

INSIGHT – Trusting the process

Glenn Brunkow, Pottawatomie County farmer and rancher

Kansas Farm Bureau is fully engaged in the process of developing policy for members' consideration at our annual meeting in December. The Resolutions Committee has received your ideas from issue surfacing and we have started developing proposals for the full delegation to consider.

We all know that we live in interesting times, and it is even more critical that we hear from all of our members and gather as many opinions as we can. The policy in our book reflects the direction our members want Kansas Farm Bureau staff to engage with legislators and other leaders as they make decisions that affect your farm or ranch.

The grassroots nature of our policy book is what gives Kansas Farm Bureau and the American Farm Bureau Federation (AFBF) their clout in Topeka and Washington D.C. Each one of those policies came from a member and were developed with the help of other members until they were adopted by Kansas Farm Bureau and, in the case of national policy, (AFBF).

I hope you had an opportunity to attend an issue surfacing meeting, but if you did not and want to submit an idea or an issue for the Resolutions Committee, you can do so at www.kfb.org/advocacy. Again, I remind you that our policy

and our organization are strong because of members and their ability to have a voice in the direction of the organization.

This fall we will have 10 listening posts all across the state, and it will be your opportunity to voice your opinion on any of the proposed policy changes. The more members who weigh in on policy changes, the stronger those changes are. Each of our 10 districts are represented on the Resolutions Committee, and I encourage you to reach out to yours with ideas or questions. Every member has the right to voice their opinion and we are stronger because of the varied ideas.

In December at the Kansas Farm Bureau Annual Meeting we will finalize the proposed changes in policy and that policy book will be our marching orders when it comes to working with legislators at the state and federal level. Those are your words and your ideas and that is why it is so important that we have as much input as possible.

Will we always agree with the policy? Probably not, but it is in the book because a majority of the delegates from all 105 counties voted for it. You know what? If you don't agree with the policy you have the ability to lead the charge to change it. Everything we do is member driven, which means what we do can be changed by, you, the member.

I hope you will engage in the policy development process. Yes, we have already started the wheels in motion, but there is still time for each member to weigh in with their ideas. If you are not a member, there is still time to join and jump in.

I believe in our process, and I truly believe it is because we are a grassroots organization who has a seat at the table for everyone involved in agriculture its up to you to be involved.

Four Qualify For State Forensics



On Saturday, April 12, the high school forensics team performed at the regional meet in Wamego. Onaga made a clean sweep and earned "1" ratings in all four events they entered, which qualified students in two more events for state festival. The State Festival will be held at Kansas Wesleyan University in Salina, on May 3rd. Students who have qualified and will be participating are: Lillie Weiser - Prose; Alyssa Rager - Poetry; Adalei Conley - Impromptu Speech; Blake Williams - Impromptu Speech; Adalei Conley and Blake Williams - Improvised Duet Acting.

Local News Items

By Teresa Kathke

Sunday morning Teresa Kathke attended sunrise service at the Christian Church in

Havensville and then had breakfast at the fellowship building that the men from the church had made. Teresa then went to the Bishop family reunion in Onaga at the community center. The reunion was for the family of Cleon and Leatha Bishop. Two of their children Glen Bishop and Mary McDougal and their families were there along with family members of Carl Bishop, Dorothy Cline and Helen Rose's family. Carl, Dorothy and Helen were with us in spirit as they had all passed away. We will all be together again someday.

Daniel Sarah, Charlotte, Isabel, Katelyn and Tanner McKinsey attended a fish fry at Justin Chamleys with some South Dakota family who were here turkey hunting.

Saturday Dan Sarah Isabel and Charlotte McKinsey went to an Easter weenie rooster at Jepson's pond. Fun was had by all.

Easter Sunday Daniel, Sarah, Katelyn, Isabel, and Charlotte McKinsey went to Alan and Janet's for Easter lunch.

Sunday lunch guests of Marsha Bergman were Nathan, Emlie, Claire, Maddie and Meredith, Adam & Shelby, Finn, Cal & Mac, all of Rossville. Katie and Tatum Renyer of Lawrence, Steve & Lindsey, Cecelia & Robert O'Keefe of Kansas City and Dr. Marcus, Meghan Lillie, Gavin, Emery, Eli & Stella. Carter Bergman and friend Alex of Manhattan, Bill & Donna Dedonder of St. Marys and Karen Bergman were at her home for Easter including, including an egg hunt.

Visitors of Joe and Karen Harder were Rory, Zoey and Ellie Starns. Their mom, Bailey also came and mowed the lawn for her parents. Taylor came too for a while. Also visiting were Tracy, Lincoln, Rayna and Monty Meyerkorth.

