



K-STATE
Research and Extension

Cowley County

Oh, the Places We Go!

2017

**Cowley County Extension Council
Annual Meeting**

December 7, 2017

6:00 p.m.

Winfield Public Library

Community Room

605 College Street

Potluck Dinner & Meeting

County Program Responsibility (K.S.A. 2-611)

The 24 members so elected in the three county commissioner districts, or at large, in any county shall constitute and be the county extension council, and it shall be the duty of the council to plan the educational extension programs of the county.

Responsibilities and Limitations of Extension Council

The county extension council shall have for its sole purpose the giving of instruction and practical demonstrations in agriculture, marketing, home economics, 4-H club and youth work, community and resource development, and economic development initiatives to all persons in the county and the imparting to such persons in the county of information on those subjects through practical demonstrations, meetings, publications or otherwise, in accordance with the program and service prescribed by the council. Such councils shall not engage in commercial or other private enterprises, legislative programs, or other activities not authorized by this act and shall not give preferred service to any individual, group or organization.

2017 Extension Council

Ag & Natural Resources	Family & Consumer Sciences	4-H Youth Development	Community Development
Roger Black	Shirley Douglas	Beau Bailey	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
Rodney Smith	Julie Swanson	Todd Shepherd	Sarah Werner

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

Annual Meeting Program

Welcome

Invocation

Comments

- Elected Officials

Extension Appreciation Award

- Lester Priest Family

Oh the Places We Go!

- Video presentation by Extension Staff

Business Meeting

- Roll Call
- Minutes of 2016 Annual Meeting
- Recognition of Outgoing Extension Board

Members:

Roger Black, Carrol Campbell
Beau Bailey, Todd Shepherd

- Nominating Committee Report
 - Election of 2018 Executive Board
 - Motion to secure treasurer's bond
 - Oath of Executive Board Members
 - Program Development Committee
- Meetings: Elect chair, vice chair, secretary
- Announcements
 - Adjournment

Picture of 2018 Executive Board

2017 Cowley County Extension Council Executive Board

Beau Bailey - Chairperson
Todd Shepherd - Vice Chair
Shirley Douglas - Secretary
Roger Black - Treasurer
Brett Brown
Carrol Campbell
Marian Hedges
Mike Legako
Julie Swanson

Area Extension Director

Dr. J.D. McNutt
Southeast Area, Parsons, Kansas

Dean of Agriculture, Director of Agriculture Experiment Station and Director of Extension

Dr. John D. Floros
Manhattan, Kansas

Cowley County Commissioners

Wayne Wilt, District 1
Bob Voegele District 2
Alan Groom, District 3

State of Kansas Legislators

Senator Larry Allen
32nd District

Representative Ed Trimmer
78th District

Representative Anita Judd-Jenkins
79th District

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Cowley County

cowley.k-state.edu

Kansas State University Agricultural Experiment Station and Cooperative Extension Service.
K-State Research and Extension is an equal opportunity provider and employer.

Extension Appreciation Award:

The Lester Priest Family

Agriculture, innovator, supporter, loyal, tradition, community, service, leader, legacy, work – these words are all used to describe family farms. The Lester Priest Family is no stranger to the hard work and dedication needed to grow, develop and sustain the legacy and tradition of the family farm. They understand the value of innovative technology and giving back to their community.

Lester, a lifelong Cowley County resident, 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 married in 1970 and 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. The Priest's family farm operation consists of wheat, soybeans, milo and corn (it also included a cow/calf operation until 2001.)

A servant-leader, Lester Priest was an active community member, giving service to many local boards including the Hackney and Valley Co-op Boards, Winfield School Board, Beaver Township Board, Cowley County Soil

Conservation District Board and the Cowley County Extension Council Executive Board. 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.

Lester was a major contributor to Cowley County agriculture throughout his adult life. He was an innovator in the field of irrigation and his family notes that it was his pride and joy, noting that it maximizes your yield potential and utilizes groundwater which is then replenished by the river. Lester began flood irrigation to improve efficiencies in crop production in the 1970's and continued to use it well into the 1990's. In 1976, he brought the first center-pivot to Cowley County. He partnered with Walter Hunt on a water drilling rig to drill his own wells and also helped to drill the City of Arkansas City and City of Oxford water wells. Center-pivot irrigation is used on the farm still today. Barbara notes that a pivot takes much less work than the prior method of irrigation used, which was flood irrigation with syphon tubes.

