Meadowlark Extension District Annual Report for 2019
Please review our 2019 Annual Report. K-State Research and Extension and the Meadowlark Extension District provides research-based information to help people, businesses and communities solve problems, develop skills and build a better future.

Sincerely,
David Key
Meadowlark Extension District Director

Food and Nutrition Programs on the Prairie Band Indian Reservation
Working in partnership with state and regional extension specialists, a mini-food preservation workshop was conducted as a follow-up to a gardening workshop that focused on growing tomatoes, peppers, and onions. Sixteen participants, not only canned salsa, but also were given the opportunity to learn valuable and safe canning methods.

The following comments were shared by participants: “I learned canning times vary by altitude; safety procedures; how to blanch tomatoes; and I also learned that I have been canning wrong all my life! Thank you!” “I learned valuable skills and requirements to safely can salsa. I wouldn’t have learned this information or sought it out otherwise. Glad to know that the Meadowlark Extension District and K-State have these resources available.” “I didn’t know how to can, nor did I know all the safety involved with the process. I now know how and look forward to canning at home and with my family.”

Informal Meetings
Formal meetings have been a mainstay of agricultural extension programs since the beginning. There seems to be no shortage of formal meetings or conferences … for a producer to attend.

Sometimes informal can be effective as well. Following more than ample rainfall in the spring of 2019, the summer growing season was set up for heavy disease pressure in the corn and soybean crops. Two sets of in-field evaluations by K-State plant pathologist Doug Jardine were hosted in the Meadowlark Extension District to give producers a firsthand look at what diseases might be present, and which ones they needed to be looking out for.

Field scouting trips were made to visit two locations, and included visits with producers at each site about what we found with a report type meeting following.

One of the participants, a first-time extension meeting attendee, stated: “Thanks for the invite today for your meeting! It was a good experience and great information for this time of year.”
4-H Record Books — Capturing accomplishments while instilling life skills
At the end of the 2019 4-H year, more than 300 4-H record books, with multiple project areas nominated, were reviewed by dozens of volunteers. Members received feedback from a volunteer on their yearly summary of project work accomplished, as recorded in their 4-H Record Book. Winners were recognized at 4-H Achievement events in November, with the top record books submitting their award portfolio to the Northeast Kansas Area Screening. Meadowlark District had two State Project winners from the 2018 project year, which is the highest record keeping recognition a 4-H member can receive.

During the current process a survey was conducted to measure participation in record book completion, training resource usefulness, and overall satisfaction. Of the 151 responses, 90% of youth indicated they completed a record book. Of the participants, 72% found current training/education resources useful and helpful and 78% indicated that the current record keeping and project recognition process meets their needs.

Family and Community Education Units Recognized
Opening in 1949, The Berwick Home Benefit Family & Community Education (FCE) unit was recognized in 2019 as being organized for 70 years, while Corning FCE was honored with 65 years of Standard of Excellence recognition.

Walk Kansas gets People Moving
Participants in Walk Kansas increased their physical activity during the 8-week program. One hundred seventy-five women and 13 men participated this year. The age group with the most participants was the 45-54 year old with 42 walkers. They learned about increasing consumption of fruits and vegetables and water through weekly newsletters and interaction.

Northeast Kansas Innovators Seminar Provides Support to Entrepreneurs
The Meadowlark Extension District, in cooperation with five other regional economic development organizations, hosted an Innovators Seminar this summer to support tinkerers, inventors and innovators. Twenty-six innovators and thinkers attended the workshop learning the best management practices for protecting their intellectual property and gathering financial resources for their project while networking with resource providers and fellow innovators during the day long workshop.
Youth Extension Programs in Food and Nutritional Essential
To help combat future chronic health conditions and reduce long-term health care costs, the Meadowlark Extension District worked with members of the Oskaloosa community to sponsor a “Kid’s A Cooking Camp” this year. Other community partners included the Oskaloosa Methodist Church, and various community resource leaders. Programming focused on awareness, knowledge, and teaching cooking skills as well as aspirations and motivation to hone simple cooking skills at home. The Oskaloosa Methodist Women and Meadowlark Extension District provided funding and volunteers for this program.

