



River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

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Extension District

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Women in Agriculture Farm Management Educational Series



Thursdays

February 1st – March 8th 2018

3:30 pm—8:30 pm

CTI Meeting Room, 1441 Union Rd. Concordia, KS

Who: Women in the agriculture industry who would like to advance their business and management skills to become more involved in a farming or ranching operation.

What: Women in Agriculture is a six-session course with participation limited to 25 people.

When: Classes are held each Thursday afternoon February 1st to March 8th from 3:30 pm to 8:30 pm. Dinner will be provided each session.

Where: CTI Meeting Room, 1441 Union Rd. Concordia, KS

Cost: \$50.00

Contact the River Valley Extension Concordia Office

Sign up is open Phone: 785-243-8185

River Valley Extension District Women in
Agriculture is brought to you by the following sponsors:



River Valley
District



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Women In Ag

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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CLUTTER CONTROL

Are you feeling a little overwhelmed by all the “stuff” around your house? I know I am. I recently got married and in the process of combining two households into one, we have lots and lots of “stuff”! The kitchen is the most overwhelming so here are the tips we’re using as we become one household. (My husband, John, is quite the cook so he has as much input into what goes and what stays as I do.)

As we go through the cupboards, drawers, and boxes, we need to ask ourselves. Do we love it? Will we use it? Do we need it? It’s not going to be an easy task. I know I have items I’ve kept strictly for sentimental value...these may have to go now. According to the decluttering gurus, if answers to the questions begin with “No, but...”, the decluttering efforts are sputtering. Another piece of advice from the decluttering gurus is to start with the easiest area first. For us, this means to start with the boxes he’s packing to move and for me to start with the drawers he’s moving into. It’s a monumental task so I’ve begun going through the drawers and asking myself, “Do I need it?”, “Can something else I (or John) already have do the same thing?”, “Is there space to keep it?” and, finally, “Will I miss it?”

Obviously, there are a number of things I can get rid of. But for those items I’m hesitant to get rid of, I’m going to box them up and put the box in the basement to re-evaluate their usefulness later. I’ll have to be somewhat ruthless....otherwise I won’t be getting rid of much!

John and I have talked a great deal, but one area we haven’t discussed is agreeing to adopt a zero accumulation habit. Once he’s moved in and life has settled down (as much as possible anyway), I hope we will agree to get rid of one item for every new item that comes into the house.

The anti-cluttering rules advise adopting a ‘one in/two out’ rule. That sounds a little extreme for the two of us to put into place as we start our life together. However, it is a good goal to work toward in the future!

HOLIDAY BLITZ OR HOLIDAY BUST?

Now that the holidays are over, it’s a perfect time to think about setting up a plan for next year. Some suggestions for ensuring the 2018 holidays are merry are to start early---start now! Write out a plan (aka budget) and keep it handy. The best place to keep this budget is in your wallet or checkbook so that it’s handy and a frequent reminder of what you can spend.

Generally, most of us do better at saving when it’s taken out of our hands and is automatic. By not ever seeing or touching the money, it takes away the temptation to spend the money. Many people actually forget about it so that money is truly out of sight/out of mind! Having the bank regularly move money from your checking account to a savings account is handy and safe while still being accessible.

It may seem to interfere with the spirit of the holidays, but consider having conversations about money with the friends

and relatives your buy gifts for. As families change and grow, buying gifts becomes more of a challenge. Consider holding a white elephant exchange, drawing for gifts or having ‘secret santas’. It’s very likely that others are also feeling the pinch of gift giving and will welcome a change. New activities can become traditions that all can enjoy without causing financial stress. Spending time together and enjoying each others company can easily become the focus of the holiday, not gift giving.

ARE YOU FRIENDS WITH YOURSELF?

Are you a friend to yourself? Do you lift yourself up or put yourself down? How you feel about yourself is up to you. You can become your own best friend, but you must pay attention to the things you say to yourself.

