



Kansas PRIDE Newsletter

Fall 2008

In This Issue

Connie Hoch2
 Scope of Work of Your PRIDE Group.....2
 Get It-Do It! Grants.....3
 Community Improvement Opportunities ..4
 Community News6
 Calendar of Events8

PRIDE Day 2008

The Kansas PRIDE Day conference was Saturday, October 11 at the Sedgwick County Extension Education Center. "PRIDE Day continues to be the preeminent event for recognizing community improvement success in Kansas," said Dan Kahl, Extension Associate Specialist in community development.

Volunteers from local PRIDE groups from across the state shared questions, concerns, and success stories with one another at the event. Community members also had opportunities to consider new community planning and engagement projects, and learn of new resources. However, one of the key reasons for the event is to recognize the successful efforts and investments of PRIDE communities.

STAR Awards recognize projects that impact the community. Community of Excellence Awards recognize those communities that have gone through an extensive evaluation process and have demonstrated the planning, engagement, and successful implementation of efforts for the overall well-being of the community.



Fred Cholick, Dean and Director, K-State Research and Extension, and 2008 PRIDE Partner, Nadine Sigle, Osborne County.

PRIDE staff and the board of Kansas PRIDE, Inc. would like to thank the following for the success of PRIDE Day 2008:

- Corporate and Individual Sponsors and Friends of PRIDE for donations to Kansas PRIDE Inc. Most notably Kansas Gas Service, Midwest Energy, First National Bank of Cunningham, and Black Hills Energy.

- The Sedgwick County Extension Office for use of their facilities.
- Dr. Fred Cholick, Dean and Director of Agriculture Extension Service
- Carole Jordan of the Kansas Department of Commerce
- Suzanne Coin of Westar Energy
- Eric Atkinson - K-State Department of Communications - PRIDE Day Emcee
- Nadine Sigle - Kansas PRIDE 2008 PRIDE Partner
- All conference attendees and supporters

Jaime Menon, PRIDE

2008 STAR Awards

Bushton, Frankfort, Grinnell,
 Herndon, Glasco, Highland,
 Lucas, Stafford, Onaga,
 Ashland, and Lakin

2008 Community Of Excellence Awards

Almena, Alton, Argonia, Basehor,
 Goff, Grinnell, Highland, Lakin,
 Lenora, Melvern, Potwin, Rossville,
 Spearville, Stafford, Valley (Gaylord,
 Harlan and Cedar),

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Remembering Connie Hoch — PRIDE Associate

Connie Hoch, Kansas PRIDE Program Extension Associate, passed away September 26, 2008. Connie passed one week after being diagnosed with bone cancer.

Connie loved her communities and cherished their residents. No one was a “nobody” to Connie. Every person she met during PRIDE community meetings was important, and she always marveled at their success and hard work. She celebrated the triumphs made by PRIDE communities and was always more than willing to travel to any community that needed help.



She strived to help PRIDE communities organize, maintain, and implement plans, as well as create connections with extension personnel. Connie always came back with a positive report and a glowing smile after visiting communities. She was never critical and saw nothing but opportunity for PRIDE communities.

Connie was a class act and possessed a sense of style, grace, and humor that no one else could ever match.

The whole state of Kansas will miss you Connie.

The Scope of Work of Your PRIDE Group

At the 2008 PRIDE Day event, I was once again struck by the broad focus of efforts from PRIDE community groups. Awards were given for projects that ranged from one-time events to long-range planning and development.

What is the role of your PRIDE group?

While all PRIDE groups work with local government to focus on community improvement, the role of PRIDE groups vary from place to place.

Many PRIDE groups play the role of **Community Catalyst**. As the community catalyst, the PRIDE group may convene groups to identify important projects in the community. They help identify who would be important to involve. As a catalyst, the PRIDE group may offer invitations to other civic groups, school groups, or businesses to collaborate or take leadership on important community projects. PRIDE communities that are effective catalysts work closely with city officials and are moving ahead with visioning and planning.

