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Fall For Extension

We regret to announce that the 6th Annual Fall For Extension event, scheduled for November 21, 2020 is canceled.

We appreciate your continued support and look forward to serving you in the future.

K-STATE Research and Extension | Cowley County

2020 Supreme Champion Sponsors



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VOTE

Saturday, Nov. 14
4:30-6 p.m. at Barn 4
for Extension Council
Members



Fall for Extension 2020

We're here for you, as always

Thank you for being a friend of Cowley County Extension. 2020 has been an interesting year, but K-State Research and Extension is here for you, as always.

In response to the COVID-19 outbreak in Kansas and to keep staff, participants, volunteers, and the public safe, K-State Research and Extension made the difficult decision to suspend all face-to-face programming through July 4, 2020. All Extension and 4-H events, contests and activities that were planned at the state, regional, district, county and local levels were postponed, canceled or converted to non-face-to-face experiences, including programs led by local 4-H volunteers.

We remain vigilant to keep safety of the participants, volunteers, and public top priority. K-State's guidance is that no participant should be asked to participate in any manner that makes them feel uncomfortable or is unsafe.

Our staff and program volunteers are using creative ways to share research-based resources and information with our community. Our team is mobilizing partnerships, offering distance education and providing helpful information to news media outlets to provide research-based support for families, consumers and producers in Cowley County.

We were pleased to offer a modified project showcase experience for our 4-H members at the Cowley County Fair. We are grateful for the leadership and support of the Cowley County Fair Association members and volunteers.

Our Friends of Cowley County Extension special event planning committee has regretfully canceled the 2020 Fall for Extension event. We will miss gathering with our Extension supporters and friends. The Friends of Extension group is still working toward its mission to raise awareness and financial support for K-State Research and Extension - Cowley County.

Thank you for helping us make a difference. We value you!

Sincerely,

Kelsey Nordyke
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,
Ernie Minton, Director.*

Vote for Extension Council Members

You are invited to vote and directly impact Cowley County. Local citizens will be elected to serve as Program Development Committee members to guide our Cowley County Extension programs on Saturday, November 14.

The local extension program is a partnership of K-State Research and Extension and residents of Cowley County. Residents can become active partners by serving as members of a program development committee, or PDC.

Kansas extension county law requires four program development committees with six or more members serving on each committee. In counties, members of the committees are elected, and additional members may be appointed.

Program development committees focus on four core areas: Agriculture and Natural Resources, Community Development, Family and Consumer Science, and 4-H Youth Development. Other committees may be appointed in areas such as horticulture, livestock production, nutrition, or family resource management. Program development committees are advisory in nature.

The 24 members of the four various program development committees make up the Cowley County Extension Council from which nine members are elected to serve as Extension Council Executive Board Members. Each PDC must be represented on the

board and reports the group's work to board members.

Names of the current PDC members and information about 2021 candidates are posted on the Cowley County Extension website at www.cowley.k-state.edu under the "About - Extension Council" side tab. **The election for the new PDC members will be held Saturday, November 14 at Barn 4 at the Winfield Fairgrounds. Polls will be open from 4:30-6:00 p.m. using a drive-thru format.** Enter through the north entrance. Voting is open to Cowley County residents age 18 and older.

Twelve people will be elected to serve a two year term. Members can serve two consecutive terms before transitioning off for at least one year.

If you have ideas to help improve K-State Research and Extension Cowley County, contact our office at 221-5450 or one of your neighbors who serves as a Program Development Committee member. We will continue to make a difference by sharing knowledge for life.



Scan this QR Code with your smart phone camera to view candidate names and information.

2020 Cowley County Extension Council

Executive Board Members

Mike Legako, ANR, Chair
James Jirak, CD, Vice Chair
Stephanie Mackey, FCS, Secretary
Bill Mueller, ANR, Treasurer
Will Abernathy, CD
Beau Bailey, CD
Jessie Bradley, 4-H
Phillip Bruce, ANR
Brett Thomson, 4-H

Extension Council Members

4-H Youth Development

Jessie Bradley, Dexter
Craig Depenbusch, Udall
Angie Krepps, Cambridge
Sarah LaGrone, Burden
Todd Shepherd, Arkansas City
Brett Thomson, Winfield

Family & Consumer Sciences

Ruth Bumgarner, Winfield
Janet Davidson, Arkansas City
Laura Heger, Winfield
Jessica Jones, Burden
Stephanie Mackey, Burden
Julie Wilson, Udall