Negative self-talk easily can lead to lower self-esteem. Try to be as kind and gracious to yourself as you are to others. Become an encouraging person to have by your side. Positive feedback is emotionally uplifting.

Give yourself positive recognition. When you do something you are proud of, don’t let it pass unnoticed. Pause, bask in the glow, and tell yourself you did a good job. If you wait for recognition from others, you may not get it. When we compliment ourselves, the positive reinforcement stays with us.

Be ready to forgive yourself. If you are going to be a friend to yourself, you have to be compassionate. You will make mistakes and miss opportunities that you will regret later. Learn from past experiences and use them to make different choices next time.

Meet your own expectations. Set reasonable goals and challenge yourself to meet them. Tell yourself “I did a good job” or “I can count on me”, when you achieve your goals. Recognize small goals such as cleaning the house, balancing the checkbook, or raising beautiful flowers. Savor the success of completing a job, taking charge, and reaching your goals.

Be realistic about the demands and expectations you place on yourself. Give yourself time to enjoy your favorite hobby, to take your mind off the stresses in life.

As you would do for a good friend, take time to listen. Listen to what your goals are, what would make you happy, and what you would like to change in your life. Often it’s not wise to give friends advice, but you can give yourself some objective advice.

You probably have heard “life isn’t fair” and, more than likely you’ve discovered several times that this is true. Make the positive more important than the negative in your life. Give yourself a pat on the back instead of waiting for someone else to do it. Be your own best friend!

TEENS BOYCOTTING FAMILY OUTINGS

There comes a time in almost every family when a teenager no longer wants to go on outings with their family. They may consider such outings childish, prefer being with their friends or simply would rather do something else. Parents may feel angry and upset. It may seem like the teen is rejecting the family when, in reality, it is simply an expression of growing independence.

Child development specialists suggest that parents can deal with this growing independence by encouraging their teen to take one of their friends along and/or get involved in the planning of the outing. It's also perfectly normal to allow the teen to skip a family outing occasionally and either take care of themselves or stay with a friend's family or relatives.

A NEW YEAR, A NEW WEIGHT?

It's that time of year again. The holidays are over and new year's resolutions have been made. For many of us that means vowing to take off some unwanted pounds. Sometimes this can seem like an impossible task, but it doesn't have to be. Following these tips from the Academy of Nutrition and Dietetics can help you make attaining a healthy weight a more reasonable goal.

1. Start with a plan for lifelong health. Don't think of it as short term weight loss. Look at it as a way to make changes to improve your life.
2. Set healthy, realistic goals. You are more likely to be successful when you make changes step by step. Start with one or two changes. When you have concurred those then add another one or two.
3. Eat at least three meals a day and plan your meals ahead of time. An overall eating plan will keep you on track.
4. Balance your plate with a variety of foods. Half your plate should be fruits and vegetables. Then choose low-fat meats, and whole grains. Don't forget to include low-fat dairy.
5. Start your meal with low calorie foods like fruits, vegetables, and salads. These are packed with nutrients.
6. Focus on your food. Sit down and enjoy your food. Eating while doing other tasks may lead you to eat more than you think. Also, eating from a smaller plate can help you be more satisfied with smaller portion sizes.
7. Know when you have had enough to eat. It takes 20 minutes for your brain to get the message from your stomach that your full. So, slowing down will let your brain catch up with your stomach.
8. Get fiber from fruits, vegetables, beans, and whole grains. Fiber can help you feel full longer and lower your risk for heart disease and type 2 diabetes.
9. Watch your portion sizes. Not sure what an appropriate amount is for you? This following website will help you figure out how much food you need on a daily basis. Visit:

www.choosemyplate.gov/STEPS/howmuchshouldyoueat.html

10. Snack smart. It's ok to include snacks in your daily eating plan. Just make sure you only take one serving and that you include them in your daily calorie allowance.

11. Find a balance between food and physical activity. Thirty minutes a day is what is recommended for adults. Physical activity helps control weight and helps prevent chronic diseases. Check with your doctor to make sure the physical activity you want to do is ok if you have been inactive for a long time.

