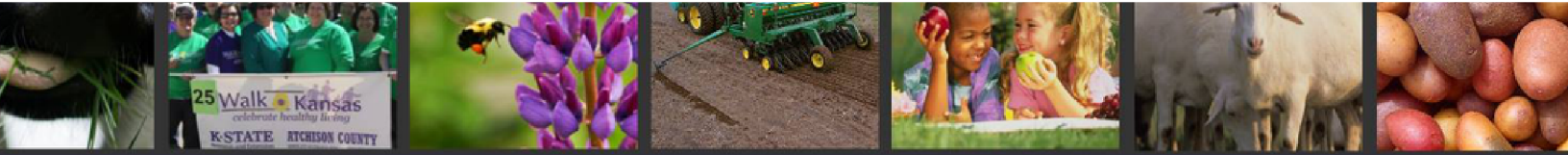


NEWSLETTER



K-STATE
Research and Extension



21 Central Update



Director & Community Vitality

Trisha Greene

As most of you know, Stafford County and Edwards County formed an Extension District back on July 1, 2021, named 21 Central District. Forming this district has allowed our extension agents to specialize in more specific areas to offer quality educational programming, district wide. I would like to highlight a few of 21 Central's accomplishments during the past 1+ year and the extension agents providing the programs.

Trisha Greene, our Family and Consumer Science Agent, has played a key role in the formation of Child Care Committees in our counties. Both the Stafford and Edwards County Committees studied local work force and economic factors to determine childcare needs. Those committees then raised funds and added additional daycares to serve our communities. Trisha also teaches Stay Strong, Stay Healthy, an 8-week program designed for men and women over the age of 65 with the goal providing safe, structured and effective strength training for older adults. She currently offers a

session in Kinsley every fall, with plans for a spring class in Stafford at the rec center. She loves going into the area schools to provide health and nutrition programming for all ages. Other popular events Trisha coordinates are Women's Day Out, Walk Kansas, crock pot meal classes, and a 5 session adulting program for Kinsley High School students. Trisha's recent acceptance of the District Director position means that part her time spent on programming will now be focused on administrative responsibilities. In response to this change, interviews were held in March for a Family and Consumer Wellness agent, with plans to gradually shift Trisha's programming more towards Community Vitality.

4-H and Youth Development Agent Marissa Hurst monitors and advises the six 4-H Clubs in the District, providing a monthly newsletter to all 4-H families with information, events and leadership opportunities. Throughout the year she coordinates many local 4-H events like 4-H Club Days, Achievement Nights, and various community service projects. Marissa works closely with the two County Fair boards to plan and oversee the 4-H activities at each Fair. She chaperones 4-H members attending

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Family & Community Wellness Agent



Jennifer Gleason

Jennifer is the new Family & Community Wellness Agent for the 21 Central KSRE team. Her experience and skills will help us develop, implement and evaluate new programs to build healthy, sustainable communities, families and individuals.

She will begin Monday, May 15th based out of the Kinsley Office. She comes with years of experience as a previous Family and Consumer Science agent, retired 4-H mom, and a local business owner. We are excited for her to join our team!

state events such as Discovery Days, Citizenship in Action, and Kansas Youth Leadership Forum. In addition to her traditional 4-H programming, Marissa provides after-school activities twice a month in St. John and monthly in Stafford, while also implementing a pilot program integrating 4-H curriculum into the classrooms at Stafford Elementary School. Plans are in place to continue participation in the summer intern program sponsored jointly by Kansas State Research and Extension and the Kansas Department of Education to provide educational opportunities to area youth.

A WHEN not IF topic important to any farm family was addressed when Ag and Natural Resource Agent Marty Gleason recently coordinated a Farm Transition meeting in St. John that drew participants from Edwards, Stafford and Barton Counties. Marty has also hosted Farm Financial Skills for Kansas Women in Agriculture, a series of meetings focused on teaching principles of record keeping and farm analytics and then using these skills to make good farm management decisions. Calving schools that help teach the calving process and provide tips on handling difficult calving situations have been another of his favorite educational programs, along with wheat and milo plots.

Marty enjoys using his knowledge on land values and leasing arrangements to assist individuals with questions. Over the years, he has helped facilitate and guide the Kinsley PRIDE program as it has successfully supported the Kinsley Community. 21 Central District can also provide kits for water and feed sampling and administer private pesticide applicator exams. With Marty's retirement, a position announcement has been posted and will close on April 17th. We thank him for his service to the extension system and look forward to what the future may bring for both Marty and 21 Central.

The programs you see in your communities take time to plan, advertise and carry out. Our goal is to keep serving you and your needs. We ask that you stop by one of our offices to offer ideas and/or ask questions. If you would like to receive quarterly updates on 21 Central activities and programs, please sign up for our newsletter by visiting our website at 21central.k-state.edu or by calling the Kinsley (620-659-2149) or St. John (620-549-3502) office.