In Memory of Lester Priest

2/24/1949 - 11/08/2016

A unique aspect of Priest Farms is their strawberry and pumpkin production. Barbara managed the 5 acre strawberry patch instead of going to town for work. Brad recalls as a child going to town with Lester to sell strawberries in the parking lot of what is now Westlake Hardware one year when a cooler went down. The strawberries had to be sold before they went bad, so Lester sat Brad on the bed of the truck, and he sat in the cab. Lester said people would be more likely to buy the berries from a cute little kid than himself.

For twenty-four seasons from 1985-2009, the Priest family had a pumpkin patch. A part of the family farm's labor force, Julie, Brian and Brad all noted that in both the pumpkin patch and the strawberries, not a weed could be found because the family worked together to keep the patch clean. Elementary schools began touring the pumpkin patch beginning with Brad's first grade class. The farm averaged 3-4 tours of elementary students every day from area schools including Winfield, Ark City, Blackwell, Braman, Burden, Dexter, Udall and Ponca City. Barbara noted that it was only within the last couple years that she hasn't received a call from a school wanting to tour the pumpkin patch.

Lester loved growing vegetables and flowers. He like the school visits because he enjoyed teaching kids where their food came from. A visit to the Priest's might include getting to see a calf pulled or seeing farm equipment coming and going. School children got the opportunity to see a working farm.

The Cowley County Extension Council considers it a privilege to honor the Lester Priest Family with the 2017 Cowley County Extension Appreciation Award for their years of service and commitment to Cowley County.

Cowley County Extension Appreciation Award Recipients

- 2016 - Jim McClung
- 2015 - Kent & Nancy Miller
- 2014 - Winfield Daily Courier News Dept.
- 2013 - Tina and Beau Bailey
- 2012 -John Brazle and Justin Brazle
- 2011 - Carrol Wray and Jeanie Campbell
- 2010 – Dick Bonfy
- 2009 – Vic and Jan McClung
- 2008 – John Blankenship Family
- 2007 – Jim and Jessie Bradley
- 2006 – Lloyd and Carmelita Clarkson
- 2005 – Junior Shorter and Family
- 2004 – Larry and Mary Hittle
- 2003 – Mildred Moore
- 2002 – Verne and Zola Gottlob
- 2001 – Larry and Billie Swanson
- 2000 – John and Judy Lawson
- 1999 – Duane and Pat Chrisler
- 1998 – John and Zora Weir
- 1997 – Carl Seeliger
- 1996 – Irvin and Gracie McClung
- 1995 – Karolyn Smith
- 1994 – City of Winfield, Cowley County Fair Association
- 1993 – Roger and Melba Maechtlen
- 1992 – Harvey and Vada Whitehill
- 1991 – Don and Joan Drake
- 1990 – Frank and Helen Bossi
- 1989 – Floyd and Margaret Thiel
- 1988 – Not presented
- 1987 – Walter and Alice Hunt
- 1986 – Dwayne Lagerstrom
- 1985 – Bea DeVore

The K-State Research and Extension Appreciation Award was authorized by the Extension administrative staff in 1977. Its purpose is to honor a person(s) who has made outstanding contributions to the extension programs in a county or district.

2016

Annual Meeting Minutes

The Cowley County Extension Council Annual Meeting was held at 6:05 p.m. on December 1, 2016, at Baden Square in Winfield Kansas.

Board Chair Beau Bailey called the meeting to order and welcomed the County Commissioners and their spouses in attendance: Wayne Wilt and Representative-Elect Anita Judd-Jenkins. The invocation was given by Roger Black. The group adjourned briefly for dinner.

Beau called the meeting back to order after dinner and gave the guests an opportunity to give remarks. Beau also gave a short report on the success of the Fall for Extension event. Kelsey Holcomb gave comments on behalf of the Extension staff. Kelsey pointed out the impact reports included in the program and introduced her co-workers. She thanked the volunteers who supported the work of the agents in the past year.