FEBRUARY IS NATIONAL HEART MONTH

Heart disease is the number one killer of both men and women in the United States. About one third of Americans will die from heart disease and about six out of ten will have a major heart disease event before they die. Heart disease develops when the blood vessels supplying the heart become clogged with fatty deposits, or plaque. After the blood vessels narrow, blood flow to the heart is reduced. This means that oxygen and nutrients can't get to the heart as easily. A blood clot can form on the plaques surface. The blood clot can block blood flow and cause a heart attack.

A heart attack happens when a vessel supplying the heart is blocked and the heart can't get enough oxygen, which will lead to the death of heart muscle.

The three major risk factors for heart disease are: smoking, high blood pressure, and elevated cholesterol levels. Other factors include: diabetes, obesity, and physical inactivity.

Early heart disease often has no symptoms. Advanced heart disease may cause chest pressure, shortness of breath, and/or fatigue. Sometimes people complain of feeling lightheaded, dizzy, or confused. You should see a doctor if you are experiencing any of these symptoms.

The best way to avoid heart disease is to eat healthy, get plenty of physical activity, maintain a lean body weight, and avoid smoking.

National Institutes of Health, News in Health Nov. 17

HEALTHY COOKING STYLES

This lesson will provide some new cooking options for some familiar foods and will introduce some new foods to help expand our healthy eating options and get us out of a rut. RVD Agent, Gina Aurand, will present this lesson in all four counties. The schedule will be as follows:

- Wed., March 14 at 10am-Washington Extension Office**
- Wed., March 14 at 2pm-Clay Center Extension Office**
- Thur., March 15 at 10am-Concordia, Courthouse Meeting room**
- Thur., March 15 at 2pm-Belleville Extension Office**

Please RSVP to your local RVD office if you are interested in attending any of these lessons.

LOOKING FOR ANOTHER REASON TO GET MOVING?

Excessive sitting, especially when done in prolonged, uninterrupted bouts, may increase the risk of premature death, even in people who exercise a lot. This is in a recent study from the *Annals of Internal Medicine*. Researchers tracked the sedentary behavior of 8,000 Americans ages 45 and older using a hip-mounted accelerometer for a week. They found that people averaged 12.3 sedentary hours per 16 hour waking day. During a four year follow up, 340 participants had died. Greater daily sedentary time and longer average sedentary bouts were both associated with higher mortality rates, regardless of age, sex, weight, cardiovascular risk factors, and exercise habits. "Our findings suggest that total sedentary time and prolonged, uninterrupted sedentary bouts are jointly associated with increased risk for death and that interrupting sedentary time every 30 minutes may protect against the health risks incurred by prolonged sedentariness," the study concluded.

University of California, Berkeley Wellness Letter, Dec 2017

DO YOU HAVE A FAMILY MEMBER WITH CELIAC DISEASE?

If you have a parent, sibling, or child with celiac disease you should be tested for it even if you don't have any symptoms or signs according to a recent article in the *Journal of the American Medical Association*. Diagnosing and treating this genetic autoimmune disease can help prevent intestinal damage and serious complications. Up to 1 percent of the U.S. population has celiac disease, which is triggered by gluten, but first degree family relatives of people with the disease have about a 10 to 15 percent chance of developing it. Some people without celiac disease also have adverse effects after consuming gluten, which are similar to the gastrointestinal symptoms of celiac disease. Thus, it's important to get diagnosed if you think you have a problem with gluten. Don't go on a gluten free diet before being tested for celiac disease, since it can interfere with the lab results.

University of California, Berkeley Wellness Letter, Dec 2017

MEDICARE 2018

The Social Security Administration announced that the cost-of-living adjustment (COLA) for Social Security benefits will be 2.0 percent for 2018. So there will be a raise in 2018. Medicare Part B covers mainly physician services, outpatient hospital services, certain home health services, durable medical equipment, and ambulance. The majority of Medicare beneficiaries who have Medicare Part B had \$109 deducted from their monthly Social Security in 2017, and that is rising to an average deduction of \$130 in 2018. Social Security will tell you the exact amount you will pay for Part B in 2018.

