



Kansas PRIDE Newsletter

Spring 2009

In This Issue

| | |
|---|---|
| <i>Trudy's Travel Tales</i> | 2 |
| <i>Sponsor Spotlight</i> | 3 |
| <i>Linking Communities on the Web</i> | 3 |
| <i>Clean-Up Fix-Up Campaign</i> | 4 |
| <i>Community Resource Grant Application</i> | 5 |
| <i>PRIDE Partner Nomination</i> | 5 |
| <i>PRIDE Focus Groups</i> | 5 |
| <i>Community Communication</i> | 6 |
| <i>Community News</i> | 7 |

Rain Gardens: A New Garden Approach

The Park Seed catalog is here! Spring is when we start thinking about beautifying our yards and communities. Community gardens are a sure way to beautify any public space, and some communities are “kicking it up a notch” by creating community beautification projects that are “blooming useful” too!

Rain gardens use native plants and can be built in low-lying areas to capture excess runoff during rain storms to recharge your local groundwater supplies and reduce water leaving the site where it falls — which can reduce flooding potential. These gardens do not need any fertilizers or pesticides, and because native perennial plants are used, rain gardens can be designed to provide habitat and food for local bird and butterfly populations.

Rain gardens also can be located to receive water from parking lots or streets, helping retain contaminants such as silt and engine oils that can contaminate rivers and lakes. In fact, some large cities that are required to control contaminants in their storm water runoff are using rain gardens to clean their storm water to meet their permitting requirements. But, rain gardens aren't just for large cities.

A year ago, Rossville's Healthy Ecosystems-Healthy Communities (HEHC) project team and community volunteers decided to build a rain garden

to treat the runoff from a new parking lot in their city park. Rossville citizens should be congratulated for a job well done!

In March and April of 2008, Rossville's HEHC team partnered with K-State's Department of Landscape Architecture/Regional and Community Planning on a WaterLINK grant to have two graduate students assist them with the engineering and design plans for their rain garden.

In May and early June, despite numerous early summer rains, community members met for several construction and planting day events. They hauled tons of large stones. Local contractors participating in the project volunteered labor and equipment services to prepare the ground for more than 1,500 plants that would go into the rain garden.

More than 30 people showed up for “planting day” including representatives from Westar Energy's Green Team. Talk about community team work — even local high school students, working with Sheila Marney, the science teacher at Rossville Jr. /Sr. High School, participated in the project.

Rossville volunteers worked more than 300 hours on the rain garden through the summer. Their work was rewarded with a garden awash with many beautiful blooms of native plants in late summer and early fall. This spring, the perennials should give an even bigger show!



The *Kansas PRIDE Newsletter* is published quarterly by the PRIDE staff: 101 Umberger Hall Kansas State University Manhattan, Kansas

Continued on page 2

Continued from page 1

If you would like to learn how to build a rain garden to beautify your home or community, Rossville has prepared an instructional brochure that can be downloaded from the PRIDE HEHC Web site at: www.kansasprideprogram.ksu.edu/healthyecosystems/CommunityWaterProjects.htm

(This is a large format 17 x 11 inch pamphlet, so if you want to print it out, be sure to select the “shrink to printable area” or “fit to printable area” options on your printer if you are using 8.5” x 11” paper.) We’d like to thank the city of Lawrence for allowing us to adapt



their rain garden brochure for the Rossville project.

If your PRIDE team is interested in participating in the Healthy Ecosystems-Healthy Communities (HEHC) program, please call Sherry Davis, the HEHC project coordinator, at 785-532-3039 or 785-313-5283, for more information on how the program can help your community

protect its natural assets and local water quality, and get more involvement in community planning.

Sherry Davis, Healthy Ecosystems/Healthy Communities Project Coordinator

Trudy’s Travel Tales

The past six weeks I have had the opportunity to visit 23 PRIDE (or potential PRIDE) communities ranging in population from just over 100 to 9,000. Some are just completing their first year in the PRIDE program, and some have been in PRIDE for more than 30 years. Some communities are on a major highway, and one has no blacktop road leading into town. Some have more than 20 restaurants and others have none. Some PRIDE members are more than 70 years old and others are less than 30 years old. Some PRIDE members have lived in their community all of their life, and some are relatively new to the community. However, all of these communities have one thing in common – great people who want to make their community the best that it can be!