Kansas Garden Guide

Gardeners rejoice! It's time to plant your favorite produce, or try something new. To help guide you from planning to harvest, the Kansas Garden Guide will help you through the season. Visit the link <https://bookstore.ksre.k-state.edu/pubs/s51.pdf> or scan the QR code.



Walk Kansas

Walk Kansas is a K-State Research and Extension (KSRE) health initiative that promotes personal health and well-being by helping participants adopt healthful lifestyle habits. It is primarily a team-based program that will help you:

- be more active with support from friends and family
- make healthier nutrition and beverage choices
- learn helpful techniques to reduce stress

Walk Kansas registration is \$10 per person and includes: a weekly

newsletter, access to the online system to track physical activity, and local Walk Kansas activities.

Gather your team of six or go solo this year. Register online at WalkKansas.org or by contacting the 21 Central District Extension Office.



THE GRAND CHALLENGES

Gregg Hadley - Director of Extension

The other day I was asked about the Grand Challenges. Where did they come from? What purpose do they serve?

There was a time when we really did not have an overall umbrella of issues to guide our programming or to use in communicating to the public. We focused primarily on our programming areas: agriculture and natural resources (ANR), family and consumer sciences (FCS), 4-H and youth development, and (then) community development.

There were a couple of problems with organizing our programming under these areas. First, unless our stakeholders and learners were particularly familiar with a programming area, they did not easily communicate the issues we were helping Kansans to address. Not being able to explain what you do for the public when you are a publicly funded organization is a big problem.

Second, internally the programming areas were unintentionally creating silos. ANR extension professionals developed and implemented programming with ANR extension professionals, FCS with FCS, and so on. They did not nurture the interdisciplinary work across program areas that is necessary to address the complex issues facing Kansans.

Former director Daryl Buchholz worked with several stakeholder groups to find a way for all of Kansans to understand what we do. After some work, they came up with the Grand Challenges.

There is legend that they were first written on the back of an envelope or on a note pad. I am not sure whether that is true, but I do know it was an iterative process, not something done on the spur of the moment. After receiving feedback from our stakeholders and getting the right words put together, the Grand Challenges were born: Global Food Systems (global referring to international,

national, state, regional, and local), Health (physical, behavioral, financial among others). Water (later evolving to Water and Natural Resources), Community Vitality (focusing on the seven capitals model of community development), and Developing Tomorrow's Leaders (includes both youth and adult leaders).

With the Grand Challenges, we could better communicate what we do with the public. The Grand Challenges are concepts the public can understand more readily than our program areas. We could state that we provide education, research and facilitation that helps Kansans address the state's grand challenges of global food systems, health, water and natural resources, community vitality, and developing tomorrow's leaders and have the public understand.

The Grand Challenges also facilitate interdisciplinary work. All four programming areas contribute to varying degrees to the grand challenge issues of global food systems, health, water and natural resources, community vitality, and developing tomorrow's leaders. One only needs to look at our local foods and stress and resiliency transdisciplinary teams to see examples of this. Those two teams are made up of colleagues from our different program areas.

Where did the Grand Challenges come from, and what is their purpose? The Grand Challenges developed by talking to our stakeholders about how to better communicate with them. They help to organize and guide our work. They also help to facilitate interdisciplinary- and transdisciplinary work. Most important, they help to better communicate to the public what we do for them.

**Stay Strong,
Stay Healthy**



Our bodies are made for activity, but modern conveniences allow us to be increasingly inactive. Physical inactivity can place our health at risk for many chronic diseases. Here's the good news! We have something fun planned to get you up and moving: The Stay Strong, Stay Healthy program in Stafford County!

This eight-week program can help you get started on the road to better health. The Stay Strong, Stay Healthy program is built on simple, strength-building exercises that will improve balance, health and state of mind. No, it's not difficult or complicated weightlifting. You'll start at a level that's right for you. No one is too inactive to participate. Building strength promotes quality of life and independence, especially for adults over 60. Instruction is provided by 21 Central District Family and Consumer Science Agent, Trisha Greene.

The class meets for one hour, two times each week in April and May at two locations.

Location: 21 Central District Extension Office in St. John at 210 East 3rd Ave and the Stafford Recreation Center at 115 N Park Ave in Stafford.

Time: St John @ 9:00 am & Stafford @ 10:30 am

Dates: April 4, 6, 12, 14, 19, 21, 25, 27, May 2, 5, 9, 11, 16, 18, 23, & 25.