Brett Brown presented the 2016 Extension Appreciation Award to Jim McClung. Jim currently serves on the Statewide Extension Advisory Council for K-State Research and Extension after serving for several years on the local Extension Board. Jim is also an integral supporter of Extension work through many roles, but he is particularly recognized for his continued service on the Fall For Extension Special Event committee.

Secretary Brenda Hicks called roll of the 2016 and 2017 Cowley County Extension members. Those with an (*) indicate their presence at the meeting:

- **Agriculture:** Roger Black*, Brad Bryant, Carrol Campbell*, Roy Hervey*, Mike Legako*, Darrel Long, Emilie McLain, Rodney Smith
- **Family and Consumer Sciences:** Shirley Douglas*, Rita Hensley*, Liz Lawrence*, Stephanie Mackey*, Julie McClure, Rocio Peirce, Julie Swanson*
- **4-H Youth Development:** Beau Bailey*, Brett Brown*, Craig Depenbusch*, Brenda Hicks*, Angie Krepps, Scott Lowe, Amanda Mugler, Todd Shepherd*
- **Community Development:** Brian Biddle, Marian Hedges*, Grady Martin, Craig Pringle*, Dustin Quint, Gretchen Wacker, Sarah Werner*



Carrol Campbell moved and Todd Shepherd seconded to approve the minutes of the 2015 Annual meeting as printed. Motion carried.

Todd Shepherd presented retiring board members with certificates and gifts. Retiring members are Rita Hensley, Roy Hervey, Brenda Hicks, Scott Lowe, Emilie McLain and Gretchen Wacker.

Brenda presented the Nomination Committee report of the slate of officers and members for the 2017 Executive Board.

- **Chair:** Beau Bailey
- **Vice Chair:** Todd Shepherd
- **Secretary:** Shirley Douglas
- **Treasurer:** Roger Black
- **Members:** Brett Brown, Carrol Campbell, Shirley Douglas, Marian Hedges, Mike Legako, Julie Swanson

No nominations from the floor were presented. Carrol Campbell moved that the slate be adopted as presented. Craig Depenbusch seconded the motion and the motion passed.

Craig Depenbusch moved and Roger Black seconded to secure Treasurer's Bond from United Agency for at least \$150,000. Motion passed.

County Clerk Karen Madison gave the Oath of Office to the 2017 Executive Board Members.

The Program Development Committee Meetings met briefly to select officers for their groups.

- **Agriculture:** Chair, Brett Brown; Vice Chair, Darrel Long; Secretary, Rodney Smith
- **Family and Consumer Sciences:** Chair, Julie Swanson; Vice Chair, Stephanie Mackey; Secretary, Shirley Douglas
- **4-H Youth Development:** Chair, Brett Brown; Vice Chair, Todd Shepherd; Secretary, Amanda Mugler
- **Community Development:** Chair, Grady Martin; Vice Chair, Marian Hedges; Secretary, Craig Pringle

Beau Bailey announced that the Joint Executive Board Meeting will be held January 5, 2017, 5:30 p.m. at the Extension Assembly Room and reminded the 2017 Executive Board to come to the front for a picture. The 2016 board will meet immediately following adjournment for the December Executive Board meeting.

Meeting adjourned at 7:13 p.m.

Grand challenges

During a strategic planning process with our stakeholders, K-State Research and Extension identified five grand challenges facing every Kansan: global food systems, health, community vitality, developing tomorrow's leaders, and water. Our efforts in research and extension focus on addressing these challenges to help better our state, country, and world.



Agriculture and Natural Resources

Professional Improvement Opportunities for Extension Agents

Contacts: 125+ Extension Agents, sponsors, and friends

Partners: K-State Research & Extension Cowley County, Kansas Association of County Agricultural Agents, Kansas Wheat Alliance, American AgCredit, and Kansas Corn



Cowley County Extension was excited to host the Spring Workshop for Kansas Association of Agricultural Agents. Over 70 Extension professionals from Kansas, Tennessee, and Ohio descended to Winfield for three days of networking and professional development opportunities. Professional development tours included stops at Creekstone Farms, Plum Creek Ranch, Southern Kansas Cotton Growers, ADM, Sunflower Shrimp, Griggs Brothers Farms, Wyldwood Cellars, and Bartlett Arboretum.