Medicare beneficiaries who added Medicare Part B in 2017 paid a premium of \$134. People who add Medicare Part B in 2018 will pay \$134 too.

Medicare beneficiaries with a Plan D, G, K, L, M, or N Supplement Insurance will pay \$183 for their Part B annual deductible in 2018. The same amount they paid in 2017.

DEALING WITH DRY MOUTH

Medications and age may make your mouth dry. Saliva keeps your mouth moist and bathes teeth to prevent bacteria buildup in the mouth. To help alleviate a dry mouth, sip water often, use a mouthwash that is alcohol free, and chew sugarless gum. Special dry mouth rinses and toothpaste can be used to help with a dry mouth.

HELP WITH MEDICARE QUESTIONS

Have questions or concerns about your 2018 Medicare Part D Plan or other Medicare questions? Deanna Turner will answer questions and be in the following Extension Offices on these dates in January:

Concordia Office on Tuesday, January 2, 8:30 am-3:30 pm

Clay Center Office Friday, January 5, 8:30 am-3:30 pm

Belleville Office on Monday, January 8, 8:30 am-3:30 pm

Washington Office on Tuesday, January 9, 8:30 am-3:30 pm

Call for an appointment at your local office if you need assistance.

Also, you can call and leave a message for Deanna at the Clay Center Office, 785-632-5335.

Deanna comes to Washington once a month to address questions. Additional upcoming dates are February 7th and March 14th. Call the Washington Office if you need an appointment. She comes to the other District Offices upon requests throughout the year.

THANKS SHICK COUNSELORS!

Big thanks to these SHICK Counselors who helped Medicare beneficiaries shop and enroll in Medicare Part D Prescription Plans this fall. Deanna appreciates all these Counselors helping her with this big project every year. If you see one of these Counselors in town, please thank them. The Counselors are awesome to volunteer their time and expertise! They are very much appreciated.

| | |
|--------------|-----------------|
| Belleville- | Judy Uphoff |
| | Belinda Robison |
| | Lynn Elliott |
| Concordia- | Sonya Garwood |
| Clay Center- | Jim Beck |
| | Nola Unruh |
| Washington- | Janet Elliott |

North Central-Flint Hills Area Agency on Aging

Open Enrollment Events and Training Support Throughout the Year. SHICK Counselors- Karen Mayse, Lauren Steinlage, & Nicole Brauer

BECOME A SHICK COUNSELOR

Do you want to help people? Become a Senior Health Insurance Counseling for Kansas (SHICK) Counselor. SHICK is a program of the Kansas Department for Aging and Disability Services.

The rewards are numerous helping Medicare beneficiaries in your county enroll in Medicare Part D Plans during the Open Enrollment October 15- December 7th.

Senior Health Insurance Counseling for Kansas provides, free, unbiased, and confidential assistance to Kansans who have questions about Medicare and related insurance issues.

Beginning counselors take two days of training and a self-study at home. Returning counselors attend a one day Update training every year. The training helps to answer questions for Medicare beneficiaries. Often the training is in Manhattan and counselors carpool with Deanna Turner. She will be happy to guide and mentor new SHICK Counselors in the River Valley District.

During the Open Enrollment for Medicare Part D Plans, Deanna coordinates the Medicare Part D appointments at the District Extension Offices where she and one or more counselors take appointments. A couple of Enrollment Events were held at the Belleville Public Library, one event at the River Valley District K-State Research and Extension Office in Concordia, and three Enrollments Events at the Clay Center Extension Office in partnership with the North Central-Flint Hills Area Agency on Aging SHICK Counselors. Contact Deanna at 785-632-5335 or dturner@ksu.edu if you are interested in becoming a SHICK Counselor. She will be happy to answer any questions and provide more information.