Public Notices
Need to be printed
Because You Have the
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Penny Pinching: Money-saving ideas for buying groceries, cooking at home

K-State experts share tips during Living Well Wednesday webinar

By Pat Melgares, K-State Research and Extension news service

It's a question on many consumers' minds currently.

"What if you could save 'blank' dollars per month at the store, and it would only take you 'blank' minutes per week?" said Janelle VanKooten, a regional specialist for the Supplemental Nutrition Assistance Program Education (known as SNAP-Ed) in northwest Kansas.

Sounds like a good idea, right?

"Filling in the blanks here will probably look different for each of us, because we all have different budgets, different schedules and different taste preferences that we're working with," VanKooten said. "But for reference, if you shop once

per week – about four times per month – and you lower your shopping costs by \$12.50 per week, you would save \$50 in one month" – or \$600 each year.

VanKooten and Ashley Svaty – K-State Research and Extension's family and consumer sciences specialist in northwest Kansas – were the featured speakers during the Living Well Wednesday series, a free online program offered the second Wednesday of the month in the spring and fall.

Their session was titled, 'Pinchin' Pennies in the Kitchen.'

"You don't have to do a complete overhaul of your budget or how you shop in order to save money," VanKooten said. "I encourage you to pick one or two adjustments that would work well for you and make them good, solid habits."

Some helpful tips to help save money and time include:

Make a weekly dinner plan

VanKooten suggests marking on a menu calendar which nights you might be able to prep food, and which night's that might not be possible.

"This allows you to plan a meal a day or two ahead of time, and then plan on leftovers for busier nights, or to shop for items that will not take a lot of time to prepare," she said.

Use what you have on hand

VanKooten uses an example of what to do with leftover bread: "In my house, it's usually (used for) French toast or sandwiches. When you're planning your grocery list, see what you have on hand and then you can plan your grocery list based on what items you need to fill in."

VanKooten noted that the U.S. Department of Agriculture's MyPlate website – a guideline for Americans to eat more healthfully – has an online menu planning calendar to help develop a grocery list.

Shop from the sale flyer

VanKooten encourages consumers to fill in their menu for the week with sale items. "Look for things that could work for you and your family," as opposed to just buying sale items, she said.

Buying store brands can save you money

Svaty acknowledges that some brands simply don't taste as good as the national brand, "but be open to the idea of trying cheaper brands if you see them."

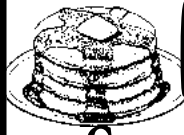
"You'll win sometimes, but sometimes your family will prefer the other brand," she said.

Buy items in bulk

Many foods can be bought in bulk to save your family money, such as meat, oatmeal, rice, pasta and canned goods. These foods can be stored safely and used over time.

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your junk into
cash, fast, by
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Herald. One
man's junk is
another man's
treasure!**

WHEATON CENTER



BREAKFAST

Sunday, April 27

7:00 a.m. to 1:00 p.m.

**Biscuits, Gravy, Sausage
Eggs, Pancakes, Juice & Coffee**

Dine in or carry out

FREE WILL DONATION

**Sportsman's
Tavern**



**401 Bypass Rd – Onaga
785-889-0124**

Fridays & Saturdays Grill Open until 10 p.m.

**– Daily Lunch Specials – 11:00 a.m. to 2:00
Tuesday thru Saturday- – Carry out available–
Closed Sundays and Mondays**

Evening Specials

**Tuesdays- Cook's Choice
Wednesdays-Cook's Choice
Thursday -Hamburgers
-Cheeseburgers
Friday- Tacos all day
Saturday- Special**

**2025 Onaga Alumni
Banquet & Dance
Saturday, May 10**

Onaga High School Gymnasium

Dinner & Meeting at 6:00 p.m.

Dinner Ticket.....\$25.00

Dance held at Onaga Area Community Center

Sponsored by Friends of Onaga Wrestling

No dinner tickets sold after April 28

Classes having reunions please contact an Alumni Officer.

Classes are responsible for their own reservations and decorations

For Tickets Contact

Tracy Meyerkorth, VP 785-564-0844 or

Bailey Jo Starns, Sec'y/Treas. 785-456-4014

539 Main St Wheaton, KS, 66521

Venmo: @OHSAlumniAssociation

Logan Marten, President

If requesting by mail, **YOU MUST ENCLOSE A SELF-ADDRESSED, STAMPED ENVELOPE!!**

Make checks payable to Onaga Alumni Association.

Tickets Also Available from: Farmers State Bank, Onaga Country Mkt, and Onaga Pharmacy in Onaga

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