Beef, Advocacy & New Cooking Techniques

Contacts: 110+ local, and out-of-County/State participants

Partners: K-State Research & Extension, Kansas Livestock Association, and Cowley County Livestock Association (CCLA)

Beef, new cooking techniques, legislative update, and enhancing our advocacy skills were all topics shared at CCLA's annual meeting. Attendees heard from Chef Alli Winter, Debbie Lyons-Blythe, Matt Teagarden, and Winfield native and National Cattlemen's Beef Association CEO Kendal Frazier, provided the keynote address.

Preparing Youth to be Safe Tractor Operators

Contacts: 20+ local, and out-of-county participants

Partners: K-State Biological & Agricultural Engineering, PrairieLand Partners John Deere and Sumner County K-State Research & Extension

Students who attend the class learned to be safe tractor operators through both classroom and hands-on learning opportunities. The class is required for those who are 14 or 15 years of age and planning to do farm work for someone other than a parent or guardian. The tractor safety course follows the U.S. Department of Labor Requirements and students must complete the training before they can be employed at certain hazardous farm tasks. This includes operating a tractor over 20 horsepower.



Growers Benefit From Local Research & Informational Meetings

Contacts: 200+ Extension Agents, sponsors, and friends

Partners: K-State Research & Extension Cowley County, K-State Agronomy, Bryant Farms, and Blankenship Farms

Scope: Individual variety/fungicide treatments at each location(Cowley, Sumner, Harper, Harvey, and Sedgwick) All treatments are replicated three times.

On-farm and local research is critical to continued statewide research efforts. Local demand for this information is important.

Providing opportunities for growers to come together and interact with specialist is valued. Increased attendance was noted at both variety plot field days and our Pre-Plant Wheat meeting.



Special Extension Volunteers – John Blankenship Family



Contacts: thousands, and out-of-County/State participants

Partners: K-State Research & Extension, Cowley County, K-State Department of Agronomy.

For decades John & Shirley Blankenship, Udall, have sponsored a wheat variety test plot in cooperation K-State Research and Extension. 2017 was the final year for their work with the variety plots. We owe the Blankenship family a huge thank you for their continued support of Cowley County Extension and the K-State Wheat Breeding program.

Developing 4-H'ers with a Positive Self Image

Contacts: local and out-of-county participants

Partners: K-State Department of Animal Sciences & SE Area Extension

Local youth benefit from opportunities to participate in 4-H livestock judging programs. These opportunities coupled with enrollment in youth livestock projects benefits our youth in the development of valuable life skills. Research has shown that by participation in such activities results in youth that are better communicators, decision-makers, problem solvers, have greater self-discipline, teamwork, and organization skills. Cowley County youth participated in the State 4-H Livestock Judging contest and the SE Area Livestock Judging Contest.



Family and Consumer Sciences

Keys to Embracing Aging

Participants: 29+

Partners: Healthways of William Newton Hospital, Winfield Public Library

A monthly workshop series is being offered on the second Thursday of each month as part of the USDA NIFA Rural Health and Safety Education grant. The 30-day Keys to Embracing Aging challenge introduces 12 healthy behavior practices that encourage optimal aging throughout the life span and challenges participants to focus and improve upon these behaviors.



The 12 keys to embracing aging are: positive attitude, eating smart and healthy, physical activity, brain activity, social activity, tuning in to the times, safety, know your health number, stress management, financial affairs, sleep, and taking time for you.

The objective is to increase and sustain knowledge among rural Kansans that healthy behaviors and choices across the lifespan affect overall health, well-being, life quality and longevity. Cowley County Extension is one of 20 Kansas counties implementing the program from April 2017-March 2018.

