

- Class Project
- Karl Program
- Heinen Continues Training

A leader's role is to raise people's aspirations for what they can become and to release their energies so they will try to get there. ~ David R. Gergen

Editor: Mandy Fincham, Class X
Page Design: Danielle Jeardoe, Class VIII
Storywriter: Brandy Goddard, Class XII
Special Writer: Heather Hartman, Class III
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Email: lmconnection@gmail.com

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LEADERSHIP CALENDAR

Tuesday, January 14
Leadership Mitchell County
Health & Education Class Session

Saturday, February 8th – 6pm
Beloit Chamber Annual Banquet
Down Under

Beloit Comprehensive Planning
Meeting
Thursday, Feb. 20, 7 pm
Beloit Municipal Building
Basement

LMC Class XIV Project
Wednesday, March 12
NCKTC

Kansas Sampler Foundation's Big
Rural Brainstorm
Friday, March 14, 10-5:30
Newton Meridian Center

Rock Hills USD 107
Spring Break, March 15-23

Beloit USD 273
Spring Break, March 19-23

Friendship Dinners
Every Monday at the United
Methodist Church, Beloit,
5:30-7 pm

LEADERSHIP VOLUNTEERISM

Mitchell County Food Pantry
-Volunteers
-Call Beverly James, 738-5164

Beloit Elementary School
-Help in the school library
Contact Roberta Meier at 739-3581
or rmeier@usd273.org

Beloit Jr./Sr. High School
-Tutoring
-Substitute teachers
-Paraprofessionals
Paid positions, contact USD 273
office at 738-3261

Mitchell County Partnership for
Children
-volunteers in various capacities
Contact Karen at MCPC Office at
738-3055 ext. 1

Big Brothers, Big Sisters
-Children and "Bigs" to volunteer
and mentor
-Call 785-243-1620 for more
information

Class Project Focus on Hunger

Starting with LMC Class X, the LMC curriculum includes a yearly class project. In past years, events included Bowls of Hope, a fundraiser for the Perdue House and a Family Fun Day benefiting the trail. Class XIV will focus their efforts on addressing hunger and poverty in the area by hosting a dinner at the North Central Kansas Technical College on March 12.

Plans are still underway, but

team leader Lauren Trussell describes the event as bringing awareness about how the lower class may have to prepare a meal and what they are eating daily. Donations will also be accepted to the Mitchell County Food Pantry.

Attendees will RSVP and attend the meal where they will be given one of three meal options: a lower class meal, a middle class meal and an upper class

meal. "The idea is those eating the lower class meals will be jealous of those eating the better meal and those eating the middle and upper class meal will feel bad for the lower class," explains Trussell. Facts will be given about the poverty population in North Central Kansas.

More details will be announced as the date gets closer and the class makes more preparations for the event. ♦

Class Sessions

Class XIV has been busy the past couple of months with their class sessions. In October, they learned about local criminal justice and economic development. They started with a tour of the Mitchell County Jail with Sheriff Doug Dougherty. They also visited the Ellsworth Correctional Facility, where they saw firsthand the life an inmate. The class were treated to a performance from the prison's religious musical group and were taught the dog training program. They ended the tour with a question and answer session with three current prisoners.

Between the two prisons, they made a stop in Lincoln where they were given a presentation on "Leadership in Faith" by Pastor Kaye Metzler, a Kansas Leadership Center alum. Marilyn Helmer, a Lincoln County resident, gave a tour of Lincoln's downtown which included the Finch Theatre, a new restaurant, and a pharmacy museum.

LMC Board members taught the group the leadership competency "manage self." They talked about their personal triggers and competing values in their lives.

In November, they focused on agri-business. The class met with several agriculture professionals in the area to share their expertise. Matt Dorman of Carrico Implement talked about advances in farm equipment technology. Jeff Bechard, president of AgMark, LLC, explained the purpose of farm co-ops and how they invest in communities. Scott Chapman, Post Rock Extension agent, spoke about services offered in Post Rock Extension-District #1, which

KARL Program Continues

Heather Hartman, Class III, has been accepted into the 2013-2015 KARL (Kansas Agriculture and Rural Leadership) class. She will be sharing her experiences of the program through the LMC Connection over the next two years.