PRIDE is *local* people addressing *local* issues at the *local* level. With this in mind, it is easy to understand the autonomy of the community PRIDE programs across the state of Kansas. The projects that have been shared with me include community centers, libraries, fitness centers, youth programs, nature trails, parks, swimming pools, flower plantings, Easter egg hunts, community food banks, and community phone books. These projects all address needs of the community that have been identified by community members through a community assessment. This is what makes the PRIDE project, PRIDE program, and ultimately the community successful!

The PRIDE Program is a process that includes assessment, planning, execution, evaluating, and celebration. This is a circular model that most communities have been through numerous times. While the projects remain the visible part to outside observers, I had the pleasure of experiencing the social capital that has been built in the community. While attending the local PRIDE meetings, it became obvious to me that PRIDE members have a love for

their community and a desire to help each other. In addition, everyone enjoys working together. That is social capital!

PRIDE is for everyone. As one community shared, “we are the local steering committee for PRIDE, but everyone that lives in our community is a member of PRIDE.” This is true! Community volunteers have different skills and interest levels. Some like to go to meetings, others like to build a bridge or bake a pie. There is a need for all. One challenge I offer is to make sure that include all ages in your PRIDE group.

If I have been to your community, thank you for the hospitality! If I have not been to your community, you will be hearing from me, and I will be there soon. My goal is to personally visit all current PRIDE communities by the end of the year.

I have taken many pictures to record my experiences and will share them in a variety of ways throughout the year. However, the best picture to date is one taken in front of a local fast-food business in Marion.

Yes, it is important to support local businesses and I have done my share making sure to purchase something in every town. This might be gas, food, lodging, antiques, books, etc. One thing is always for sure – the local people are friendly, helpful, and proud of their community!

That’s all until next time.

Trudy Rice, Kansas PRIDE Program Extension Associate



This sign hangs on a local fast food business in Marion, Kansas.

SPONSOR SPOTLIGHT

James Wright

James Wright joined the Board of Kansas PRIDE, Inc. in October 2008. James works for Midwest Energy, Inc. in Great Bend as a key account manager.

A Kansas native, James has spent the last seven years working with Midwest Energy, the last five years in the Great Bend area. Before that, James was the engineering manager for Quinstar Equipment Company in Quinter, Kansas. James and his wife Celine have three children: Anastacia, Christopher and Mackenzie.

Headquartered in Hays, Midwest Energy, Inc., is a customer-owned electric and natural gas cooperative, serving nearly 90,000 customers. Midwest Energy has repeatedly achieved greater economies of scale, through acquisitions and mergers,



benefiting its members through low and stable rates. The company has been enriched by employees with a broad range of experience in many predecessor companies. Throughout its existence, Midwest Energy has crossed the boundaries most would have drawn around a small rural electric cooperative. As the company has grown, it has brought the values of member-ownership to tens of thousands of customers who previously had no voice.

We are happy to have James as a representative of Midwest Energy Inc. on our board!



James Wright

NEWS YOU CAN USE

Linking Communities on the Web

Kansas communities now have a Web site designed to share resources and information to support healthy communities. *KanThrive.com* features articles about Kansas communities and thoughts from a variety of authors across the state. Communities will find a comprehensive collection of links to grants, assistance, and tools. Communities can post information about upcoming events and festivals. Deadlines for grants, loans, and various programs also are consolidated on the Web site. While it is clear that the Web site is just beginning, it shows the potential to be a helpful resource for Kansas communities. Visiting the Web site is as simple as typing *www.kanthrive.com* into your Internet browser. Articles will be added regularly so check back every so often.

KanThrive.com describes its purpose as: "KanThrive is dedicated to supporting the wellbeing of Kansas communities. KanThrive is designed to be a bridge to resources. While resources are limited, lack of information and restrictive potential access

to these resources should not exacerbate problems for communities. KanThrive is an innovation in cooperation, formed in the hopes of removing potential hindrances for the ongoing success of Kansas communities. KanThrive features articles and local testimony in order to increase the awareness of successful strategies and best practices in community and rural development. In an effort to increase shared learning and collaboration, articles and testimony from diverse communities around the state will be posted."