Ag & Natural Resources

Justin Brazle, Winfield
Phillip Bruce, Arkansas City
Russ Gottlob, Winfield
Mike Legako, Winfield
Bill Mueller, Winfield
Will Tatum, Winfield

Community Development

Will Abernathy, Burden
Rose Anstine, Arkansas City
Beau Bailey, Winfield
James Jirak, Udall
Jaime McGee, Arkansas City
Sarah Werner, Winfield

4-H Youth Development - 2020 Highlights

4-H Days Highlights Youth Leadership

Participants: 24 youth, 30 adults

24 Cowley County 4-H'ers presented their skills and talent at 4-H Day Saturday, February 8, 2020. Members had the opportunity to showcase projects, gain leadership skills and provide learning to others by hosting project booths throughout the day. Local judges evaluated the members' performances and awarded a ribbon from Top Blue to White.



Life Skills demonstrated by 4-H youth

Goal setting, leadership, citizenship, planning/organizing, critical thinking, problem solving, communication. Concern for others, cooperation, safety, social skills, critical thinking, decision-making, self-motivation, self-responsibility, personal safety, teamwork.

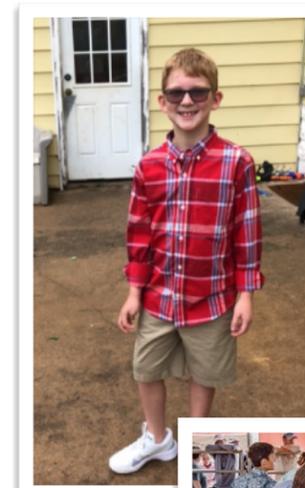
Embracing technology

COVID-19 has necessitated changes to enhance youth development programming. The following changes were implemented in 2020:

- Zoom meetings/trainings offered for club meetings and leader training
- Utilizing Facebook for 4-H livestock ownership deadlines
- Providing virtual learning opportunities on the 4-H Facebook page for Chick Embryology
- Sharing educational videos through Facebook from other states and counties

Cowley County Fair - Modified 4-H Activities

Although Cowley County Fair Board canceled the public events of the 2020 fair, they did support 4-H youth activities. Modifications included virtual exhibits and judging for dog, rabbit, pigeons/poultry and fashion revue; drive-thru exhibit drop off and pick-up for static exhibits; non-conference exhibit review; and "show and go" livestock judging. Overall exhibit numbers were down from previous years due to COVID-19, Vesicular Stomatitis Virus (VSV), and rabbit hemorrhagic disease.



Family & Consumer Sciences - 2020 Highlights

SNAP-EBT

The electronic benefits transfer (EBT) system for the Supplemental Nutrition Assistance Program (SNAP) has been discussed since 2017 with vendors and market leaders. In July 2020, the program was implemented at the Arkansas City Farm and Art Market and the Walnut Valley Farmers Market. Customers swipe their Kansas Benefits card for a dollar amount that can be redeemed for tokens. The tokens are then accepted by participating vendors for eligible products. Over \$500 in tokens were utilized at the markets!

Mental Health Partnerships

Partners: 30+ Cowley Affinity Project members, South Central Kansas Medical Center, Four County Mental Health, 43 Community members trained to be Mental Health First Aiders

