



Please help us celebrate **77 YEARS** of Conservation
SWCD ANNUAL BANQUET

August 8th, 2023

Voting @ 6:00-6:45 pm

Meal @ 6:30 pm

Meeting @ 7:00pm

Location: Junior Fair Building (Exhibit Hall)

Guest Speaker: Theresa Dirksen with Ag Solutions

**Please call our office @ 419-738-4016 with questions and to RSVP
or return the form below by July 24th to RSVP!**

LOCATION: The banquet will be at the Junior Fair Building (Exhibit Hall) at the Auglaize Co Fairgrounds!

TICKETS: We will **NOT** have tickets again this year! You **only need to** RSVP by July 24th and send money for the amount of people attending!

VOTING TIME CHANGE: You may vote at the meeting between **6:00—6:45pm** OR request a ballot from our office OR in person at the office from July 10th thru August 8th—between 8:00 to 4:00.

The evening program will feature a slide show during voting and dinner, presentation of the Cooperator award, scholarship awards and our guest speaker. Rounding out the evening, we will be giving away door prizes donated by generous individuals and businesses. The building is air-conditioned and handicap accessible.

Reservation **deadline** is **Monday July 24, 2023**

_____ number attending @ **\$5.00 each** = \$ _____

Name _____ Phone _____

Additional people attending _____

Make Check Payable to: Auglaize SWCD

The Auglaize SWCD newsletter is a publication to keep county residents informed on SWCD programs. Please phone the office at 419-738-4016. If your address needs corrected, if you wish to be removed from our mailing list or receive your newsletter via e-mail by contacting cdavis@auglaizecounty.org

Old or New Tile Records

We recently scanned all of our old tile records into an electronic format. If you have tile records and would like to have them preserved, bring them into the office for scanning or copies!

Paper records don't last forever!



CALENDAR OF EVENTS

July 4th— office closed for holiday

July 30th thru Aug 5th — County Fair

Aug 8th—Annual Meeting—Jr Fair Bldg

Sept 4th — office closed for holiday

Sept 19th—21st —Farm Science Review

Oct 9th—office closed for holiday

Nov 5th—Time Change

Nov 10th—office closed for holiday

Nov 23th & 24th—office closed for holiday

Dec 25th—office closed for holiday

Don't let a Jack Whack You in the Back . . . Safety tips on proper use

The following recommendations are important for the safe use of jacks. Compare the rated capacity of the jack to the weight of the load to be lifted to ensure that the jack can safely do the job. Keep jacks lubricated as recommended. Do not use a jack that is leaking fluid.

Handle jacks carefully. Dropping or throwing them may distort or crack the metal and the jack may fail under the load. Position the jack properly at a point that can carry the lifted weight.

The lift point should be flat, level with the floor or ground, and able to support the base of the jack. Lift should be straight up and down. If working on the ground, place a long wide block under the base of the jack to keep it from sinking, shifting or tipping when weight is applied. If the jack will not lift high enough, place additional blocking under the jack. Never put ex-tenders for height between the jack saddle and the load.

Stabilize the equipment. If the machine is self-propelled, place the transmission in gear or in park position and set the brakes. Block at least one of the wheels remaining on the ground. When lifting pull-type equipment, hitch it to a tractor drawbar to keep it in place. Always check the position of the jack after it has started to lift. If it leans, lower the jack and reset. Lift no higher than necessary.

Beware of the jack handle. Some mechanically operated jacks can pop up and kick when the load is lifted or lowered. Stand to one side while using the jack to avoid being struck by the handle. Never straddle a jack handle and always remove the handle when is not being used.