I have completed two more sessions, Economic Development and Personal Development. The Economic Development session

was held in Garden City in November, which was fitting because of their tremendous growth. We were fortunate to tour a feed yard, a dairy, the ethanol plant, Holcomb Power plant and even a tour of the Tyson Beef packing plant. We talked a lot about immigration and the difference it makes in a community. These tours I

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include soil testing, plant disease diagnosis, insect and plant identification, water testing, yield information and public awareness. Chapman also talked about the community garden and its success in the first year. Mallory Wittstruck, director of communications at Farmway Coop and LMC alumni Class XIII, discussed communication being the key to helping their owners succeed by using various media.

A panel of local farmers, including Becky Crumbaker, Shale Porter and Jeremy Adams, were asked various questions regarding life on a farm, the challenges they face, education versus experience, and farming in the future.

Once the speakers completed, Joe Ortnier, site manager of Carrico Implement, gave a history of

the business and how they are staying abreast of evolving agriculture technology. He followed with a tour of Carrico's. Another

tour was taken at AGCO and the Sunflower Manufacturing Plant with Bradley Stewart, project engineer of AGCO and LMC alumni Class XIII, and Rye DeGarmo, LMC Class X alum.

Following lunch, Wittstruck and Mark Palen, LMC board members, discussed four steps to a highly functioning team working towards a common goal. Board members Mary Jane Chapman and Deb Beam presented the leadership skill diagnosing the situation with adaptive and technical challenges.

The class took a break in December and will reconvene in January for their health and education class session. ♦

WELLNESS CORNER: Why Worksite Wellness? *from Lori May - Class X*

Traditional worksite wellness programs focus on change at the individual level. That may work for some, but not the majority of us.

Behavior change is much more complex than having a weight loss challenge. Our surroundings greatly influence how we live our lives. People used to have to chase down their food, kill it,

clean it and prepare it. We may do that for fun these days but more likely, we consume as many calories in ONE fast food meal! It's much easier to eat the Oreos that are in your pantry than it is to run to the store to grab Oreos when you are craving them. It's

much easier to grab fast food on your way to the ballgame than it is to pack a sack lunch. How do we make the healthy choice, the easy choice....from our workplaces to our homes, our sporting events to our churches? The worksite is where people spend the majority of their waking hours. Do you think your worksite impacts your health? I guarantee that it does, healthily or unhealthily is the question. Now, what do you do about it? 

Heinen Continues Leadership Training

LMC was a very personal experience for alumni Sarah Heinen, Class XII, in that it really helped her understand how to recognize and utilize the strengths and weaknesses of herself and the people she interacts with to impact a variety of situations. Sarah joined the program because she wanted to learn ways to make a difference in her community.

What she gained was a knowledge and understanding that has transcended all aspects of her daily life.

Sarah is currently working on settling into a new life in the heart of Jayhawk Country... being a Wildcat fan makes it difficult to admit that! She has recently accepted a new job as a Marketing Representative for

the Kansas Department of Commerce. Sarah will work with program managers across a variety of fields to support and promote different programs for the State of Kansas. A typical day can include anything from planning events to creating and/or updating marketing materials to maintaining the company Web site.

The past few months have been witness to a lot of change for Sarah – a new job in an unfamiliar industry in a city where she knew all of two people, talk about stretching her egg! The change has been a bit overwhelming at times, but for Sarah, it is a daily exercise in the KLC competencies. With each day comes the challenge of how to implement these competencies in a

way that positively affects her role as a project manager, volunteer, or even her role as the “new kid in town.”

Given Sarah's current location, continued participation in the LMC program is limited.