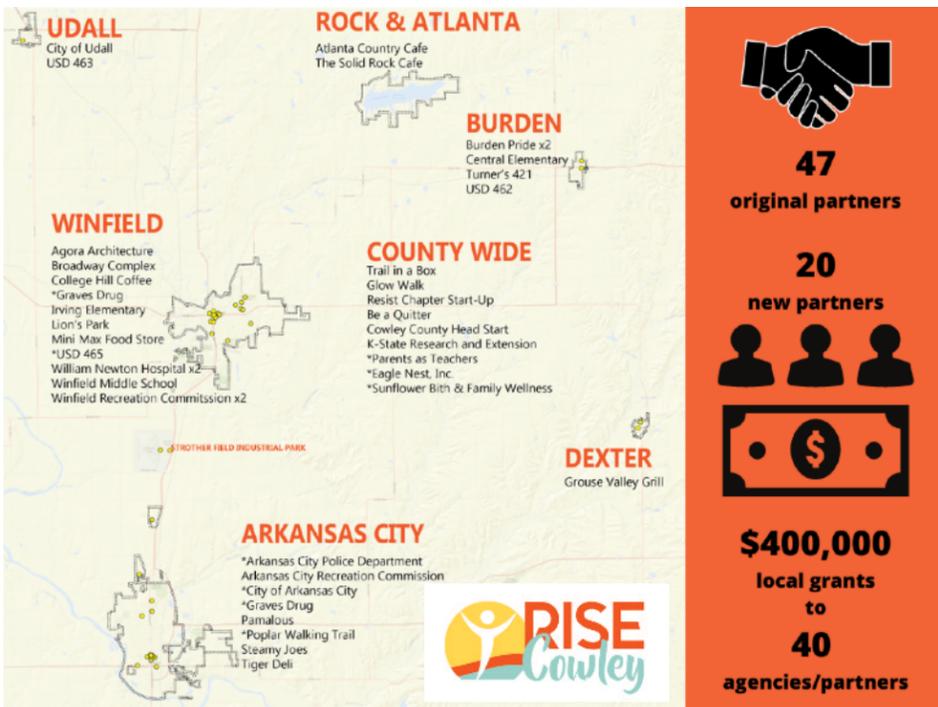
South Central Kansas Medical Center has received funding from the Sunflower Foundation to help enhance community partnerships for promoting mental health. The "Cowley Affinity Project" strives to identify issues and solutions to help our community. K-State Research and Extension supports this effort by providing community leadership for Mental Health First Aid Course for adults. Staff from Four County Mental Health are co-trainers for the course. Future courses will be offered in 2021.

Walk Kansas 2020

Participants: 66 participants (11 teams), 7,948 miles reported

The 8 week annual healthy living challenge continued despite COVID-19. Participants completed physical activity, logged water and fruit and vegetable consumption. No in person events were held this year, but team members were engaged through an online team environment, Facebook group and an app to track progress.

\$400,000 Grant Funds Distributed in Cowley County



K-State Research and Extension is an active participant in RISE Cowley, our county's health coalition. Blue Cross Blue Shield (BCBS) of Kansas awarded the coalition a Pathways to a Healthy Kansas grant. Community partners have been working since 2017 to make healthier choices easier with policies, systems and environments. A total of \$400,000 was awarded to partners from BCBS.

RISE Cowley has been awarded a second Pathways grant. Learn more at risecowley.org.

2020 Extension Appreciation Award

KSOK - 95.9 FM is the 2020 Extension Appreciation Award Winner. This award honors people or groups who have made outstanding contributions to the Extension programs in the county.



The good guys (and gals) at KSOK host Extension staff at least twice a month for live radio interviews. Their team coordinated logistics to livestream 4-H livestock activities during the modified 2020 Cowley County Fair. Shane Farley has served as the emcee for the annual Fall for Extension event since 2018.

We are pleased to recognize Shane, Brady and Brett C. with the 2020 Extension Appreciation Award.

Opportunities

Crop Donations

Did you know that for many cash basis farmers, tax savings can be achieved by donating crops directly? To learn how to transfer bushels to *Friends of Cowley County Extension*, please contact your tax advisors to understand tax saving benefits and other logistics.

Tax-Deductible Donation Options

Contributions to Kansas Extension Councils to support their educational programs may qualify as tax-deductible contributions under section 170(c)(1) of the Internal Revenue Code. You can write a check to Cowley County Extension Council, PO Box 538, Winfield, KS 67156.

A Friends of Cowley County Extension endowment fund has been established at Legacy Regional Community Foundation. Financial donations can be sent to 1216 Main Street, Winfield KS 67156 with *Friends of Cowley County Extension* noted in the memo line.



Raffle

Coming Soon - Friends of Cowley County Extension will be coordinating a spring raffle event featuring a Hustler® Raptor Zero-Turn Mower donated by **Grouse Valley Equipment**. Tickets will be available in late January from the Cowley County Extension Office, Friends of Extension members and 4-H families.

2020 Fall for Extension SPONSORS

Supreme Champion Level
\$1,500+



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Reserve Champion Level
\$500-\$999



In-Kind Sponsors



Creative Solutions

Excerpt from K-State Research and Extension Tuesday Letter - March 17, 2020

COVID-19 is interjecting itself in our personal, social, and professional lives. While our campuses and many local unit offices are preparing to shift as many of their faculty and staff to work-at-home scenarios as possible, it does not mean that we are suspending our work as Extension professionals. We will continue to pursue the ideals of our Extension mission. We will work as Extension professionals and overcome this latest life challenge by working smart and using digital and distance technology to interface with the people we serve and each other. Even if we have not used some of our available tools to engage in this type of work, we will learn it, and we will become even better at it than before. We can do this!

