

Walnut Creek Extension District

April 2026 WCED Monthly Newsletter

www.walnutcreek.k-state.edu

Lane County Office

144 S. Lane, Courthouse
P O Box 487
Dighton, KS 67839
620-397-2806

- Lacey Noterman, Director and Agriculture Ext. Agent - Inote@ksu.edu
- Chelsey Shapland, 4-H Program Assistant - cshapland@ksu.edu
- Kendyl Wells, Office Professional kgwells@ksu.edu

Ness County Office

503 S Pennsylvania Ave
Ness City, KS 67560
785-798-3921

- Robyn Trussel, 4-H and Youth Agent - rdeines@ksu.edu
- Kristen Schmidt, Family Comm. Wellness - kbschmidt@ksu.edu
- Randae Rufenacht, Office Professional - rrufenac@ksu.edu

Rush County Office

702 Main, P O Box 70
Lacrosse, KS 67548
785-222-2710

- Jared Petersilie, Agriculture Ext. Agent - jaredp11@ksu.edu
- Berny Unruh, Office Professional - bunruh@ksu.edu

Upcoming Events

April Dates

- My Plate* Presentations in WCD Elementary Schools all month
- 1 - Lane Co. Cloverbuds - Dighton
 - 1 - Kristen presents at Dighton Joy Center
 - 2- Ness Comm. Vitality PDC - noon
 - 3 - Offices Closed
 - 6 - Lane Co. Monday Fun Day - Dighton
 - 6 - Lane Co 4-H Council
 - 13 - Rush Co Jr Leaders & 4-H Council
 - 14 - Hays Home School Day Camp
 - 15 - Ransom Go Getters Senior Center
 - 16 - Colby Home School Day Camp
 - 16 - Ness City Leisure Years and Wheatview Apts
 - 20 - Ness Co 4-H Council
 - 22 - Earth Day
 - 23 - SW Area FCE Event - Rush Center
 - 19-25 - National Volunteer Week
 - 26 - Lane 4-H Small Animal Weigh-in - 10 am
 - 26 - Ness 4-H Animal Weigh In - 2 pm
 - 27 - Extension Board meeting - Ness City

May Dates

- 1 - Important! - 4-H Add/Drop Deadline
- 2 - Rush 4-H Small Animal Weigh-In - 8 am
- 13 - Thriller, Filler, Spiller (Exhibiting Flowers). @ Bison Comm. Library - 6 pm
- 27- Tractor Safety course - Cimarron

County Fair Dates

Lane County Fair - July 15-18

Ness County Fair - July 21-25

Rush Co. Fair - July 29 - Aug. 1

K-State Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audiotape, and American Sign Language), may be requested by contacting the event contact, Walnut Creek Extension District, four weeks prior to the start of the event at 620-397-2806 or email Inote@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request."

KANSAS STATE UNIVERSITY

Extension
Walnut Creek District

Join Our Team

Extension Summer Assistant

Position Details

This position offers a great opportunity for someone interested in 4-H, youth development, agriculture, family & community services, or community engagement.

- ✓ May & August 2026
- ✓ Must be 18 years or older
- ✓ 20-40 flexible hours per week

Kansas State University is an equal opportunity provider and employer

We Are Hiring



Email cover letter, resume, and references to lnote@ksu.edu by April 1st. For more information, call any of our offices at
Lane County 620-397-2806
Ness County 785-798-3921
Rush County 785-222-2710

April 19-25 is National Volunteer Week

We ♥ our Volunteers

Walnut Creek Extension and WCD 4-H have tons of volunteers that we greatly appreciate! Thank you for taking your time and putting in the effort to help us serve our communities, help grow tomorrow's leaders and make our district a better place.

A BIG SHOUT OUT TO OUR

Extension Board Members Program Development Committee Members
Community Leaders 4-H Project Leaders 4-H Teen Leaders
County Fair Boards County Fair Superintendents

You are Greatly Appreciated

Truly Grateful for you.