WALK KANSAS 2018

Want to feel better and have more energy? Maybe you need to blow off some steam from a stressful day or need to get better sleep. Regular exercise can help you achieve this and more. The health benefits from regular exercise and physical activity are hard to ignore, and they are available to everyone, regardless of age, sex, or physical ability. Another fantastic thing about exercise — it's fun! Plan to join Walk Kansas, a health initiative presented by K-State Research and Extension. 2018 Walk Kansas dates have been set for March 18th through May 12th.

Walk Kansas is a team-based program that will inspire you to lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress. Watch for more details in your local newspaper and on the River Valley District website and Facebook page.

The benefits of exercise are many. One study showed that even getting one hour of exercise a week can reduce the risk of depression and improve your mood. Walking was just as effective as getting moderate and high intensity activity to stave off depression.

BE AN ALERT DRIVER

Do you ever see a car and the driver is looking down? Whether the driver is texting or changing the channels on a radio with a touch screen, he or she is distracted. A study found that drivers who used a voice activated or touch screen system to program or tune the radio took their eyes, hands, and attention off the road for longer than 24 seconds. Distracted drivers can cause accidents. A pedestrian or animal could jump out in the front of a vehicle, and the driver may not even see them. Tune the radio before you start to drive.

FRIENDSHIP IS IMPORTANT AS WE AGE

Friends are important! Many studies have shown the positive benefits of friendship on social, emotional and physical well-being. Having a strong circle of friends can be a good boost for aging hearts and can help the body's autoimmune system resist disease. People who have one or more good friends are in better health than those with only casual or no friends.

Because of physical changes, loss and retirement, friendship is very important for older people. In many cases, friends are as important as families. Many people turn to their friends first when they encounter crisis because of the distance of their family.

People without friends are likely to feel isolated and lonely. In the U.S., one in three women and one in seven men aged 65 or older lives alone. Men usually have a harder time dealing with widowhood than women. About two-thirds of older men reported that they did not have a close friend, and 16 percent of widows reported having no friends. Older adults living alone need to reach out to friends for companionship, support and human contact.

Casual friendships can help, but one very close friend can do so much to help relieve stress and depression. Close friendship provides emotional support. Friends provide comfort, help, as well as share and inform each other. In addition to emotional support, friendship can help enrich a person's physical, mental and social health and help us adjust to changes through the rewarding and challenging times of life.

If you don't have a friend, take the initiative to be a friend to someone else. For instance, join social clubs, civic groups, volunteer organizations, community events, church activities, etc. These are good places to meet people and build a good relationship. When you attend a group, have something to say. Be informed by reading newspapers, magazines, and books, and find opportunities to speak to other people without waiting for them to initiate conversation. It is also very important to listen to what the person is saying to you. Remember, if you want to have a friend, you must be a friend.

University of Missouri Extension



WISDOM TO FOLLOW IN 2018

- **If a deal sounds too good to be true, it probably is.** This saying is timeless. Unfortunately, bad deals are typically only exposed in the fine print. Check all the terms before you purchase an item or sign a contract. If you still feel uneasy, check with your family and friends. Taking a little time to check out an offer can save you big headaches later.
- **Update your will when your life changes** — a birth, death, marriage, divorce or other event. Be sure to update your will when your family circumstances change so that someone is not inadvertently left out. Death may be uncertain, but you can be more certain about how your death will affect your family if you plan for it now.
- **Avoid Being a victim of identity theft.** Identity thieves may call you and pretend to be with a company you have a relationship with. If someone from a company you do business with calls you on the phone and asks for important personal information, do not provide it. Instead, call the company's number in the phone book or on the statements they mail you and ask if someone called you. Chances are, it was a scam artist.
- **If you get an unexpected check in the mail, read all the fine print before cashing it.** Some companies now send out checks with fine print attached. When the check is cashed, the person named on the check is enrolled in a service with a monthly charge. If you receive a check in the mail, make sure there is no fine print on the check or other materials mailed with the check that will cost you money.
- **Read the fine print on gift cards.** Did you get a gift card for Christmas? Gift cards are not all the same. Some cards expire after a certain amount of time. Other gift cards charge fees for transactions or inactivity.

