



**K-STATE**  
Research and Extension

Cowley County

# Making a Difference

January - March 2020

## COVID-19

In alignment with K-State Research and Extension recommendations, local and district programs, meetings, events, and activities regardless of group size were cancelled between March 14 - May 16. This includes but is not limited to 4-H club meetings, council meetings, and committee correspondence. This also includes project-based learning, shows, events, and activities directed toward 4-H youth development and other extension audiences.

Our team continues to serve the community by mobilizing partnerships, offering distance education and providing helpful information to news media outlets to provide research-based support for families, consumers and producers. For example, we are linking beef producers to local food distribution sources and partnering with Legacy Community Foundation to encourage financial support.

We also bring the resources of Kansas State University to the community with support of Zoom video/phone connections and expertise for emerging needs such as child care, meal planning and food safety.

We are making a difference.

## Making it happen...

**Kelsey Nordyke**  
Agriculture and Natural Resources

**Cindy Stephens**  
Office Professional

**Becky Reid**  
Family and Consumer Sciences

### 2020 Cowley County Extension Council Executive Board

Mike Legako, ANR, Chair  
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*ANR - Ag & Natural Resources*  
*CD- Community Development*  
*FCS- Family & Consumer Sciences*  
*4-H - Youth Development*

*Knowledge  
for Life*

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Cooperating, Ernie Minton, Interim Director.

## Agriculture and Natural Resources

### 2018 Farm Bill Decision Making Tool

**Participants: 30 producers from Cowley and Sumner Counties**

With assistance from Kent Miller, producers submitted 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 Price Loss Coverage (PLC) or Agricultural Risk Coverage-County Level (ARC-CO). This will affect our local economy aiding producers with changing markets and production outputs.



### Farm Financial Series for Kansas Women in Agriculture

**Participants: 28**

Along with 31 other locations across the state, participants became 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 Quick Books Training

**Participants: 8**

Participants took part in hands-on training with QuickBooks provided by the K-State Research and Extension Department of Agricultural Economics. They learned the basic functions offered through Quickbooks and completed hands-on activities to understand the platform to determine if Quickbooks was a fit for their operation. The class was presented in partnership with Harper County Agriculture Extension Agent, Jennie Carr.

### Cowley County Livestock Association

**Partner: Kansas Livestock Association**

**Participants: 88**

The Cowley County Livestock Association held their annual meeting March 12 at Tisdale Church. Participants took part in a meal provided by Creekstone Farms Premium Beef and sponsored by industry partners. KLA Stockgrower's Division President, Dean Klahr shared legislative and industry trends affecting livestock producers. Dr. Jaymelynn Farney, KSRE Beef Systems Specialist, delivered the program on grazing practices.



## Family and Consumer Sciences

### Enhancing Community Health

#### Mental Health Partnerships

**Partners:** Cowley Affinity Project members, South Central Kansas Medical Center, Four County Mental Health

**Participants:** 27 for Mental Health First Aid; 30 Cowley Affinity Project Members

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 with community education through the 8 hour Mental Health First Aid Course for adults. Four County Mental Health provides a co-facilitator for the course.



#### Walk Kansas 2020

**Participants:** 66 participants (11 teams)

The annual healthy living challenge is going strong since the program encourages physical activity in a virtual team environment. No “in person” events will be held this year, but team members are being engagement through a Facebook group and app to track progress.

#### RISE Cowley finalizing Pathways to a Healthy Kansas initiatives

**Partners:** City-Cowley County Health Department, Cowley First, local community leadership, hospitals and businesses

Becky Reid is serving as the Pathways to a Healthy Kansas Grant coordinator as the coalition finishes the phase 1 grant cycle. Coalition partners are engaging community members to encourage active living, healthy eating and smoking cessation support. By March 27, over \$200,000 has been awarded to various partners in all Cowley County communities:

- 1 policy grant
- 8 community/resident well being grants
- 6 restaurant grants
- 1 food retail grant
- 2 health care grants
- 2 school grants
- 2 worksites awarded achievement grants

Grant funds are available through July 31, 2020. A phase 2 application was submitted in mid-March with input from community partners.



# 4-H Youth Development

## Developing a Positive Self-Concept

### 4-H Days

**Participants: 24 youth, 30 adults**

24 Cowley County 4-H'ers presented their skills and talent at 4-H Day Saturday, February 8. Members and 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.

**Lifeskills:** Goal setting, leadership, planning/organizing, critical thinking, problem solving, communication.



## Developing a Concern for the Community

### Need to use new technology

COVID-19 has necessitated changes to how programming is provided to enhance youth development. The following changes help to ensure that youth are provided programming and education through 4-H youth development:

- 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.

**Lifeskills:** Planning/organizing, wise use of resources, leadership, time management.