- Gregg Hadley, Director
K-State Research and Extension

What we did...

- Although our office was closed to the public between March 17-June 3, staff continued to share research based information via news releases, call in radio interviews and community outreach via Zoom technology.
- Virtual experiences were offered for 4-H youth which increased participation in state level events and contests.
- Staff participated in state-wide or regional projects that could be developed or delivered using online formats such as Dining with Diabetes Online, Family and Consumer Sciences 4-H Contest Judging, Virtual Wheat tours and pre-plant meetings and Extension Master Gardener training.
- Resources to help youth who were "Suddenly in Charge" were distributed to local schools.

Thank you for helping us find creative solutions to serve you in 2020.

Connections Make a Difference

Burger Cow Project

Partners: Barry & Nadine Barber, Legacy Regional Community Foundation, Angels in the Attic, Manna Ministries, Joseph's Storehouse, Eastern Cowley County Resource Center, Udall United Methodist Church Food Pantry, Winfield Food Pantry

Barry & Nadine Barber contacted the Cowley County Extension office with their idea to provide beef to food pantries. Extension staff connected them with food pantry contacts and funding sources.

The Barbers recruited cattle producers to identify animals appropriate for processing. Legacy Regional Community Foundation had a funding campaign in development called "Rally Cowley" to raise funds for COVID-19 response efforts. Funds were raised to pay cattle producers for the animals and processing costs. Ten cows were processed into ground beef and distributed to six food pantries/distribution sites in Cowley County.

WE'RE HIRING!

4-H Program Assistant
Part-time position

SNAP-Ed Nutrition Educator
Full-time position with benefits

Visit cowley.k-state.edu for job descriptions and application links.



@CowleyCountyExtension

@CowleyCounty4H

Agriculture & Natural Resources - 2020 Highlights

Farm Bill Decision Making Tool

Participants: 30 producers from Cowley and Sumner Counties, Partner: Kent Miller, CPA

With assistance from Kent Miller, producers submitted Price Loss Coverage (PLC) yields into the Farm Bill comparison tool developed by the University Illinois Extension. Based on yield history and price projections, farms were better prepared to make their selection for the 2018 Farm bill between PLC or Agricultural Risk Coverage-County Level (ARC-CO). This affects our local economy aiding producers with changing markets and production outputs.

Farm Financial Series for Kansas Women in Agriculture

Partners: Robin Reid, KSRE Farm Economist; LaVell Winsor, K-State Farm Analyst

Cowley County was one of 32 locations across the state that helped 28 local participants become educated in developing and managing financial systems for their agricultural enterprise in this 4-session series. Participants learned principles of farm record keeping to develop a balance sheet, income statement and a cash flow statement. A case farm study gave them hands-on experience with performance analyses and understanding how these statements can help with management decisions. Other special topics included managing family living expenses, coping with mental stress and developing a whole-farm financial management plan.

Intro to Farm Quickbooks

Partner: Harper County Extension, K-State Research and Extension Ag Econ

Participants were given hands-on instruction using QuickBooks Pro for farm and ranch accounting. The class was designed to provide basic information for producers to get started with bookkeeping in QuickBooks through a step by step approach. Because farm and ranch accounting is slightly different from other small businesses the training provided examples and suggestions for handling specific farm business transactions.

100% of participants rated the training "very valuable" and indicated they will be making changes to the financial management of their operation(s).



Cowley County Livestock Association Annual Meeting

The Cowley County Livestock Association hosted its annual meeting Thursday, March 12 at Tisdale Methodist Church. Ninety Cowley County Livestock producers learned about grazing systems in southeast/south-central Kansas from KSRE Southeast Area Beef Cattle Systems Specialist, Jaymelynn Farney. Kansas Livestock Association Stockgrowers Division Director Dean Klahr, shared industry updates related to policy and trade.

75% of participants indicated they would be likely to implement grazing management changes to their operation and the changes would have a positive economic impact for their business.

Wheat Production in South Central Kansas

Partners: Bryant Ag Services, Sumner, Sedgwick and Harvey Counties

South Central Kansas counties partnered to plant wheat plots and provide data and information to the producers in our area. Wheat test plots were planted in Sedgwick, Harvey, Cowley, Sumner and Harper Counties and harvested for yield data. We hosted a virtual South Central tour and Wheat Pre-Plant meeting with assistance from Dr. Romulo Lollato and Dr. Kelsey Anderson Onofre. These virtual events were recorded and links provided through e-newsletters to producers.