IN THIS ISSUE:

- 50 Years of PRIDE - The Word is Spreading!
- Masonic Cancer Alliance
- New Takeaways from the Maker Space Boot Camp
- From the History Books
- Kansas Kind - A Blog for Communities (Resources Highlighted)
- Continuing Opportunities Section
- Events Calendar
- 2020 Kansas PRIDE Communities

50 Years of PRIDE

I am sure by now that you know that 50th Anniversary of the Kansas PRIDE Program. K-State Research and Extension, The Kansas Department of Commerce, the Kansas Masons, and Kansas PRIDE, Inc. work together to provide resources for Kansas communities, and awesome communities like yours go above and beyond to make Kansas the great state it is! People are beginning to take notice! Check it out (you can click on any of the underlined 3 listed highlights below to see how the program has been featured):

Local papers, as well as the Salina Post and Morning Clips featuring the 50th Year News Release.

Ron Wilson of the Huck Boyd Institute for Rural Development featuring the work of Grainfield PRIDE's work, as well as the 50th Anniversary of PRIDE.

KSN/KODE 12 News featuring the 50th Year of Kansas PRIDE.
There are sure to be more highlights in the future highlighting our partnership so stay tuned!

We are honored to celebrate our 50th year with our communities and partners! Working together to provide resources for communities benefits the whole of Kansas!

THANK YOU for all that you do! -Jaime Menon, Kansas PRIDE Co-Coordinator, K-State Research and Extension, jmenon@ksu.edu

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Masonic Cancer Alliance Screenings

MASONIC CANCER ALLIANCE

Outreach Network of The University of Kansas Cancer Center

For many years the Kansas Masons have partnered with KU Med to provide FREE Cancer, Body Mass Index, Blood Pressure and sometimes dental screenings through the Masonic Cancer Alliance. As we all know, early diagnosis can make a world of difference.

Each year up to 10 Masonic Lodges provide venues for the screenings. Since 2004, over 10,000 people have been screened. About 18% are recommended to follow up with local provider to rule out cancer. I have heard countless stories from community volunteers and Masons that have attended on how early detection has saved a life. That is why we are spreading the word here.

This year the screenings feature nutrition and fitness publications provided by K-State Research and Extension Family and Consumer Sciences as a tool to help guide participants to lifestyle changes that can reduce risk factors associated with cancers.
Here is a list of dates and locations of this year’s FREE Screenings:

- March 28 – Olathe
- April 18 – Mayetta
- April 25 – Kiowa
- May 23 – Manhattan
- June 6 – Emporia
- June 13 – Kansas City Kansas (Wyandotte County)
- July 18 – Coffeyville (date tentative)
- July 25 – Hays
- August 1 – Elkhart
- August 8 – Salina
- September 12 – Chanute

If you are interested in attending, or know someone who may be, don’t hesitate to contact us at PRIDE@ksu.edu and we will get you connected to someone who can give you the details of where exactly.

The Masonic Cancer Alliance Facebook page has provided information on their events in the past. You can also follow the Kansas Masonic Foundation Facebook page to learn about the screenings as well as other screenings that they have on offer (such as hearing screenings).

-Jaime Menon, Kansas PRIDE Co-Coordinator, K-State Research and Extension, jmenon@ksu.edu

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**New Takeaways from the Maker Space Boot Camp**

As I write this I’m only about one third of the way through my time attending the FabLab Maker Space Boot Camp at Independence Community College, but I wanted to share a few things that I’ve taken away so far.

Do cool stuff, then talk about it. When you talk about it, other people will talk about it. What cool things have you been doing, and why are they awesome? If you’re doing those things and no one knows about it because word isn’t getting out, how will you gain new participants, volunteers, and donors? Be
passionate about what you do and be vocal.

Don’t buy cheap when implementing projects. Quality materials and equipment last longer. If you’re constantly repairing or replacing something it can be frustrating for your volunteers and end users. It can also be more expensive over the years. Park equipment, paint and related supplies, exercise equipment for your new community fitness center, etc.

Sometimes a community will identify the need for more jobs locally and try to go after that big manufacturer or other industrial facility looking for a new home to place their expansion project. Growing people from within who are already in your community may be a better tactic. Entrepreneurs, those small business owners in your community or those thinking about opening a business should be on your radar. That’s not to say going after that manufacturing plant that will employ 100+ people is a bad idea, but looking at current statistics (https://tinyurl.com/r9cnxad) small business employs almost 60 million people in the U.S., which is nearly 50% of all people in the workforce.

Make a wish list online for your PRIDE projects. I’m going to direct you to the FabLab ICC’s project wish list as an example (https://www.fablabicc.org/Wish-List). If you put your project details online with the materials and equipment your group is looking to purchase, why it’s important/what it will be used for, and the estimated cost, when businesses, donors, philanthropists, and organizations see that paired with other great things you’re doing or have done (hopefully also highlighted on your website), it may open up new funding possibilities to move your projects along to completion. Don’t forget to pair it with a “Donate” button on the same page. Having that list also serves as a reminder to your group and community of what’s still needed for those projects. Don’t forget to thank your donors, which can also be done on the wish list page as items are checked off.

