resource
Debra Henry,
4-H Program Manager

Amy Haverkamp, Office Professional

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