A related role PRIDE can play is **Community Mobilizer**. As community mobilizers, PRIDE volunteers put forth the energy to make phone calls, knock on doors, and invite people to work on projects. This task of inviting, organizing, and hosting work teams is an important role to guide action for community

change. To reach community goals, sometimes it just takes a team that can mobilize and coordinate the people. PRIDE communities that are effective mobilizers are working closely with their city officials and are checking off community goals as success!

Some PRIDE groups serve as a **Project Coordinator**. In this role, the PRIDE group may be the primary “owner” of a specific project or event. The PRIDE group may take the central coordination role of a community service or an annual festival, for example. As project coordinators, PRIDE groups are providing valuable services communities where it would just not be possible to do the project or offer the service without them.

Depending on the community and situation, any or all of these roles may be deemed important for your community improvement group. The role of PRIDE also may also need to change with the situation of your community. I would encourage your PRIDE committee to review and discuss your role in the community. Also, visit www.kansasprideprogram.ksu.edu to download the “Sustaining Progress Checklist.” This document can be found in the “Forms” tab, and is a great tool to help your group review your progress.

Dan Kahl, PRIDE Program Coordinator

GET IT-DO IT! 2008!

Get It - Do It!, K-State Research and Extension's community capacity-building and funding program, supports PRIDE groups that partner with youth to improve health through physical activity.

Congratulations to six "Get It - Do It!" PRIDE groups that were each awarded \$3,000 in 2008 to design and implement physical activity and health promotion projects. The projects, which were the result of a PRIDE planning process, were implemented by teams of adults and youth beginning in January and progressing throughout the year.

Each community designed their project to fit their community after an assessment was completed by the PRIDE group. After grant proposals were screened, Glasco, Kinsley, Melvern, Olsburg, Portis, and Stafford were awarded "Get It - Do It!" grants.

Each "Get It - Do It!" project promoted health through different aims and methods tailored to their community.

- **Glasco's** Community Engagement in Physical Exercise supported youth walking programs, student designs for historic walking routes, PRIDE partnership with the school's Learn and Serve program, and summer activities ranging from expanded swimming pool hours to increased exercises at the Glasco Senior Center.
- **Kinsley's** expanded collaboration with K-State Research and Extension's Walk Kansas program launched Dairy Carnival Day with schools and introduced Health Rocks activities to local church groups.
- **Melvorn's** trail promotion effort made community members more aware of exercise, eating habits, and the variety of walking and biking opportunities in the Melvern area.
- **Olsburg** and **Portis** improved their city park equipment, facilities, and access.
- **Stafford's** Walk America and Bike & Hike with the Birds blended eco-tourism, health promotion, and community networking. The creative

collaboration resulted in after-school youth-led health games in the park, increased participation in annual wildlife events, and brought new high school members to the community coalition.

Combined, the six PRIDE "Get It - Do It!" projects reached 988 Kansans of all ages and generated \$36,285 in local "sweat equity" to support the projects. That's a 2-for-1 return on an investment of \$18,000 in grants.

In her 2008 "Get It - Do It!" report, Joan Northern, Glasco PRIDE, wrote that:

"The [Get It - Do It!] concept of each community building its own project to meet its own defined needs conveys a respect that really promotes the will to deliver. Thank you."



Kinsley's Dairy Carnival Day activities.

For 2009, "Get It - Do It!" grant proposals are due by November 21, 2008. Grant funds can help PRIDE communities design, implement, and celebrate adult and youth health promotion projects. Projects should focus on

physical activity promotion and must involve active engagement of youth (ages 12 to 18) and adults. Grants can support promotion of walking trails, establishment of sustainable walking/biking/activity clubs, TV/screen-time reduction campaigns, cooperation with Coordinated School Health projects, and physical activity promotion events that improve access to physical activity places (e.g., walking trails, tracks, neighborhood sidewalks).

