



K-STATE
Research and Extension

Cowley County

Making a Difference

October - December 2017



2017 Fall for Extension

The Friends of Cowley County Extension appreciate the community's support of K-State Research and Extension. Because of outstanding local support, the third annual "Fall for Extension" fundraising event was a great success. The community is helping K-State Research and Extension Cowley County "Make a Difference."

Our local Extension staff and volunteers strive to provide trusted, practical education to help individuals, businesses and communities solve problems, develop skills and build a better future.

We thank you for investing in Extension so our staff and volunteers can reinvest in Cowley County communities! Please reserve Saturday, November 17, 2018 for the next "Fall for Extension" event.

Making it happen...

Kelsey Nordyke
4-H Youth Development

Position open
Agriculture and Natural Resources

Becky Reid
Family and Consumer Sciences

Cindy Stephens
Office Professional

K-State Research and Extension is an equal opportunity provider and employer.
Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John D. Floros, Director.

781 raffle tickets
sold

182 Auction Items



256
meals
served

proceeds:
over \$32,000!

*Knowledge
for Life*

Fall Events

Extension Appreciation Award

The Cowley County Extension Council is privileged to honor the Lester Priest Family with the 2017 Cowley County Extension Appreciation Award.

A servant-leader, Lester Priest believed in hard work, improving efficiencies of the land and service to the community. His core values of faith, family and farming were apparent in everything he did. Barbara, a Sumner County native was a member of the Walton Willing Workers 4-H Club where she participated in Foods and Sewing projects. Lester and Barbara raised their children Julie, Brian, Katherine and Brad between Winfield and Arkansas City in rural Cowley County on the farm that was originally homesteaded by Lester's mother's family.

Barbara remembers Lester serving the Cowley County Extension Council in the 1970's and 1980's for three or four terms with Extension Agents Charlie Smith and Home Economist Margaret Neal. While not a member of Cowley County 4-H himself, Lester was a supporter of the program, especially after his grandchildren joined. He could be seen visiting the kids' exhibits at the fair and was a valued contributor and supporter of the 4-H Food Auction for many years.

Extension Annual Meeting

The Cowley County Extension Council Annual Meeting was held on Thursday, December 7 at the Winfield Public Library. The program included dinner, Extension highlight videos and recognition of the Lester Priest family as the 2017 Extension Appreciation Award Winners.

The 2018 Extension Council met to elect the 2018 Extension Council Executive Board: Chair: Mike Legako; Vice Chair: Marian Hedges; Secretary: Shirley Douglas; Treasurer: Bill Mueller. Members: Jessie Bradley, Brett Brown, Phillip Bruce, Julie Swanson, Brett Thomson.

2018 Extension Council

| Ag & Natural Resources | Family & Consumer Sciences | 4-H Youth Development | Community Development |
|------------------------|----------------------------|-----------------------|-----------------------|
| Phillip Bruce | Shirley Douglas | Jessie Bradley | Brian Biddle |
| Brad Bryant | Liz Lawrence | Brett Brown | Marian Hedges |
| Carrol Campbell | Stephanie Mackey | Craig Depenbusch | Grady Martin |
| Mike Legako | Julie McClure | Angie Krepps | Craig Pringle |
| Darrel Long | Rocio Peirce | Amanda Mugler | Dustin Quint |
| Bill Mueller | Julie Swanson | Brett Thomson | Sarah Werner |

Family and Consumer Sciences

Emphasizing Healthy Habits

Partners: William Newton Hospital, City-Cowley County Health Department, Community Health Center of Cowley County, Winfield Public Library

Contacts: 18 participants

A four session Dining with Diabetes class was held on Tuesdays (November 7 - December 5) and attended by 18 participants. Local community partners - Kathy Strom, CDE/RN and Alicia Ramey, RDN - provided specific guidance on diabetes management while KSRE shared the big picture about food and fitness. The Dining with Diabetes curriculum focus on food choices, portion control and the importance of physical activity to help control diabetes.



Helping Families

Breastfeeding Advocates of Cowley County hosted a Guest Services RV at Arkalalah. Volunteers staffed the RV to provide a comfortable space for diaper changing, feeding and access to first aid supplies. Flint Hills RV donated the use of an RV for the event. KSRE helps with the organization and promotion of this service.



Building strong people

Stay Strong, Stay Healthy IMPACT

Stay Strong, Stay Healthy has been offered 9 times in Winfield since sessions began in Fall 2016.

60 unique participants
 (20 participants have repeated sessions, 2-6x)
 9 sessions x 16 classes = 144 class instruction hours
 182 fitness assessments (pre/post)
 1, 275 contacts
 2,200 exercise reps moving over 3 tons of weight!

4-H Youth Development

Developing Mastery in Tomorrow's Leaders

78 Youth were honored for their record keeping skills and achievements for the 2017 4-H program year at the Achievement Celebration November 11, 2017 at the Udall Middle School Gym.

5 Key Awards, 10 scholarships, 58 achievement pins, 11 club officer books were awarded.

Lifeskills: Learning to Learn, critical thinking, goal setting, mastery, contribution to the group effort, communication, planning/organizing.



Investing in the Future of Kansas 4-H

Beginning October 2, 2017, an annual 4-H program fee of \$15 per member is being collected. Funds generated will strengthen our program priorities of volunteer development, project support and program enhancement.

The fee is paid directly to Kansas 4-H Youth Development. Counties do not receive any portion of the fee.

The impact to Cowley County families is approximately \$4,875 for all 325 members.

["Investing in the Future of Kansas 4-H: a Guide to the 4-H Program Fee"](#) has been created to help answer questions.

Program Fee Prioritization Survey

- **When:** Conducted October-November 2017
- **Who:** 612 Respondents statewide: 67% were volunteers or parents
- **What:** Received input within the following program priorities:

VALUE ADDED TO 4-H



Project
Support



Volunteer
Development



Community
Club Program
Enhancement



Foundational
Support

Specific plans based on survey results will be announced this spring.

Starting Feb. 5, Shane Potter, New Volunteer Specialist, will refine volunteer development process to ensure safe learning environments for youth and grow local 4-H volunteer capacity (to attract, orient, and train new and the 6,000 existing 4-H volunteers)