Lacey
Noterman

Spring Freeze Injury to Kansas Wheat

This publication describes temperature conditions that cause spring freeze injury, symptoms of injury, and management practices to use when wheat is injured. For an electronic copy, click on the link below:

https://bookstore.ksre.ksu.edu/download/spring-freeze-injury-to-kansas-wheat_C646

Swing by any of the 3 offices to get your copy today!



Brown Wheat Mite Active in Western Kansas

Reports of brown wheat mite activity are emerging in western Kansas. With continued dry, cool conditions, wheat and triticale fields should be monitored closely.

This sporadic pest is more common in dry years and can be mistaken for drought stress. Mites feed on leaf cells, causing stippling, followed by leaf tip burn and a scorched appearance as damage worsens.

For more information, go to: <https://eupdate.agronomy.ksu.edu/article/brown-wheat-mite-active-in-western-kansas-686-2>

Gardening Calendar

The busy season is kicking off for gardeners as temperatures across Kansas begin to warm up. It's time to get seeds in the ground! Below is an alphabetical list of common garden crops that should be planted soon — if they aren't already:

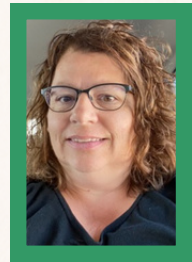
- Asparagus (crowns) – mid-March to mid-April.
- Beets (seed) – late March to early April.
- Bok choy (seed/transplant) – late March to early April.
- Broccoli (transplant) – late March to early April.
- Cabbage (transplant) – late March to early April.
- Carrots (seed) -- late March to early April.
- Cauliflower (transplant) -- late March to early April.
- Chicories (seed/transplant) -- late March to early April.
- Collards (seed/transplant) -- late March to early April.
- Fennel (seed) – mid-March to early April.
- Kale (seed/transplant) – mid-March.
- Kohlrabi (seed) – mid-March to early April.
- Leeks (transplant) – mid-March.
- Lettuce (seed) – mid-March to early April.
- Mustard (seed) – late March to early April.
- Onion (sets/plants) – mid- to late March.
- Parsnips (seed) – mid-March to early April.
- Peas (seed) – early to mid-March.
- Potatoes (seed) – mid-March to early April.
- Radish (seed) – mid- to late March.
- Rhubarb (crowns) – March to April.
- Spinach (seed) – mid- to late March.
- Swiss chard (seed/transplant) – late March to early April.
- Turnip (seed) – mid- to late March.





Clover Connection

4-H Youth Development
Growing Tomorrow's Leaders
Through Hands-on Opportunities



Celebrate Earth Day: Small Actions, Big Impact

Earth Day is the perfect reminder that even small actions can make a big difference in caring for our planet. Whether you're an individual, family, or part of a community group, there are many simple and meaningful ways to get involved.

Consider spending time outdoors by organizing a community clean-up, planting trees or flowers, or starting a small garden. These hands-on activities not only beautify our spaces but also help youth and adults alike connect with nature in a meaningful way. Maybe create simple DIY items like bird feeders or reusable bags. These activities are fun, educational, and encourage us to rethink how we use everyday items. Earth Day is April 22nd.

The Benefits of Camp

Youth camps offer a wide range of benefits that support kids' growth in fun, meaningful ways. Youth camps do more than just keep kids busy—they help them grow. At camp, young people build confidence, make new friends, and learn real-life skills like teamwork, leadership, and problem-solving. They get unplugged from screens, connect with nature, and discover new interests in a fun, supportive environment.

Camp isn't just a week of activities—it's an experience that helps shape stronger, more capable, and more confident kids. It builds confidence by trying new activities and stepping outside comfort zones. Camp encourages independence away from home and helps youth discover new interests and passions. We would love for your kiddos to sign up and experience CAMP with us this summer.

We also need teens that are interested in being a mentor and providing leadership to serve as camp counselors. Please stop by your local Extension office to sign up by the first part of May.