Here is a quick checklist when using jacks:

Stabilize equipment, than set brakes and/or block wheels

Do not overload the jack

Lubricate with recommended oil as directed

Do not drop the jack

Discard damaged jacks

Position the jack properly and discontinue lifting if the load shifts

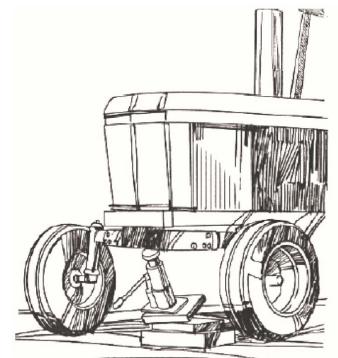
If working on the ground in the outdoors, place a heavy block under the base of the jack

Recheck the jack before completing the lift

Remove the jack handle when lift is completed

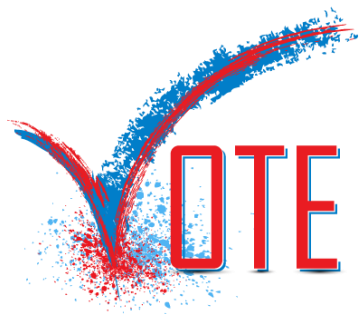
Lift only as high as necessary

Support the lifted load with blocks or a stand



avoid this

(article by OSU Extension)



BOARD OF SUPERVISOR CANDIDATES

An Election of Supervisors for the Auglaize Soil and Water Conservation District will be held at Junior Fair Building ~ Wapakoneta, Ohio on Tuesday August 8, 2023 from **6:00 pm to 6:45 pm.**

Two Candidates will be elected for a three year term starting January 1, 2024. Residents, landowners, firms and corporations that own land or occupy land in Auglaize County and are 18 years old are eligible to vote. You may vote at the Annual Meeting, vote absentee by requesting a ballot from our office OR in person at the office from July 10th thru August 8th, between 8-4:00



Deborah Brown lives south of St Marys in St Marys Township. Married to Stanley and has 1 adult son. They own 65 acres and farm 100 acres of corn, wheat, soybeans and alfalfa. They use no till and like to plant cover crops, and their son raises pastured beef. When asked why she is interested in re-running for board supervisor she said "It's important that we continue

to preserve the land and water resources we have, especially in light of pollution concerns in the past several years. For a kid who grew up milking cows and driving tractors, the single worst thing about No-Till is "limited tractor seat time:" one pass and you're done. I don't see all that topsoil being blown away by wind or washed away by water flowing over bare ground, which helps to keep that soil where it belongs, One of the reasons this area was first settled was because of Good Soils! Let's keep them good and healthy!" Some important issue she feels SWCD is facing: I think we need to do some more education on what our local SWCD does. Too many people (non-farmers) don't realize the need for conservation practices and what assistance is available. We also have a (somewhat) limited staff and need to work more directly with other organization/agencies to get some of the projects done.



Sandy Zwiebel lives south of Wapak in Pusheta Township. Married to Jacob with 2 boys and 1 daughter. They own 400 acres and farm 300 acres of corn, beans, wheat with no-till and minimal tillage. Also raise nursery pigs and a few Hereford cattle.

When asked why she is interested in running for board supervisor she said "to get involved in my community and help make a positive contribution. Farm conservation practices are vital for sustainability and I want to encourage practices to protect soil, water, wildlife and the interest of the non-ag community as well." Some important issue she feels SWCD is facing: helping improve water quality on farmers land. Ways to improve filtration and manage animal waste. Another issue is storm runoff in rural and urban communities. Addressing this issue is to provide the proper procedures when applying nutrients and management practices to help manage storm water runoff such as grassed waterways or filter strips.

Lawn Care Practices

Test the soil in your lawn or garden before making fertilizer decisions. Minimal applications of nutrients over the length of the season are suggested rather than one large one. Granular fertilizers display three numbers (14-2-14) on the packaging and correspond to the percent of nutrients: Nitrogen (N), phosphorus (P), and Potassium (K) by weight. Nitrogen is most important for maintaining quality, density and color. Phosphorus is important when establishing a new lawn and to treat nutrient deficiencies in lawns. Potassium is important to help plants mitigate the effects of drought stress. Many soils already contain adequate levels of potassium, but soil testing would help determine the need. Generally fertilizing should be done in April and May and/or September and October if needed. Most fertilizers applied to home lawns are formulated as granular products because they are easy to apply. These granular products can also be impregnated with material to control weeds and insects. Unfortunately, it can be difficult during a fertilizer application to prevent granules from spreading on driveways, roadways or sidewalks. If not removed rainfall can wash these granules into storm drains and degrade our waterways. This scenario is easily avoided by sweeping or blowing fertilizer granules back into lawns after an application.