She misses her place on the leadership board but tries to stay abreast on what's happening and the continued impact the program has on Mitchell County. Eventually she hopes to be able to come back and participate in alumni events. Until then, she is looking at building on the knowledge gained through LMC and learning of ways she can impact Douglas County through possible involvement in Leadership Lawrence. 

KARL Program Continues

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community. These tours I wouldn't be able to share without KARL. I am constantly amazed by the doors that open for us because of this program.

The December session was Personal Development in Norton. This was a very intense session. We started by studying work place behaviors and how to work with different behavior types. We then had board room practices that included ice breakers, consensus voting, and extemporaneous speaking. It was by far the best thing I have learned so far. During our media training we took turns being interviewed on radio and television. We were fortunate to have a radio station owner, a television interviewer, a newspaper editor and even a professional mediator with us to critique. We were given tips and tricks to help us get our message out. KARL keeps the alumni involved, so every session we are treated to the alumni and

donors open up their homes to us for food and networking. We have met some amazing people across the state already. These people are doing everything they can to keep Kansas Rural Agriculture in the forefront of the minds of the people who make the decisions. Our next session will be in Topeka in January. Please check out the KARL web site at karlprogram.com and follow us on Facebook! 

New Board Member: Brandan Pounds

New LMC board member Brandan Pounds discusses his involvement in LMC and what it means to him.

What impact have you seen LMC make on Mitchell County as a whole?

-This is a hard question to answer because not one impact stands out to me that I can talk about. How I view it is I look at the alumni that have completed the LMC program and I see how many of them are participating in organizations, programs and other civil activities that help leads to a common good in this community and the surrounding communities.

How do you incorporate what you have learned into your daily life?

- The resources that I took away from LMC are incorporated into my daily activities especially at work.

Being a loan officer I work with a lot of people on a daily basis, and you always seem to get a new challenge every day. Once you start implementing the KLC Competencies, it almost starts coming natural with your daily activities.

What does it mean to you to be a board member?

-It means a lot to me to be a member of the board. You get to see firsthand the heart of the program and the inner workings of how the whole program comes together. Being a part of that is a great experience! You get to work with a lot of exceptional people and organizations that are dedicated to this program. Being elected to the board gives me the opportunity to

help implement a change in leadership that I hope will reflect a common change in Mitchell County and the surrounding communities.

Do you have immediate and/or long term goals as a board member that you can share?

-My immediate goals as a board member are to continue learning what all goes into Leadership Mitchell County and how to make the program better. My long term goals as a board member is to get more involved in the individual sessions and help implement those sessions to the future classes. Being a class facilitator would be one of my biggest goals as a board member and I hope to accomplish that and be a part of LMC leadership process. 

LEADERSHIP VOLUNTEERISM

Mitchell County Hospital Health Systems

-Auxiliary, and economy shop and Pink Ladies volunteers needed
Contact Vickie Mears at 738-5066

Bloodmobile (5 events per year)

-Assistant to chairperson
-Help set up and tear down
Contact Vickie Mears at 738-5066

Mitchell County Historical Society Museum

-Manual labor, file and office work
Contact Kyle Peterson at 738-5355

Meals on Wheels

-Delivery drivers to deliver meals, including bad weather
Contact the MCHHS at 738-2266

Senior Center Meals

-Delivery drivers
Contact Judy at 738-5802

Road to Recovery

-Drive cancer patients to appointments
Contact Pat Cashatt at 738-3828,
pjcashatt@nckcn.com

CASA (Court Appointed Special Advocates)

-Volunteers will receive training to be advocates for abused and neglected children in the court system. Contact Carol Miller at 243-8200 or 877-576-2272,
nckcasa@cloudcountysks.org

Post Rock Humane Society

-Adoptive parents or foster parents to animals waiting to be adopted
-Volunteers to pick up animals
-Dog and cat food needed
Contact Trudy Collins at 738-2951

Heart Choices Heartbeat Pregnancy Center

-Janitorial Services
-Reception/Clerical Work
-Donations of baby supplies (diapers, wipes, etc)
Contact 738-3433,
heartbeat@nckcn.com 