



K-STATE

Research and Extension

Southwind District

Making a *Difference*

Second Quarter, 2021

The agents of Southwind Extension District continue to make a difference in the lives of the residents of the counties we serve. Some of the differences are small, others are large, ALL are important.

In the age of all things COVID, our goal is to bring valuable and relevant Extension programming to our constituents in a safe and healthy manner.

The Difference Communication Makes

4-H Agent Jennifer Terrell and Program Assistant MaKayla Stroud took communication to a whole new level on social media. They used Facebook for “What’s Happening Wednesday” weekly videos with 4-H updates. They also did different monthly challenges to promote families to work together. They used National Nutrition Month, National Craft Month, and National Bake for Family Fun Month as a basis for their challenges.

They also recorded videos for “Personalize Your Plate” month focusing on creating a balanced meal using the MyPlate nutritional guide, as well as videos on Social Media Safety.

The monthly 4-H newsletter got a facelift for easier reading and space for graphics, as well.

With fair season just around the corner, Jennifer and MaKayla will work with interns on the online Fair Entry system to register entries.

The Difference Technology Makes

Barbara Stockebrand, Aging & Adult Development agent, had her own set of challenges this year to make the Aging With Attitude Regional Expo happen this year. Because of COVID-19, the expo was cancelled last year. Rather than cancel it again this year, it was decided to make it a virtual event.

With the help of the IT Department at K-State and a determined planning committee, the two-day expo was a great success! More than 100 people registered for the event online. Those without internet could “attend” the expo at one of five host sites.

The topics at the Expo included telemedicine as a health care resource, fraud awareness, and a discussion of all things hemp. The second day had information on “smart” homes—making home safer and more efficient, and a talk on valuable records and advance health care planning. The Expo ended with keynote speaker Marci Penner from the Kansas Sampler Foundation. Joy Miller, FCS agent, did “Brain Breaks” and exercise videos that were shown between presentation.

Following the expo, the videos of the presenters, as well as some additional resources, were posted on the Research & Extension Aging Expos website. Feedback from participants was very positive about the virtual program, and indicated they were pleased with the topics, as well as the method of presentation.



The Difference Leadership Makes

Leadership captures the essentials of being able and prepared to inspire others. Effective leadership is based upon ideas—both original and borrowed—that are effectively communicated to others in a way that engages them to move toward common goals.

Carla Nemecek has given her leadership skills to the Southwind District since its inception, prodding when necessary, always encouraging, praising when due. Her skills were recently recognized when she was appointed to the position of Eastern Regional Local Unit Extension Director with K-State Research & Extension. We will miss her, but are happy for her achievements and advancement.

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader"
~ John Quincy Adams

CONGRATULATIONS, CARLA!

The Difference Caring Makes

People care about different things. Krista Harding, Horticulture agent, cares about horticulture—trees, flowers, veggies, soil—and the pests that, well, pester the horticulture. She also cares about the people that share her love of horticulture. It's evident with her Master Gardeners. It's evident with the 4th graders in Iola that learned about flower parts, and with the 2nd graders in Erie that learned about earthworms and flower parts. It's evident with the kids at Toronto Library that learned about earthworms, and how to make plant people. It's evident with the people that received tomato and pepper plants because of a grant written by Krista.

Krista worked with TLC Garden Center on a series of programs for gardeners and produced a number of videos that included making a grow light and planting a windbreak. She also led her Master Gardeners videos on planting peas, and planting seeds with kids.

When you care, it shows.

The Difference Communication Makes

Communication is key when it comes to sharing knowledge. When you're talking to someone about their healthcare, and their costs, it has to be in understandable terms. That's where Joy Miller, FCS Agent, comes in. In her SHICK consultations, she assists one on one, in person or virtually, so that adults can decide how to spend their healthcare dollars.

Joy also communicates the importance of taking care of oneself, via her Dining with Diabetes courses, Stay Strong Stay Healthy Programs and the Walk Kansas Program.

The Difference Getting Dirty Makes

It's a tough job, but someone's gotta do it. Running the Woodson County Sheep Auction, that is. And running Bressner Pasture. AND being on the Kansas Junior Livestock Show Board. It's all about the animals, and everything that goes with them—feeding, watering, and in many cases, cleaning up after them. It's all dirty, but Livestock Agent Dale Lanham isn't bothered by the dirt.

The Woodson County Sheep Auction brings money and visitors into Yates Center, month after month, year after year. Bressner Pasture research helps shape the future of livestock feeding and nutrition. And the Kansas Junior Livestock Show is one of the top youth livestock shows in the state, challenging 4-H and FFA youth to do their very best in showmanship and grooming their animals to be the best they can be, too.

Dirty? No problem—it all comes out in the wash.