Camp Dates and Deadlines

June 3-5 - Discovery Days, Manhattan 13 and older youth, Opens April 1

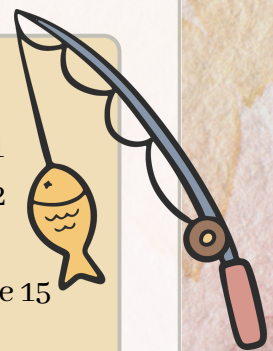
June 10-12 - 4Clover 4-H Camp, Dodge City, 7-10 age youth, DUE May 22

June 18-19 - Cedar Bluff Overnight Camp, 7-10 age your, DUE June 1

June 23-25 - Leadership 101 Camp, Ford Co Lake, 11-13 age youth, DUE June 15

Camp Counselors Needed – Age 13 and over, Application DUE May 15

Camp flyers can be found at <https://www.walnutcreek.k-state.edu/4-h/camp.html>



Managing Stress

Everyone experiences stress, and everyone experiences stress differently. April is Stress Awareness Month—a time to recognize and manage the strain of stress.

Stress is the way in which your mind and body respond to certain experiences or events. There are two types of stress: distress and eustress.

Distress is the negative stress that causes anxiety, decreases performance, and can negatively impact mental health. Distress occurs when stressors become severe and prolonged, negatively impacting one's daily life, relationships, and general health.

Eustress is the type of stress that can benefit you. These stressors challenge or motivate you to excel and are usually short-lived.

There is not a way to totally eliminate stress; however, it can be managed in a healthy way. Here are some ways to help you start managing your stress:

1. Begin by recognizing or pinpointing the specific stressors that you experience in your life.
2. Determine the underlying source of your distress.
3. Once you recognize specific stressors and determined their sources, it is time to alter your thoughts about them. Try to categorize them into things you can and cannot change.

Not everyone experiences stress in the same way, so the ways to manage stress will be different as well. Here are some tools and techniques:

- Exercise and a healthy diet
- Mindfulness
- Journaling
- Deep breathing
- Meditation
- Practice the art of gratitude
- Mental, Physical, Social or Spiritual Self-care

If your distress becomes long-lasting, starts to affect your daily life and relationships, you may need to seek professional help. Professional help is provided by a medical or mental health provider and can include therapy, counseling, and medication.



If you are uncertain where to begin, a good place to start is with an appointment with your primary care physician or a call to your local Community Mental Health Center.



The Original AI

As a cattle producer this is a good year to ponder the benefits of A.I. and I'm not talking about Artificial Intelligence. Artificial Insemination is a tried-and-true way to make genetic improvements to all forms of livestock but is arguably easier with cattle and hogs. In today's markets, the name of the game is getting them bred, but we also need to look at the cost aspects and time constraints.



**Jared
Petersilie**

The reason I say this year is that the prices associated with synchronization, semen, and associated expenses is relatively stable comparable to the costs of bulls, fuel, and expenses with natural service. The run-up of calf values we have seen through the fall of 25 and back up again this winter has been a saving grace to many producers, so there is extra value to be captured in both genetics and carcass value. The University of Tennessee has a very good cost comparison tool (W 899), granted- no one is going to have calf value numbers with the current volatility we see: <https://utbeef.tennessee.edu/wp-content/uploads/sites/127/2020/11/W899.pdf>

When trying to determine if using TAI (Timed Artificial Insemination) could benefit an operation, one should compare the cost of NS (Natural Service) breeding alone with one round of TAI followed by bulls to breed cows that did not conceive initially. The most important number to focus on for this comparison is the cost per pregnancy, because this value depicts the total cost of each breeding option. Breeding cost is dependent on the bull-to-cow ratio, cost of bulls, cost of TAI, herd size and the expected pregnancy rates. <https://www.agmanager.info/ksu-bull-vs-ai-breeding-costs>

This is one key snippet pulled from a lengthy study available online. I will be the first to admit that it does take more time to AI. A timed AI protocol will either require feeding for synchronization or will put cows or heifers thru the chute 3 times with using a CIDR insert.

Again, this is not an easy decision, but many who get started usually stay with it. With a very uniform calf crop, likely a heavier set of calves, and less bulls to contend with, it makes the bottom line easier to justify. If the ranch version of AI has you interested, contact your vet or AI rep soon as their calendars are filling up quickly. As always, contact your local extension office with additional questions. We're here to help!