YQCA Training (Youth for the Quality Care of Animals)
The process of quality assurance and character education training (YQCA) is an annual requirement for livestock youth. While the main themes of quality assurance, animal care and character education remain consistent year to year, the topics within these larger education areas vary. This keeps the training manageable and “fresh” each year. Three hundred and thirty-four District 4-H members exhibiting Beef, Dairy, Meat Goats, Sheep and Swine, Market Rabbits and Poultry received this education and certification. Working to educate youth on a safe, wholesome food system that provides the highest quality care possible for animals, is of the utmost of importance, particularly as families showing livestock are more removed from the daily production agriculture.

Everyday Mindfulness
Consensus is emerging that mindfulness can help to calm you down, relieve stress, improve physical health, and improve mental health. Thirty-eight participants focused on awareness of the present moment. Simple mindfulness exercises were introduced that can be incorporated into everyday living.

Scholarship Recipient Credits Extension Involvement
Elizabeth Roach, a Meadowlark District 4-H alumnae, was recently named a Vanier Family Scholarship ($7,000) recipient for the 2019-2020 school year and currently attends Kansas State University. She is working toward a degree in operations and supply chain management with the goal of becoming a manager for a large supply chain in the aerospace industry. Throughout 4-H, Roach discovered her passion for helping youth in the community by volunteering at military kids’ camps sponsored by the District.

Stay Strong, Stay Healthy Workshops Show Positive Results
Increasing balance and strength in older Kansans is helpful for preventing or delay several chronic conditions, especially falls. The Meadowlark Extension District is addressing this issue by conducting Stay Strong, Stay Healthy or (SSSH) classes to improve balance, strength and endurance.

Comments shared from participants show how the program is helping: “It is easier for me to get out of my chair,” “I have more energy!” “I feel stronger in my shoulders.” “I can easily turn my head both ways when I am driving.” “One participant shared that SSSH was the best thing extension has done to help her and as a result she has lost 25 pounds by participating!”

PRIDE Communities Active in the District
Five PRIDE Groups in the Meadowlark Extension District (Centralia, Delia, Hoyt, Perry and Ozawkie) reported the completion of 17 community wide projects in their respective communities while maintaining more than 20 ongoing/reoccurring projects and adding seven new projects in 2019 to keep their communities vibrant. PRIDE volunteers also reported working nearly 3,300 hours and raising almost $11,000 in public and private donations to support their communities.
BRANDS software and Consultation can save Beef Producers Money

Meadowlark District beef producers are always looking for more ways to improve efficiency and profitability on their farm or ranch. One service offered is the use of a beef cow ration analysis software called BRANDS. A recent success story illustrates the impact: By using distiller’s grains instead of his usual pellets, a beef producer saved $.75 a day and the cattle gained .89 pounds more per day. The savings in feed alone was $2,250 for his 50 head of calves in addition to 2,670 more pounds of beef to sell (assuming the selling price was $1.35 per pound equals $3,605) resulting in total savings and increase in revenue utilizing the BRANDS software of $5,855.

Tailgate Talks show changes

The Tailgate Talk series was offered again this year to beef producers in the District. Survey results from 2019 show that after attending the series:

- 17% of respondents were very likely to make business or management changes.
- 84% were likely to make production changes.
- 50% estimated the economic impact of changes on their farm to be up $1,000.
- 66% gained additional knowledge of new production practices.

Calving Schools help Producers at Calving Time

The Meadowlark District sponsored a very popular calving school this year. Producers were provided with information on how to properly assistance in calving and how to achieve a higher calf crop percentage. Survey responses indicated the following:

- 88% of the participants said they would change when assisting in calving.
- 100% of the participants said they would make changes in their method or technique when providing calving assistance.
- By making changes in their technique 67% thought they would see a $500 to $1,000 increase in profits.