WATCH YOUR STEP IN WINTER WEATHER

Winter weather may play havoc on your plans. Ice outside your door, on parking lots and sidewalks make it difficult to keep your balance while walking. The older a person gets, the longer it takes to recover from a fall on the ice. A person may fracture their wrist or hip. Stay home if you can. Ask your children or grandchildren to do an errand for you. Otherwise proceed with caution if you do have to go outside.

- Wear shoes with deeply grooved, nonskid rubber tread to avoid falls. Be sure your lace-up shoes fit snugly. Consider purchasing slip-on cleats that can be attached on the bottom of your shoes. They do work. Check at a sporting goods store or hardware store that sells sporting goods.
- Hold onto the rail when going up steps. It is suggested to face the railing and hold on with both hands, and step sideways.
- If a storm is predicted, salt the path from your door to your car or curb ahead of time.

HARDINESS OF FRUIT TREES

I know we are a few months away from spring, but it is never too early to start planning for next spring. If you are looking into purchasing fruit trees this spring, there are a few factors that you should consider when planting apricot and peach trees. Spring in Kansas is often an unsettled weather pattern, which can affect fruit trees. Apricot and peach tree flowers are very vulnerable to late frosts that can kill their fruit buds. Of course, the tree itself will be fine but there will be little to no fruit for that year. Late frosts can affect other species of fruit trees as well, but apricot and peaches are by far the most sensitive.

The closer a tree is to full bloom, the more sensitive it becomes to the frosts. Apricots are more likely to have frost kill flowers because they bloom earlier. Peaches are next on the list for greater chance of being caught by a late frost. With peaches, two characteristics become important when considering whether they can be damaged, bloom time and fruit bud hardiness. Like apricots, bloom time is very important but fruit bud hardiness is also important. Fruit bud hardiness refers to the hardiness of the bud to late frosts rather than the ability to survive extreme low temperatures during the winter. A few late blooming peach varieties include 'China Pearl', 'Encore', and 'Risingstar.'

When choosing what varieties of fruit trees to plant, remember to look at the bloom time and fruit bud hardiness. These two things will help you choose the best fruit tree for your area, as well as give you the best chance for a bountiful harvest. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatsohl@ksu.edu.

DEPRESSED IN AGRICULTURE? REACH OUT FOR HELP!

In agriculture we are constantly reminded of the state of the farm economy. Given the wide range of factors affecting rural America, in addition to farm income, it is no surprise that the Centers for Disease Control and Prevention finds that people working in agriculture take their lives at a rate much higher than any other occupation. The data suggests that in 1/3 of our states the rate of suicide in agriculture is nearly five times higher than the general population.

Although it may feel like it, you are not alone. Please reach out for help before life on the farm or in the agribusiness seems too overwhelming to go on. Help is in a variety of places such as a local church, mental health agency, or at your local Extension office. For some, that help is too close to home so don't be afraid to call the Kansas Ag Mediation Service(KAMS) at 1-800-321-3276. Don't become a statistic!

Grant Writing Workshop



Tuesday, January 30, 2018
EMS Building, Miltonvale, KS

9:00 Registration & Refreshments
9:30 a.m. - Noon Grant Searches, Sources, & Basic Elements
Noon - 1:00 p.m. Lunch provided
1:00 - 3:15 p.m. Grant Budgets & Developing a Great Proposal
3:15 - 3:30 p.m. Wrap-up & Adjourn

Speaker: Nancy Daniels, Community Vitality Specialist,
K-State Research and Extension

What you will learn:

- Sources of data for community needs
- Elements of a great grant proposal
- Practicing the grant elements
- Where to find grants
- Developing grant budgets



You will discover how to secure funding for your project, program or initiative and develop confidence in your grant writing abilities!