Dining with Diabetes

Participants: 44+

Partners: South Central Kansas Medical Center, Community Health Center of Cowley County, City of Cowley County Health Department, William Newton Hospital, local pharmacies

Dining with Diabetes is a K-State Research and Extension health and wellness program that consists of a series of four classes that includes learning, demonstrations, physical activity and tasting healthy foods. The program's focus is to help individuals learn strategies to lessen the health risks of diabetes.

Program participants set weekly goals and are motivated to make changes. Participants reported: reading labels, watching portion size, being aware of test results and being conscious of the number of carbohydrates per meal.

A spring lunchtime class was held at South Central Kansas Medical Center with 26 participants. A fall evening class was held in Winfield with 18 participants. Class instruction was enhanced with partnerships with Diane Ray, RDN; Alicia Ramey, RDN; and Kathy Strom, RN/CDE.



Growing strong communities

Pathways to a Healthy Kansas is the largest community grant program ever funded by Blue Cross Blue Shield of Kansas. The Pathways program provides community coalitions with the tools and resources needed to remove barriers and engage their communities in ways that enable healthy eating, and tobacco-free, active living to become a way of live. RISE Cowley has been selected to be a Pathways community for 2017-2020 and will receive \$100,000 to coordinate efforts to create a healthier Kansas.



Cowley County Extension has been an active partner with the coalition (previously know as Cowley County Healthy Communities) since 2010. The “Communities Preventing Childhood Obesity” grant project from K-State Research and Extension provided funding and community coaching to help the coalition grow and evolve. Extension assists with grant writing, community networking and project coordination.

Participant were asked to share two ways that being stronger and having better balance has impacted their daily activities:

1 - More physical activity daily = more completed actives; I don't hesitate to get on the floor to play with dog, clean or other tasks.

2 - Get up and down better; Less pain

3 - Less back problems; Feel more confident in moving and doing various flexible activities

4 - Easier to move; more active

5 - Easier doing yard work (up & down); walking seems better

6 - I feel better; Easier to do the activities I want to do.



Building strong people

Stay Strong, Stay Healthy (SSSH) is an evidenced based eight-week program for older adults that meets the recommendation for healthy muscle strength. The program's goal is to improve health and quality of life. The 16 session course includes warm up, strength activities and cool down with pre and post fitness assessments.

To date, seven Level 1 courses have been offered and served 65 adults, ages 54-88+.

A Level 2 course was piloted with 8 participants during June and July. Participants learned how to safely get on the floor (and how to safely get up again!)

“When you introduced the small hop exercise, I thought I was going to die. Now, it is my favorite exercise.”

- Stay Strong Stay Healthy Level 2 participant

4-H Youth Development



Developing a Positive Self-Concept

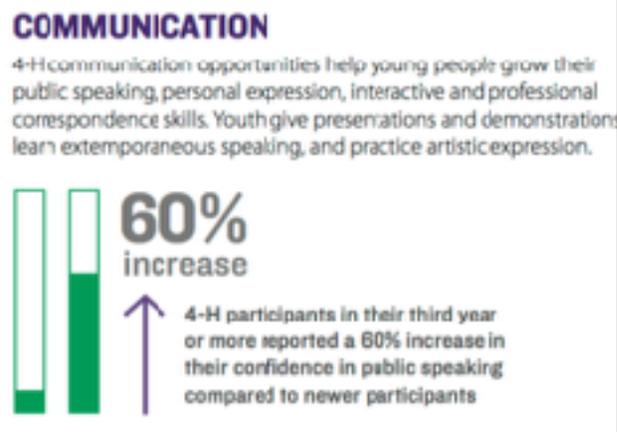


Cowley County 4-H Day

Contacts: 50 youth presenters, 20 youth volunteers, 50 adults

50 Cowley County 4-H'ers presented their skills and talent at 4-H Day Saturday, February 11. The event was held at Winfield Middle School and gives youth the opportunity to share a musical or dramatic talent, participate in public speaking contests and share information about their projects. 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 An Inquiring Mind

School Enrichment: Butterflies

Contacts: 200 elementary youth; 9 classrooms
Arkansas City, Winfield, Central-Burden

Elementary students learned about the lifecycle of the butterfly, compared and contrasted butterflies vs. moths and learned about insect basics.