If you are interested in the 2024 H2Ohio program, please get with your Ag Retailer or Crop Consultant to update your VNMP. Here is a list of items you will need:

- Soil test for each field (4 years old or newer - 2021 would be the oldest you can use for the 2024 crop year)
- Crop rotation for each field and yield goals for each crop (beginning with 2023 through 2026)
- What nutrients (commercial fertilizers/manure) are being applied to each field and rate of application (please indicate if Flat Rate or Variable Rate). If you plan to apply manure, you will need a Manure Analysis from the Ag retailer/Producer where you are sourcing your manure. If it is your own manure, you will have to take a sample to be tested and then get the analysis.
- FSA maps, if you have them. (need in a shape file format - aka .shp)

You may email the information, if that is easier than making an appointment to drop off everything. Email Molly at mhamp@auglaizecounty.org (Please note . . . we have a size limit on our server for email attachments that we can receive, so if you choose to email, you may have to break it down into multiple emails) If you have any questions, please feel free to call our office at 419-738-4016 x 119 and ask for Molly.

Farmers Mental Health . . .

(courtesy of Ruralhealthinfo.org)

Farmers have demanding jobs that are often compounded by economic uncertainty, vulnerability to weather events and isolation. Addressing mental health challenges is critical so that farmers can successfully navigate other stressors that are common in their day-to-day lives. People experiencing a great deal of stress or living with mental health issues may struggle to maintain healthy relationships, have difficulty succeeding at work, or otherwise experience challenges while managing the demands of their daily lives.

Over the past few years, farmers have experienced significant economic stressors including falling commodity prices, natural disasters that have harmed crop yields or reduced herds, increasing levels of farm debt, labor shortages, and trade disputes.

While financial concerns are a major factor impacting farmer stress, they are not the only concerns. Some of the most common mental health conditions include:

Stress is the body's reaction to an event or demand and can be a normal experience. However, extreme stress or stress that lasts for a long time can have physical, mental, or emotional consequences. Symptoms can be different for each person but may include irritability, headaches, trouble sleeping, heart disease and diabetes.

Depression is one of the most common mental illnesses in the US and can interfere with how a person feels and thinks. Symptoms of depression include sadness, anxiety, feeling "empty", irritability, loss of interest in hobbies or activities and decreased energy.

Anxiety Disorder may cause panic attacks; extreme or long-lasting episodes of anxiousness about their health, finances or required activities; or fears about a specific situation or experience. Anxiety disorders can interfere with social relationships, make it difficult to concentrate or interrupt a persons sleep.

Suicide is one of the leading causes of death, but is preventable. Symptoms of a person who may be considering suicide include talking about their feelings of hopelessness or shame and fears about being a burden on others. They may also change their habits, including withdrawing from family and friends, using drugs or alcohol more often.

~~ Continued on pg 7



Life is like ICE CREAM . . Enjoy it before it melts!

In NO particular order and not a complete list, but in case you want to try a new place . . . **ENJOY!**

Wapak area: Krave Creamery, Max's Dairy, Scoops, and DQ

St Marys area: Scoops2 and Mylas Frozen Yogurt

New Bremen area: Dairy Queen

New Hampshire area: Route 33 Eats



Minster: Tasty Treat

Delphos: The Creamery

SCHOLARSHIP WINNERS

Awarded \$750 each



Thomas Bills

Parents—Chris & Lisa Bills

of St Marys

University of Findlay

Pre Vet Studies/ Biochemistry



John Kohler

Parents—Ben & Jane Kohler

of Wapakoneta

Ohio State University

Sustainable Plant /Agronomy



Emma Link

Parents—Michael & Andrea Link

of St Marys

Bowling Green University

Marine Aquatic/Environmental Science



Leah Walter

Parents—Greg & Sarah Walter

of St Marys

University of Toledo

Environmental Engineering

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Working together for Ohio farmers to advance agriculture and strengthen our communities.