More in upcoming newsletters. If you’re interested in learning more about maker spaces and upcoming FabLab Maker Space Boot Camps at Independence Community College, you can view their website here: https://www.fablabicc.org/ -Jan Steen, Kansas PRIDE Co-Coordinator, K-State Research and Extension, jmsteen@ksu.edu
Helping ourselves by helping others

In his new book, “The Healing Power of Doing Good,” Allan Luks, Executive Director of Big Brothers/Big Sisters of New York City, suggests that volunteerism relieves stress, raises self-esteem, and possibly bolsters the immune system.

At least two prominent heart researchers recommend volunteering to their patients. “Anything that promotes a feeling of community and connection is healing, and volunteering is one way of accomplishing this,” says Dr. Dean Ornish, director of the Preventive Medicine Institute at the University of California at San Francisco.

“People who are isolated have a rate of heart disease two to five times greater than that of people who are socially involved.” Adds Dr. Herbert Benson, a professor of medicine at Harvard University Medical School and a leader in the field of mind/body research, “Social helping is one way to promote physical relaxation, which has many benefits, including reduced anxiety, depression and anger.”

From the History Books

This article comes to us from the March/April 1993 Kansas PRIDE newsletter - Helping ourselves by helping others. Who knew that volunteering was good for your heart? I guess those of us who read this originally back in 1993 did!

Isolation can mean higher rates of heart disease, while social involvement can lead to physical relaxation, reduced anxiety and reduced depression and anger. So when you’re looking for volunteers, start promoting the personal health benefits along with how it will help the community!

New Community Vitality Blog for Communities

As mentioned in the previous newsletter, there are some new things on the horizon. The next resource we are rolling out is a blog for Community Vitality!

Each post will feature a story that might outline a situation, and some tools that we suggest that might be of use in such times.

The blog address is kansaskind.blogspot.com

Feel free to stop in and read, comment, and share!

CONTINUING OPPORTUNITIES SECTION

GRANT WRITING WORKSHOPS

Did you know that K-State Research and Extension's Nancy Daniels is providing upcoming Grant Writing Workshops throughout the state (she also does First Friday E-Calls, another AWESOME resource for communities, which are also listed on the link we will provide below)? Check out the link below for more information.
location and registration information. Coming up are grant writing workshops in Sedgwick County, Morris County, Douglas County, and Cowley County. If you're in any of those areas you won't want to miss your chance to attend!

**Grant Writing Workshops**

**External Funding Opportunities**

Want to put your new grant writing skills to use? Here are some opportunities for project funding outside of the Kansas PRIDE grants:

**North Face Explore Fund:** Minimum of $5,000, maximum of $25,000 in grants for encouraging underrepresented communities in outdoor exploration, or protecting wild places. Grant is open to 501c3 entities or organizations working with a 501c3 partner.

**Kansas Creative Arts Industries Commission:**
The Strategic Investment Program funding round application deadline is April 3 and is available to fund projects that use the arts to improve community vitality, revitalize neighborhoods, improve tourism and more - emphasis on impacting cultural programming. For eligibility information and details on what type of funding is available for projects, visit the site.

Have a local event going on? Got great places to visit? Eat? Play?

Why not send your ads here and we will place them in our newsletter? You just have to send a high quality photo and the verbiage you want to use and we will place them in our newsletter for one month!

**Send Your Ad Here!**
ENROLL IN KANSAS PRIDE

Now's the time to enroll for the 2020 program year. You can enroll now and add your government resolution at a later date if you don't have it yet. Also, reporting for Q4 is still available until March 1 if you had trouble reporting by the deadline.

Enrollment and Reporting

K-State Research and Extension offers entrepreneurship webinars every first Friday of the month, and there have already been several great sessions this year. If you missed them, they've been recorded and are available to view at your convenience along with the slides and some notes. Visit: https://www.ksre.ks-state.edu/community/business/entrepreneurship/ for all past sessions. Coming up this month is a presentation by Ben Winchester for the University of Minnesota which will be about Baby Boomers and the Rural Housing Supply.

FACEBOOK NEWS

Interested in a FREE Face to Face
Don’t forget to like us on Facebook if you haven’t already. We post there often, and some of that information isn’t available in the newsletter – webinar announcements, community news, alerts.

Hit the button below to check us out, or “Like” us to see opportunities that are upcoming! Also invite us to “Like” your page if you have one!

Find Us on Facebook

Community Visit

Community Visit?

Needing guidance or help transitioning/organizing?

Wanting to show off your community?

Need strategic planning, ripple effects mapping or other resources?

Send us an email at PRIDE@ksu.edu and we will get one scheduled with you!

EVENTS CALENDAR

Quarterly Report Dates:
- March 1st, April 15th, July 15th, October 15th

Opportunity Dates:
- February 15, 2020 - Award Applications Due

2020 Kansas PRIDE Communities

So far the following communities have enrolled in the Kansas PRIDE Program for the year of 2020.

And if you'd like to enroll this year, go here and click on the blue "Enroll "button: https://kansasprideprogram.k-state.edu/enrollment-reporting/index.html

- Admire
- Agra
- Alton
- Anthony
- Arlington
- Ashland
- Assaria
- Axtell
- Blue Rapids
- Burden
- Bushton
- Caldwell
- Caney
- Centralia
- Clifton
- Kinsley
- La Harpe
- Lakin
- Larned
- Lecompton
- Leonardville
- Lincoln
- Lucas
- Luray
- Macksville
- Marion
- McFarland
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