Questions about the "Get It - Do It!" program can be directed to:

- Elaine Johannes, School of Family Studies and Human Services, K-State Research and Extension, ejohanne@ksu.edu, (785) 532-7720
- Carol Fink, 4-H Youth Development, K-State Research and Extension, cfink@ksu.edu, (785) 532-5800
- Dan Kahl, Kansas PRIDE, dankahl@ksu.edu, (785) 532-5840

Opportunities for Community Improvement

The Kansas Department of Commerce and K-State Research and Extension continue to work to identify resources and opportunities to assist communities. Several exciting opportunities currently exist for PRIDE groups to tap into to reach their community improvement goals.

GET IT - DO IT!

“Get It - Do It!” grants provide a unique opportunity for PRIDE community groups to collaborate with local K-State Research and Extension agents to promote health with Kansas teens.

\$3,000 mini-grants to PRIDE community groups help fund physical activity and health promotion projects. Appropriate projects include trail development and promotion, physical activity promotion, establishment of walking/biking clubs, cooperation with schools (e.g. Coordinated School Health) and TV/screen-time reduction campaigns.

Applications are due November 21, 2008 to Elaine Johannes, 343 Justin Hall, Manhattan, KS 66506. Grants awards will be announced December 12 and commence January, 2009 - December, 2009.

For more information, contact:

Elaine Johannes - ejohanne@ksu.edu; (785) 532-7720

Carol Fink - cfink@ksu.edu; (785) 532-5800

Dan Kahl - dankahl@ksu.edu; (785) 532-5840

Community Capacity Building Grant Program

This program provides funds for collaborative community development planning activities in cities or counties with fewer than 50,000 residents.

The term “collaborative community development planning” means that the community has formed an active partnership among the key community-based organizations for the purpose of developing a shared vision for the future and a plan of action to achieve that vision. This includes agreed-upon priorities with a written document with time lines and assigned responsibilities.

A community may develop a plan, market analysis, or feasibility study that would aid in any one or a combination of the following desired long-term outcomes:

- Growth: An increase in population, employment, number of businesses, housing units, or income.
- Diversification: An increase in the variety of arts/cultural activities, occupations, industries, or housing types.
- Conservation: Moderation in the growth/decline rate to a sustainable level to preserve community resources.
- Revitalization: An increase in investment characterized by repairing or rehabilitating existing buildings or areas, which subsequently leads to increased activity.
- Redevelopment: An increase in investment characterized by the demolition and clearance of existing buildings or areas and subsequent construction of new buildings or areas. This process usually changes how the property is used or the pattern of activity in the area.

For details, please contact:

Joshua Burton

Economic Development Representative

Phone: (785) 296-6815

E-mail: jburton@kansascommerce.com

Healthy Ecosystems – Healthy Communities

The Healthy Ecosystems-Healthy Communities (HEHC) project is now accepting applications to begin working with five new communities. Funding is currently available for PRIDE communities located in the following watersheds: Milford, Melvern, Neosho, Toronto, and the Upper Wakarusa. Please see the map on the HEHC Website www.kansasprideprogram.ksu.edu/healthyecosystems/

Participating communities receive a \$5,000 “mini-grant” to complete water quality projects or activities and \$1,500 to support public meetings and events for community resource planning. If your community is not located in one of these watersheds, but you are interested in the HEHC program, please contact Sherry Davis, HEHC Project Coordinator, at office (785) 532-3039 or mobile (785) 313-5283.

Continued on page 5

The HEHC program helps civic groups, such as PRIDE, and local government groups: engage more citizens in resource planning; explore sustainable resource uses; promote community health and new leadership opportunities; and improve citizen appreciation and investment in the natural resources that support your community.

The HEHC program helps community volunteers understand and value local natural resources that shaped their community's past and will determine its future. The program helps community groups:

1. Establish new partners within their community and the local watershed.
2. Explore new agency resources and "link-up" to their expertise and assistance.
3. Identify water quality projects appropriate for their community and expand project benefits through educator and youth involvement programs, new cultural events, and access to new recreational resources.
4. Engage citizens in a community planning process (using an impartial third-party facilitator) for your community's future and to protect local assets and natural resources.
5. Identify new funding sources to support sustainable community development projects.