Classes had the opportunity to observe and record changes in painted lady butterfly larva and study live butterflies. At the completion of the program, the butterflies were released. Presentations were given to Kindergarten through 5th grades per teacher request.

Lifeskills: Developing and inquiring mind, learning to learn, keeping record, problems solving.

Developing a Concern for the Community

School Enrichment: Citizenship/Leadership

Contacts: 44 3rd and 5th grade students
Partners: IXL and Jefferson Elementary

Students participated in six weeks of hands-on leadership/citizenship development. Lessons included: Leadership, Teamwork, Communication, Non-verbal Communication, Group Consensus, Problem-Solving, Service Learning, Thank You Notes.

Lifeskills: Critical thinking, problem solving, caring for others, concern for the community, learning to learn, responsible citizenship, teamwork, communication, social skills.

4-H GROWS HERE

Youth showcase leadership, citizenship and project activities

Cowley County Fair

Contacts: 325 4-H Youth
150 youth and adult volunteers
Over 20,000 public contacts
2,500+ project exhibits
1,000 + volunteer hours



Lifeskills: planning/organizing, goal setting, problem solving, learning to learn, self-discipline, managing feelings, self-esteem, teamwork, leadership, social skills, mastery, responsibility, community pride.
Long-term impacts: youth involved in 4-H exhibitions learn mastery and show increased self-esteem.



Sunny Hills 4-H Camp

June 24-27, 2017

Contacts: 25 Cowley County youth,
2 Counselors
Rock Springs 4-H Center

Lifeskills: Concern for others, cooperation, safety, social skills, critical thinking, decision-making, problem solving, leadership, self-motivation, self-responsibility, personal safety, teamwork.

Kansas State Fair

Contacts: 70 Cowley County Youth
115 Exhibits
1 Supreme Champion
3 Reserve Champions
26 Purple Ribbons
40 Blue Ribbons
2 Kansas 4-H Foundation Photography Selections

Lifeskills: planning/organizing, goal setting, problem solving, learning to learn, self-discipline, managing feelings, self-esteem, teamwork, leadership, social skills, mastery, responsibility, community pride.

Long-term impacts: youth involved in 4-H exhibitions learn mastery and show increased self-esteem.



Making a Difference

K-State Research and Extension represents nearly 130 years of agricultural research and more than 100 years of extension. This system connects the university to every county through locally based educators. The legacy of this work is felt today in the continuous improvements in the quality of life and standard of living enjoyed by Kansans.

Value of Your Cowley County Extension Tax Dollar

2014 Estimated County Population: 36,204

2017 County Appropriation: \$186,586

2017 County Appropriation Per Capita: \$5.15

Your \$5.15 gives you access to the following services and education provided by Cowley County Extension:

Adult Development and Aging

- Assisting adults through education to stay independent in their homes
- Stay Strong, Stay Healthy strength training classes

Community Development

- Active roles with community partnerships, coalitions, initiatives
- Coordination of many community events

Child and Family Development

- Age appropriate and structured family opportunities

Crop Production/Livestock Production

- Conduct on-farm research for the benefit of farmers and K-State
- Provide access to research based unbiased information through educational opportunities
- Access to soil and forage testing services
- Access to market trends and historical data for local decisions

Family Resource Management

- Food budgeting
- Home inventories
- Education for personal property dispersal options
- Emergency preparedness

Farm Management

- Crop leasing and land valuing information
- Farm transitioning resources
- Farm and Ranch trained facilitation
- Farm Bill assistance

Horticulture

- Community resource for horticulture information
- Diagnosis of horticulture issues for homeowners and gardeners

Nutrition, Food Safety & Health

- Walk Kansas program
- Meal planning, budgeting and preparation education for SNAP recipients and community residents
- Promotion of local foods and Farmers Markets
- ServSafe® and food handler training for businesses, groups, and individuals
- Dining with Diabetes education series

Youth Development

- Cowley County 4-H program – 374 youth enrolled in 11 community clubs and 1 project club
- Hands on classes to increase competence and confidence
- School enrichment programs promoting science, healthy living, and leadership