We look forward to the help that will be made available to Kansas communities through KanThrive. If your community wants to share a success story or something it has learned on KanThrive, please summarize your community's story and pass it on to Jaime Menon. Please provide a photo if possible. Not all articles will be added to the Web site.

Josh Burton, Kansas Department of Commerce

Conducting a Community Clean-Up Fix-Up Campaign

The arrival of spring often brings a desire for communities to concentrate on clean-up and fix-up campaigns. These are excellent activities to address community beautification needs, which are often identified as a long-range goal for PRIDE communities.

In preparation for these events, there are five areas important to a successful and sustainable community clean-up effort. These areas are:

- **Organizing for Success** — A clean up effort should begin with some creative planning and organizing. Start by identifying key individuals from the core planning committee.
- **Establishing Clear Project Goals and Plans** — The committee should contact other groups in the community that are involved in beautification. Make a list of the projects those groups plan for the year and identify collaborative opportunities. In addition to other planned activities, identify other clean-up efforts to be included. Once the information is gathered, focus on the projects that are a priority for the community. Keep the project scope within achievable, measurable parameters. Develop a detailed plan that includes details of what will be done, when, how, and by whom.
- **Advertising the Event** — After you are assured that everyone involved approves the project, it is time to start the publicity phase. Along with recruiting participants, a good publicity program will demonstrate to the public that people are concerned about city beautification and show why a clean-up effort is important.
- **Project Execution** — Send leaflets about the campaign to leaders of community organizations and others and follow up with a telephone call asking for help. Be prepared to accommodate

individuals who hear about the projects and show up to assist. Make them feel welcome and give them a job to do. If your plans have been well laid and your preparations are in order, the actual cleanup is the easiest part of your job. After the event, coordinate a gathering of volunteers to celebrate their work.

- **Sustaining the Effort** — When the project is done, your community will look perfect — for a while. For lasting effect, it is important to sustain the clean-up effort. Remember that community clean-up projects serve more purposes than just physical “picking-up.” Because clean-up projects also create opportunities for fellowship and investment in the community, on-going efforts can capitalize on the fellowship and sense of pride that are generated by the event.

By investing effort in these five planning areas, community clean-up efforts will be successful and sustainable.

Community clean-up campaigns provide many opportunities for citizens to get involved in community improvement. The value of these opportunities should not be underestimated. A clean-up project can provide a great opportunity to introduce new

community members, have fun, and build social connections.

For additional information and tools to use to help you in planning for a clean up fix up event please refer to the PRIDE Web site at www.kansasprideprogram.ksu.edu and click resources then publications to find *Conducting a Clean-Up Fix Up-Campaign*.

Excerpt from: Daniel Kahl, Conducting a Community Clean-Up Fix-Up Campaign, Kansas State University, February 2007 Pub Number: MF-931



This publication can be found on our Web site at www.kansasprideprogram.ksu.edu.

Community Resource Grant Applications due Oct. 15, 2009

The Community Resource Act (CRA) program provides mini-grants and technical support for community-based education projects. Designed to meet the educational, recreational, social, and cultural needs of a community, CRA programs match skilled people that would like to instruct, to a community audience. Class topics may include almost anything: fitness, healthy activities, cultural skills, cooking, quilting, carving, bookkeeping, or bee keeping. A CRA grant allows a community to coordinate, organize, and advertise class offerings.

The Community Resource Act (CRA) program is administered by Kansas State University, Division of Continuing Education through UFM Community Learning Center. As an outreach program of UFM and the Division of Continuing Education, CRA strives to promote life-long learning throughout Kansas.

Eligible organizations are local nonprofit organizations, institutions, service agencies, or groups primarily concerned with the general welfare of the community which are organized for the purpose of establishing and operating community resource programs, and community education programs.

Started in Manhattan in 1968 by a group of K-State students and faculty, UFM Community Learning Center serves as a forum for the exchange of ideas and as a catalyst for new programs and services to enhance the quality of life for the community. Based on the philosophy that everyone can learn and everyone can teach, UFM provides opportunities for lifelong learning and personal development and is now soliciting grant applications. For more information about UFM and the CRA program, call (785) 539-8763 or e-mail Charlene Brownson at cmb@ksu.edu or visit www.tryufm.org.