Sherry will meet with your PRIDE group to discuss program details and help your team identify important local stakeholders. She will work with each community to apply for funding to support the HEHC program in your community. However, funding applications are due January 2009 – so if your PRIDE group is interested – please call today.

Small Community Improvement Project Grants (SCIP)

The Small Communities Improvement Program sets aside \$500,000 each year for small communities that are undertaking improvement projects through sweat equity and volunteerism. The program

is designed to assist communities with populations of 5,000 or less that are not eligible for other Department of Commerce assistance and might not have the capacity to provide matching funds. The maximum award for a single project is \$125,000.

Self-help requires communities to determine which parts of the project they can complete on their own. The community acts as the general contractor, organizing local labor and equipment and coordinating work that needs to be done by a subcontractor. The SCIP provides direction, technical assistance, guidance and the support to make it happen. Self-help and volunteerism must result in savings of at least 40 percent of the project's market-place price.

Examples of eligible projects are: arts, entertainment, theaters, historic preservation projects that impact the community, parks, playground equipment, walking trails and public rest rooms. Communities must be able to validate the impact the project will have on the quality of life for the residents of their city.

The program is competitive and offered annually. For details, please contact:

Joshua Burton, Economic Development Representative
Phone: (785) 296-6815
E-mail: jburton@kansascommerce.com

Community Development Academy

Working with the Federal Home Loan Bank of Topeka, the Kansas Division of Rural Development, the Huck Boyd National Institute for Rural Development, and the USDA Rural Development staff, K-State and PRIDE will be involved in hosting a community planning workshop called the "Community Development Academy" in June of 2009. This workshop will allow ten communities to participate in a community development planning and implementation process. This project will be held in Southeast Kansas in 2009, Northeast Kansas in 2010, and Northwest Kansas in 2011. Watch the PRIDE Web site for advertisement as this project draws near!

Norwich Business Expansion

Norwich is a community currently experiencing a new business boom. Opened recently is a pizzeria that also offers an ice cream fountain (RedZ), giving both young and old a place to eat and socialize. Then came a screen-printing T-shirt shop (Brick House Designs), a step back in time through the doors of an antiques and gift shop (Ye Olde State Bank Antiques & Treasures), a custom cycle shop (Hardtail Hanna's), a fast food and convenience store (The Store), and a soon to be opened fabrics, quilts, and crafts store (Making Memories). These new businesses join the long-standing businesses that have been pillars in keeping the Norwich community going over the years; Farrar Corporation, Main Street Hardware, Farmer's Co-op, Conway Bank, Norwich Health Clinic, Head to Toe beauty salon, Rowan's honey

shop, Bennett Insurance, Caldwell Repair, and Flat-Out Tire service, to name a few.

With renewed interest in building and beautifying our hometown to a "destination place" status, comes a committed group of visionaries with creative ideas, leadership and organizational skills dedicated to the betterment of our community and the quality of life for our citizens who live here.

We look forward to every age group of volunteers helping with tasks that will help build in them PRIDE for a job well-done and that will benefit small town America both now and in the future. Watch the upcoming newsletters for what is happening in Norwich!

Lori Cessna, Chair, Norwich PRIDE

Alton Chocolate Festival

Attention all cookie bakers – Alton PRIDE invites you to come to the 8th annual Chocolate Festival in Alton on Saturday, December 6. Bring a baker's dozen cookies for the contest. The recipe must contain one chocolate ingredient and entries will be received at 1 p.m. One cookie is for the judging and the 12 go to the large chocolate bake sale. We have an adult and a youth division (age 14 and under), first prize in each division receives \$25 and second place \$10. Winners will be announced mid-afternoon. Because this is the holiday season, we decorate very festively, have live seasonal music, and free hot drinks for everyone. The afternoon entertainment includes: chocolate cake

walk, Christmas bingo, large chocolate bake sale, and free pony cart rides, weather permitting. Alton is proud to have the distinction of being the birthplace of Russell Stover, the candy man. A tasty treat will be provided for those attending.