To register, stop in the extension office in St. John or at the Stafford Rec Center. Pre-registration is required. The fee is \$10 for the eight-week series. If you have any questions give Trisha Greene a call at 620-659-2149.

County and Regional Club Day Give Youth Opportunity to Show Off Talent



4H Youth & Development

Marissa Hurst

On March 3, Edwards and Stafford counties participated in their annual county 4-H club days. Between the two counties, there were almost 100 entries in the categories of Model Meetings, Skits, Readings, Piano/Vocal/Instrumental solos, Dances, Show and Tell, Demonstrations, Illustrated Talks, Project Talks, Extemporaneous Speaking, and Application/Resume/Interview. Of the 97 entries, 19 qualified and participated at Regional Club Days in Great Bend on March 10th.

At both county 4-H club days, youth had the opportunity to participate in Photography and Family & Consumer Science judging. These judging opportunities give youth the chance to broaden their known skills or branch out into something new without the pressure of a competition. They have the ability to learn something new at this event!

There was a new event brought to both Club Days this year as well- Pickle Power! Pickle Power was always one of my events when I was a 4-Her, so I knew that it was something that I would want to implement this year at Club Days.



Pickle Power is a unique and non-competitive division at Club Day. In this event, you are given multiple situations to choose from. These situations put you “in a pickle” and ask you to explain to the judge what you would do with the problem at hand.

These questions can be something such as “Your friends all want you to go to the movies on Friday night. Movie tickets cost \$10. Your mom’s birthday is on Saturday. You only have \$10 left of your allowance and you wanted to buy her a gift. What do you do?”

Pickle Power is an opportunity for youth to speak one-on-one with an adult and discuss their decision. It helps youth to go through the decision making process and develop their reasoning skills and is an opportunity for youth to work on consultative judging skills. This is a great opportunity for young 4-Hers or Cloverbuds, but can be enjoyed by youth of all ages! And once you have talked to the judge about the decision you made, you receive a pickle as a prize!



CITIZENSHIP IN ACTION

In February, Marty and I took 11 youth from 21 Central District to Topeka for a State 4-H event called Citizenship in Action. This is a two-day event that takes place over President’s Day Weekend. Youth that participate have the opportunity to discuss actual bills on the House and Senate floors during the evening. They also have the chance to meet other young delegates, meet their Representatives/Senators, and tour the Capitol. This is an opportunity that is truly unique to Kansas 4-H and I am so glad that 21 Central sent 11 great delegates to represent our counties.



SCHOOL PROGRAMS THIS QUARTER

- St. John Afterschool Program- Our afterschool program learned about the different types of habitats and chose an animal that would live in the habitat that they chose. They then made a Gingerbread House habitat for the creature of their choice.
- Kinsley-Offerle Elementary School- Trisha and Marissa taught a Bread-In-A-Bag lesson to 21 participants. This lesson touches on wheat production, different types of flours and how to measure ingredients
- Kinsley-Offerle Adulting (Cooking)- Marissa assisted Trisha with a class in the "Adulting" series that is taught to high school Juniors. We helped the class make skillet meals.
- Kinsley-Offerle Adulting (Car Maintenance)- Marissa assisted Marty with a class in the "Adulting" series that is taught to high school Juniors. We taught the class about how to check vital things in your car and gave them a checklist of things to keep in your car.
- Stafford Afterschool Program- Taught a lesson about why fences are important on farms and then led a hands-on STEM-Building exploratory activity for the youth to build their own fences out of office supplies to keep their farm animals in!
- Stafford Afterschool Program- Taught the youth how to properly fold an American flag in honor of President's Day!

Are You Interested?

If you have any interest in joining our 4-H programs, please reach out to us. We would be happy to talk more to you about how to join the program, what you can expect from 4-H, and how we can help you get started! If you would like more information about our programs, please call the extension office at 620-549-3502 or email Marissa at mlhurst@ksu.edu!

Project Fest - Teaching Project Skills Over Spring Break

The 21 Central District 4-H office saw the opportunity for youth of Stafford and Edwards County to work on their 4-H Projects during Spring Break and they took it. The week of March 13 - March 17, the youth were able to participate in classes that taught lessons in sewing, visual arts, floral arranging, photography, and cooking/table setting. 4-Hers were able to make upcycled pillow cases made from old tee shirts, alcohol ink artwork, create floral arrangements, participate in a photography workshop, and learn to cook a meal and how to set a table.

This week of programming is meant to help youth find new hobbies that

encourage them to enroll in new projects in 4-H. It also allows them to expand on their skills that they already have in a project area. Things that the youth learn or make at Project Fest can generally be entered in the County Fairs. It is a fun learning experience over Spring Break that served around 75 youth this year!