PRIDE Partner Nomination 2009

Attention PRIDE communities: The Kansas PRIDE program is seeking your nomination of a county or district K-State Research and Extension professional for the 2009 PRIDE Partner Award.

The PRIDE Partner Award recognizes a K-State employee* that has provided exceptional support to the PRIDE Program through their work with communities or in support of the work of the PRIDE program at the state level.

If your Extension representative has provided exceptional leadership or service to your PRIDE community, please take a moment and complete the

PRIDE Partner nomination form. Nominations will be collected at the K-State PRIDE office until July 15, 2009 and can be submitted by mail or email. Nomination forms can be obtained by logging on to the PRIDE website under "PRIDE FORMS" or by contacting the PRIDE office for copies.

The selected candidate will be recognized at the Annual K-State Research and Extension meeting in October and at PRIDE Day in September. If you have any questions, do not hesitate to contact the PRIDE Office at 785-532-5840 or by e-mail at PRIDE@ksu.edu.

**PRIDE staff are not eligible for this recognition.*

An Invitation To Attend: PRIDE Focus Groups

Who: PRIDE community members past, present, and future and K-State Research and Extension Agents

When: May 18, 10 – 11:30 a.m. Stockton, Fairgrounds

May 19, 10 – 11:30 a.m. Stafford

May 19, 6:30 – 8:00 p.m. Potwin

May 20, 4 – 5:30 p.m. Onaga

Where: The exact locations will be sent to the current PRIDE chairperson closer to the meeting times

Why: The Kansas PRIDE Program will be 40 years old in 2010. We want to hear about what is working from community members who work with the PRIDE program and what opportunities

for improvement there are. We will provide the forum and you will provide the information to help us plan for the next 40 years.

Please consider dedicating a couple of hours to attend one of these focus groups so that we can hear from the local people that are addressing the local issues at the local level. That is what PRIDE is about. Fill the car, come to the meeting, and tell us what you think.

For more information and to make reservations to attend, please call the PRIDE office at 785-542-5840 or e-mail pride@ksu.edu. Reservations should be made by May 15. Please let us know approximately how many from your PRIDE community will be attending and at which location.

PRIDE's Role in Community Communication

An opportunity and a need exists for PRIDE communities to partner with amateur radio groups across Kansas. One of PRIDE's concerns includes taking care of the health and well-being of our communities. When a disaster occurs, a community will have need for communications, water, sewage, and other needed functions.



Chapman, Kansas, June 2008

Nearly every Kansas county has been the location of disasters the past couple of years, so everyone should be well aware of the need for being prepared. Communication becomes critical during a disaster. All too often, the normal means of communication do not exist for several hours or days following a disaster. Police and fire repeater towers are often blown down or have no power to them for operation. Cell phone towers, if they still exist, are quickly rendered useless through too many calls being made. There are other agencies to assist, such as Red Cross and Salvation Army, but like the local police, fire, and emergency medical personnel, their resources are limited. Not knowing where or what the need is often hampers their efforts.

The solution to the communications problem already exists and is in place. Few people realize there are more than 7,000 licensed ham operators in Kansas. They have their own equipment, including radios and portable antennas, and many are quite interested in providing emergency communication services. Many are already weather spotters in their communities.

Local PRIDE organizations can take a lead to ensure their local amateur radio operators, emergency managers and first responders are aware of each others capabilities and availability. It is a matter of getting a couple of organizations together in each community. At that point, it is a matter of letting the community know about the partnership through local news venues. Amateur

radio operators (Hams) are always seeking new and better ways of getting the word out about their availability for service when needed – at no charge for their service or equipment they use. There also is an organizational level of support for guidance and promotion at state, district, and county level within the ARRL (Amateur Radio Relay League) to which nearly all Amateur Radio Clubs belong.

There is an effort being made to make youth aware of the fun and service of becoming a ham operator (No Morse code requirement any more.). Local PRIDE organizations could be catalysts in that and provide another outlet for PRIDE ideas, activities, and community support.