In addition to the festival, there is a very nice hometown restaurant for dining, G-Ma' Antique Shop, and a large gun shop. For more information call (785) 984-2341. Bring the family to Alton on Saturday, December 6.

Wilda Carswell, Alton PRIDE

LeRoy's Evening in the Park

On Saturday, August 9, 2008, members of LeRoy PRIDE hosted an "Evening in the Park" to recognize local business owners and let them know that they are appreciated. Around 40 businesses were recognized ranging from home based to main street entrepreneurs.

A free community picnic was served to more than 300 people, with a local church volunteering to serve the meal provided by LeRoy PRIDE. Hamburgers, hot dogs, chips, and baked beans were served and topped off with ice cream and cookies.

A huge tent was set up in the park to provide shade throughout the evening. Assorted entertainment was provided by local talent beginning with a 5-year-old lip sync number and ending with an 80-year-young World War II Veteran leading in the song "God Bless America."

The evening also provided an opportunity to dedicate two stone walled flowerbeds erected at the park entrance, built and funded by local PRIDE.

Kay Lankton, Secretary, LeRoy PRIDE

LeRoy PRIDE Hosts “Satin & Lace”

Members of LeRoy PRIDE took a step back into the past by hosting a fashion show featuring wedding gowns through the ages. The event entitled “Satin & Lace” was planned as a fund-raising event and as a means to involve the community in a fun and unusual activity. The event was in the high school gymnasium, which was cleverly decorated with lace tiny lights, potted plants, wicker chairs, an arch, and a gazebo.

A nice crowd turned out to view gowns of satin, lace, taffeta, kit, and organza. More than 40 gowns were modeled or displayed. Many of the lovely dresses were handcrafted. Twelve high school girls volunteered to model these beautiful garments. Two wedding dresses were more than 100 years old, two delicate gowns boasted 70 plus years, and three more were more than 60 years old, one of which sported three petticoats and bloomers! A two-piece wool suit and a fragile frock represented the World War II era.

Many other gowns from the 50s to present were also modeled.

Gowns that were too fragile to model were displayed on mannequins along the wall. Also of interest were three baptismal dresses that had been created from wedding gowns, along with a doll crafted from a velvet gown. A special treat was the loan of a World War II military suit worn by a groom on his wedding day!

Several junior high school girls assisted with door prizes that were donated by local businesses.

A local business assisted with the decorations and donated a beautifully decorated wedding cake that was served along with punch to about 200 people.

Although the LeRoy PRIDE was small in numbers, with only eight members at the time of the event, everyone stepped up and volunteered their time to make this such a success.

Kay Lankton, Secretary, LeRoy PRIDE

Troy Celebrates the Fourth

On the Fourth of July, the Troy PRIDE group hosted a free-will donation breakfast for the community and then sponsored a fishing derby at the 4-H pond. The group has been working on cleaning up the pond area and making it easier for the community to use. Awards were given for the largest fish, the smallest fish, the most caught, and the most unique fish. Each child was given a goody bag and ribbon for participating. The four winners then rode in a boat sponsored pride float in the parade.

The group’s August project was to adopt a mile stretch of highway on the edge of town. They had eight members pick up trash.

At the October meeting, the group had a potluck supper and then a meeting. The group enjoyed getting together, eating, and talking about events that they could work on in the future.

The group is planning a community hayrack ride with cinnamon rolls and apple cider for Halloween on November 1. They are hopeful that a large group of the community will come and join in the fun.

Amy Masters, Secretary, Troy PRIDE



Troy residents celebrate their hard work.



Recognizing a prize winner.

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

PRIDE Calendar

November 21 Get It Do It Application Deadline
November 21 Kansas PRIDE Inc. Board Retreat in Salina
November 27 Thanksgiving Day
December 5 SCIP Grant Deadline
January HEHC Grant Application Deadline
January 15 Quarterly Reports Due
April 15 Community of Excellence Request Due
April 15 PRIDE Enrollment Due

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 at (785) 532-5840