



K-STATE

Research and Extension

Southwind District

Making a *Difference*

2nd Half, 2022

“Personnely” Speaking

The second half of this year brought many changes to the faces in Southwind Extension District. We said goodbye to Joy Miller and wished her the best in her new role with Johnson County Extension. We also said goodbye to Barbara Stockebrand, who retired after nearly 25 years of service to Woodson County Extension and Southwind Extension District.

We welcomed Hunter Nickell, who joined the district as our Livestock Production Agent. Hunter is based in the lola office.

Nikki Ware has joined our team as the new Office Professional in the Erie office. In addition to office duties, she will be in charge of the district website.

The fall also welcomed two Program Assistants: Casey Diver and Hollie Yoho, who will assist our agents with various aspects of their programs. Casey will work out of the lola office, and Hollie will be in Yates Center.

Welcome to all of our new team members!

No matter where you are, we are where you are. We tailor our programs and offerings to offer educational information and experiences related to human and animal health, 4-H and youth development, community and rural development, and more! It’s all unbiased, research-based information to help you make the most of your life.

Summer Youth Engagement

Two “Summer Engagement” interns were hired for the summer with the support of a grant from the Kansas Department of Education and supervised by Agent Clara Wicoff. Interns Josie Plumlee and Tori White hosted 54 programs with around 800 participants this summer! These programs included leading small groups in our Kids’ Cooking Camps; partnering with the SAFE BASE afterschool program in lola to provide a wide range of programs including Mars Base Camp and STEAM Clothing; hosting a month-long chicken and duck incubation program; offering Junk Drawer Robotics and Next Level Photography programs at each of our four county fairs; and offering a zombie apocalypse emergency preparedness program in Fort Scott and lola. Because of their efforts, the Southwind District now has youth that know more about cooking, sodium in foods, beef science, photography, robotics, emergency preparedness, and more!



Contact Us:

Allen County: 1006 N. State, lola; 620-365-2242
Neosho County: 111 S. Butler, Erie; 620-244-3826

Bourbon County: 210 S. National, Fort Scott; 620-223-3720
Woodson County: 211 W. Butler, Yates Center; 620-625-8620

Find us online: www.southwind.ksu.edu; www.facebook.com/southwindextensiondistrict; [Instagram.com/Southwind_ext/](https://www.instagram.com/Southwind_ext/)

Kids' Cooking Camp

Our Nutrition, Food and Health Agent Clara Wicoff cooked up all kinds of programs for Southwind District residents! One popular program was the Kids Cooking Camp which was hosted in Iola, Yates Center, Fort Scott, and Erie. In total, 57 youth participated in these camps, where they learned a wide range of basic kitchen skills while making recipes like homemade applesauce, scrambled eggs with spinach, fruit salsa, whole wheat blueberry muffins, and more. Youth learned about the importance of every step in the process, from proper handwashing to washing dishes. Several youth reported taking these recipes home to make them for their families the next day!



Agents Help Producers with Drought Issues

Summer drought conditions provided Chad Guthrie - Crop Production and Forage Management Agent and Hunter Nickell - Livestock Production Agent, the opportunity to assist producers with forage advice.

Agents prepared and submitted 80 forage samples for analysis and had an additional 30 personal conversations with producers to educate on nitrate and prussic acid toxicity and the importance of testing all forages.

Along with testing for nitrates, prussic acid, and nutrients, agents were able to help producers determine a safe level of intake based on the forage analysis. With a full nutrient analysis, agents were also able to work with KSU Beef Specialists to balance rations for winter feeding in order to conserve hay.

In addition to actual testing, the forage testing social media posts had a reach of approximately 2,500 people, some of which came to the Southwind Extension District Offices to check out forage probes to collect samples.

In the Garden

The Southwind Master Gardeners completed 550 hours of volunteer service to their communities in 2022. Activities were wide-ranging including Earth Day programs, community beautification projects, growing trial vegetables and providing research data, working with 4-H members on horticulture projects and judging team preparation, a daylily variety demonstration site, giving public presentations, writing educational information for local newspapers and answering lots of general gardening and landscaping questions. According to the 2022 data from the Independent Sector, the average value of a volunteer's time is \$29.95 per hour. The Southwind Master Gardeners gave over \$16,000 worth of service to our communities. This fall, a new Master Gardener training class began with eight participants.

Ready, Aim, FIRE!

The mission of the 4-H Shooting Sports Program is to assist youth in acquiring knowledge, developing life skills, and forming attitudes so that they may become self-directing, productive, and contributing members of society.

The Southwind Shooting Sports program has been revamped, with Coordinator Katie Hueston, and instructors Chad Guthrie and Zach Ross. The three of them attended a three-day instructor training in March of 2022 and were certified as 4-H Shooting Sports instructors and coordinator.

This summer, the first safety meeting was held in Fort Scott, KS, with 20 excited 4-H Shooters. The safety meeting was for all shooting sports disciplines and was required for further participation in the program.

This fall, a six-week shotgun season was held at the Hollister Shooting Range, with much cooperation and help from the Old Fort Sharpshooters, a shooting club based out of Fort Scott. Each shotgun practice averaged 5 youth shooters, with 10 different youth trying out the sport throughout the season.

This winter, air rifle and BB gun practices are being planned. Practices are able to be held safely indoors with the use of backstops.

The Southwind Shooting Sports program was the recent recipient of a \$5000 grant from the Community Foundation of Southeast Kansas and will use the money to purchase an enclosed trailer. This will allow all of the equipment to be stored safely, in one place, and will allow practices to be held at different locations throughout the district.