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Check us out on the web at
www.otfb.org/counties/auglaize

The farmer is more than just
the person working in the
fields and caring for his
animals...no, the farmer is
much more. They are the one
that feeds you.

#ThankAFarmer

There are many other mood disorders and mental health conditions that may affect the farm family and symptoms of these conditions vary. Mental illness is not a “casserole disease” like other conditions such as cancer. Lack of support can occur because people are not sure how to help or because of lingering stigma in the community around mental health issues.

Substance use disorders are not considered a mental health condition, but can often co-occur with mental illness. People who use substances to self-medicate when they are experiencing a mental health crisis or coping with stress; may also experience poor mental health when abusing substances or living with a substance use disorder. Alcohol is the most commonly used substance by people working in agriculture with opioid usage increasing.

Root Causes of Farm Stress—Families who work in agriculture are tightly linked to their land and are impacted by the environmental and financial systems that support their livelihood. Changes in those systems can have significant effects on mental health.

Commodity prices are regulated by the government and can often be unpredictable, which can make it difficult for farmers to plan ahead.

Long hours or fatigue during the busiest seasons or during a crisis can be physically and mentally demanding work. Operating machinery while sleep-deprived can increase risk of injury, and fatigue can be related to symptoms of stress and depression.

Interpersonal Issues can lead to isolation if a small operation or farm may only have 1 or 2 employees, which can be associated with poor mental and physical health outcomes. Conflict or health issues within the family can become a source of stress and cause lack of focus on task.

Farming Identity can include having a strong relationship with the land that is passed down for generations thru family. If the farm fails and the family must move on to other places or jobs, the feeling of failure can be devastating.

Family members are key contact points in the farming community and may be more likely to notice a farmer who is struggling and encourage their family member to seek help. However, farming communities can also benefit from conversations with a wide range of stakeholders such as: Clergy, insurance agents, financial lenders, Extension Office, Farm Service Agency, etc. These professionals may be able to identify a farmer who is struggling or the farmer might be more comfortable talking about their concerns or stress with people with whom they have established trust. Meetings are a good way to reach people to discuss similar issues and offer other sources of help.

IF you or someone you know needs help here are a few resources to keep in mind:

Farm Aid Hotline call 800-327-6243 or website - www.farmaid.org/our-work/resources-for-farmers/online-request-for-assistance-form

988 Suicide & Crisis Lifeline or website 988lifeline.org

2-1-1 website www.211.org

Ohio Government website is Agri.ohio.gov/gotyourback

Farm Bureau website is www.fb.org/initiative/farm-state-of-mind



LAUGHTER ALWAYS MATTERS

When is a door not a door? When it is ajar!

Why do bees have sticky hair? They use a honeycomb

What do you get when you cross a cactus and a pig? A porky pine.

What's brown and sticky? A stick

What does a baby computer call its father? Data

Why do pancakes always win at baseball? They have the best batter

What do you call a toothless bear? A gummy bear

Why do cows have hooves and not feet? They lactose

Where do polar bears keep their money? In a snowbank

Why do melons have weddings? They cantaloupe

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www.auglaizeswcd.org and www.oh.nrcs.usda.gov

Auglaize SWCD Mission:

Provide leadership, technical assistance, education and conservation of natural resources in Auglaize County.

OFFICE HOURS: 8:00 to 4:30 Mon thru Fri

Board Meetings are usually held the first Wednesday of each month at 8:30 am.

Please call or check our website to verify date and time.



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