For more information on Ham Radio please visit the following Web site: www.arrl.org

For information concerning licensing, visit the following website: www.arrl.org/catalog/lm/ or contact AARRL Toll-Free: 1-800-326-3942

John Bennett, Lansing PRIDE

PRIDE COMMUNITY NEWS

Lenora PRIDE Update Cemetery Information

Efforts are ongoing to record and update cemetery information for the Lenora area. Area residents walked through and recorded information from the cemeteries of Lenora East, Lenora South, and Prairie Gem. The initial two-year project culminated in a



Lenora South Cemetery with directory at the main gate.

directory placed at the Lenora South Main Gate and another smaller directory in the Lenora East Cemetery.

They are making all information available online and many individuals from out of town stop at the Lenora Library (another PRIDE project) to research this information.

Josh Burton, Kansas Department of Commerce



Gloria Heikes, Lenora Library a PRIDE Community Project

Stop in Admire Kansas and See Their New Computer Lab

Members of Admire Community PRIDE rolled up their sleeves to raise funds for a first for the small



Admire PRIDE member using the Internet café at the Last Chance Café in Admire, Kansas

town — a public computer lab for its residents. The Admire PRIDE group listened when youth in the community mentioned they would like internet connections. So youth and the PRIDE group members started

brainstorming ways to provide computers and internet. While it was not their Last Chance, it was the Last Chance Café that stepped up to serve as a location to host the computer lab. The local volunteer group used funds raised from their first fall festival to provide three computers and two printers. S&A Telephone Company donated Internet access.

The open house for the Internet café during the first week of March attracted a great deal of media attention including newspaper and television reporters. Now, people of all ages come to the café to log in and surf the internet.

Trudy Rice, Kansas PRIDE Program Extension Associate

Alton PRIDE Recipe for Success

Organized in 1985, Alton PRIDE, will be 25 years old in 2010. Today, three of the original members are still active in the group. In addition, several past residents of Alton that have returned to the community are current members. One of these members recently said, “PRIDE keeps life in the community. It is so easy for a community to just quit.” Another member, when asked why they volunteer with PRIDE, said, “because we love Alton and enjoy working together.”

Alton PRIDE does not provide an opportunity for the community to quit. However, they do provide many opportunities for Alton to celebrate their heritage and provide a place and many opportunities for community members to gather. Currently they are busy planning the Summer Jubilee.



Members of the Alton PRIDE committee with a news article recognizing 20 years.

This year’s theme is “Generation to Generation” with plans to encourage the alumni to attend.

When asked what advice the Alton PRIDE group had for sustaining a successful PRIDE program, the Alton PRIDE members shared the following:

- Leadership that is dedicated to the PRIDE program.
- Lots of people involved.
- Clear understanding of what you want to accomplish.
- Operate by **honoring the past, living the present, and planning the future.**
- Acknowledge each contribution with a Thank You!

Thanks Alton PRIDE group for these great words of advice. We wish you a wonderful “silver anniversary.”

Trudy Rice, Kansas PRIDE Program Extension Associate

Kansas PRIDE
101 Umberger Hall
Kansas State University
Manhattan, KS 66506-3405

PRIDE Calendar

- May 18 PRIDE Focus Group 10:00 a.m. Stockton, Kansas Fairgrounds
- May 19 PRIDE Focus Group 10:00 a.m. Stafford, Kansas
- May 19 PRIDE Focus Group 6:30 p.m. Potwin, Kansas
- May 20 PRIDE Focus Group 4:00 p.m. Onaga, Kansas
- June 2-4 Community of Excellence evaluation visits
- July 1 Beginning of the new PRIDE year
- July 15 4th Quarter Reports Due
- September 19 PRIDE Day Junction City, Kansas

Newsletter by e-mail!

If PRIDE officers or members would like to receive the PRIDE Newsletter electronically, collect e-mail addresses at your next PRIDE Meeting and send them via e-mail to jmenon@ksu.edu or by regular mail to:

Kansas PRIDE
Kansas State University
101 Umberger Hall
Manhattan, KS 66506



All educational programs and materials are available without discrimination on the basis of race, color, national origin, sex, religion, age, or disability.

The Kansas Department of Commerce, K-State Research and Extension, and private-sector companies and associations partner together to make the PRIDE program successful.

For assistance contact the PRIDE staff: Jeanne Stinson at (785) 296-3485;

Dan Kahl or Trudy Rice at (785) 532-5840