A huge thank you to our volunteer leaders who helped host the classes: Joanna McAlister, Jennifer Gleason, Brenda Fuller, Ashley Walker, Trisha Greene, and Marissa Hurst.

Fair Volunteers Needed!

Fair season is right around the corner, which means work has already begun for the busy time of year. With that being said, our offices can always use help for the big event. If you are interested in helping with the fair in any way, whether that is being a Superintendent to help at check-in at the fair, being a project leader to help youth prepare their projects for the fair, or just helping around the office, we will always appreciate your generosity and help! If you would like to help with fair preparation in any way, please contact Marissa, or call either Extension Office!

Summer Interns are back in 2023!

21 Central District will be hosting 2 summer interns again this year! This is a partnership between Kansas 4-H and the Kansas Department of Education to provide educational programming to youth who lost learning due to Covid-19. Our summer interns plan to have programming in the areas of Animal Science, Healthy Choices, Foods and Nutrition, STEM Crafting, Sewing, Robotics, and Rocketry. Please note that classes and subjects are not set in stone, but these are the topics that the interns plan to teach as of now. These classes will be offered in both Kinsley and St. John. Please keep an eye out for sign-ups coming out soon! We hope you will come learn with us this summer!

Presenting at the State Level

Marissa's programming in the Stafford School System where students are basically part of an active project club during school hours has gained state recognition! Marissa was asked to present at the 4-H Program Rally which is a conference where 4-H agents from around the state come together to give each other ideas about what they are doing in their counties. Marissa had the opportunity to present her work to several colleagues!

New 21 Central District Shooting Sports Coordinator

At the end of March, Trisha Greene, 21 Central District Director, spent 36 hours training and receiving her Kansas 4-H Shooting Sports Coordinator certificate. You might ask what this means. For a 4-H shooting sports program to be present in your Extension District, the District has to have someone trained as a coordinator. A coordinator can't teach a shooting sports discipline, but helps instructors follow minimum standards, policy and works on logistics, finances and communications for the shooting sports program.

The 4-H shooting sports project teaches gun safety, hunting practices and offers opportunity for competition. If you have an interest in guns and/or hunting, this project is a great way to learn. The 21 Central District has a few wonderful volunteers that are trained in BB gun, air rifle and shotgun. We are always looking for more volunteers to get certified. If you are passionate about gun safety and interested in teaching a discipline, please reach out to Trisha, 620-659-2149. There will be a fall training in Cimarron, October 20-22nd. More information to come. Shooting sport disciplines include: BB, air rifle, air pistol, archery, shot gun, hunting skills, muzzle loading, small-bore rifle, and small-bore pistol.



VIRTUAL FOODS JUDGES TRAININGS

Trainings will be held Tuesdays via zoom at 7:00 pm. Register by April 10.

- April 11- 4-H Project Exhibit Judging
- April 18- Foods & Nutrition
- April 25- Foods Preservation

Trainings will be recorded and made available for later viewing.

Presented by:

Karen Blakeslee, Extension Associate, Rapid Response Center

Amy M. Sollock, Extension Specialist, 4-H Youth Development

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Foods & Foods Preservation Judging

Fair season will be here soon! If you would like to be a foods judge and food preservation judge, a virtual training is scheduled for April 11, 18, and 25.

This training is free but registration is required to get the Zoom access link. Please register by April 10, 2023.



WE'RE HIRING!

21 Central District
Agriculture & Natural Resources
Extension Agent

www.ksre.k-state.edu/jobs

APPLICATION DEADLINE
April 17, 2023

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Kansas State University is an equal opportunity employer.

Job Opening

The job position is open for applications until April 17. For more information about the position description and details to apply, visit the K-State Research and Extension website at https://www.ksre.k-state.edu/jobs/current_openings/index.html.

If you or someone you know might be interested, don't hesitate to reach out with questions.

STAFF & OFFICE INFORMATION

21 CENTRAL DISTRICT STAFF

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JENNIFER GLEASON
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JEAN HUNTLEY
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Communications Manager
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OFFICE LOCATIONS



212 E 6th St
Kinsley, KS 67547
Hours: Monday - Friday
8 am to 5pm
p. 620-659-2149



210 E 3rd
St John, KS 67576
Hours: Monday - Friday
8 am to 5 pm
p. 620-549-3502



Hours are subject to change
and lunch hours excluded

Find us on the web at
www.21central.k-state.edu
on Facebook at
<https://www.facebook.com/KSRE21Central/>

Find us on 



IMPORTANT DATES

May 31 - June 2:	Action For Alex
June 7 - 9:	Discovery Days
June 14:	4-H Pre-entries due for SFCO fair
July 1:	4-H Pre-Entries due for EDCO fair
July 10-15:	Stafford County Fair
July 18-22:	Edwards County Fair

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