Questions: Contact John Forshee at 785-632-5335 or jforshee@ksu.edu

Register: Call River Valley District, Clay Center Office at 785-632-5335
Please register by Monday, January 22, 2018

Registration Cost: \$15.00

Covers refreshments, lunch, materials.
Payable at the door
Make Checks payable to: River Valley District



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AgrAbility Cultivating Accessible Agriculture

AgrAbility is a USDA-sponsored Extension program that assists farmers, ranchers, and other agricultural workers with disabilities. While the term “disability” often brings to mind conditions such as spinal cord injuries and amputations, AgrAbility addresses not only these but also many other conditions, such as arthritis, back impairments, and behavioral health issues.

As a part of its mission, the National AgrAbility Project produces a variety of resources relevant to issues of disability in agriculture, most of which are available on the website: www.agrability.org.

Arthritis and Gardening: A Guide for Home Gardeners and Small-Scale Producers helps those with arthritis, the most prevalent disability in America, engage in gardening, one of the most popular hobbies in America.

AgrAbility also has programs to help veterans with issues such as PTSD, TBI, and combat related impairments engage in farming.

For more information call 800-825-4264 or visit www.agrability.org.

BUILDING EFFECTIVE BOARD SKILLS

At some point, most of us find ourselves serving on some board such as a church board, a township board, a service organization board, the rural water district board, the Extension Board, or even the Board of County Commissioners.

Regardless of the reason for being on a board, we almost always find ourselves in the situation where we wish we had more information or we wish we had more training. Informed and committed board members are the key to healthy, effective boards and committees in our Kansas communities. It is vital that board members do all they can to prepare themselves to be effective board members.

Conducting effective meetings is a must to get business accomplished. It is vital that board members understand their roles and responsibilities as a board member, the basics of parliamentary procedure, and strategies to make meetings more productive and effective.

Boards are often, and should be, made up of people from a variety of backgrounds, interests, and personalities.

Understanding your fellow board members can help make boards operate more effectively and smoothly.

Board members often find themselves fundraising, managing funds, and conducting legal business. It is important that we understand the legal and ethical guidelines that we should operate within and these are often found in the articles of incorporation, bylaws, and policies of the group.

Establishing a common mission and vision for the board and planning priorities for the future are keys to the success of the organization long term.

K-State Research and Extension is conducting a Community Board Leadership series designed to provide that basic training in these skills for members of community-based boards.

In the River Valley District, the series will be held in the Harvester Room of Jensik Insurance, 1309 18th Street in Belleville on February 6, 13, 20, and 27, 2018. Each session will be from 11:00 am to 1:00 pm.

For more information or to register for the Board Leadership Series contact John Forshee by calling any River Valley District Office or by email at jforshee@ksu.edu.

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"2018 UP-COMING MEETINGS & EVENTS"**

| DATE | TIME | PROGRAM | LOCATION |
|--------------------|-------------|-------------------------|---|
| Jan. 3 | | Calving School | Concordia- |
| Jan. 8 | 7-9pm | RVED Lease Workshop | Washington-KSDS, 120 West 7th Street |
| Jan. 22 | 6:30pm | Cover Crop Meeting | Clay Center-CTI meeting room |
| Jan. 30 | 9:30-3:30pm | Grant Writing Workshop | Miltonvale-EMS Building |
| Feb. 6 | | Winter Ranch Management | Beloit- |
| Feb. 6, 13, 20, 27 | 11-1pm | Board Leadership Series | Belleville-Jensik Ins. Agency, Harvester Room |
| Feb.11-March 8 | 3:30-8:30pm | Women In Ag | Concordia-CTI meeting room |
| Feb. 14-16 | | Women Managing the Farm | Manhattan |
| Mar. 14 | 10am | Healthy Cooking Styles | Washington- Extension Office meeting room |
| Mar. 14 | 2pm | Healthy Cooking Styles | Clay Center-Extension Office meeting room |
| Mar. 15 | 10am | Healthy Cooking Styles | Concordia-Courthouse meeting room |
| Mar. 15 | 2pm | Healthy Cooking Styles | Belleville-Extension Office meeting room |
| Mar, 18-May 12 | | Walk Kansas | Statewide Program |