K-State Research and Extension
Walnut Creek District

Upcoming Dates

January
3 - K-State Garden Hour Webinar Series Zoom
3 - Lane County 4-H Cloverbuds
4 - 4-H on the 4th - Update your Record books
4 - LIEAP - 11:30 am at Joy Center in Dighton
8 - Rush County Community Leaders
9 - Welcome Kristen in LaCrosse - 10 am - 2 pm
  Come enjoy some soup and fellowship
10 - Knowledge at Noon - Dighton Courthouse
  Make Healthy Habits Stick
12 - RSVP for Calving School
15 - Fair Judges Training - Hays
15 - Calving School - Rush Center - 5:30 pm
16-17 - Cover Your Acres Winter Conference,
  Oberlin
22 - Walnut Creek District Board meeting
26- LIEAP - 11:30 am - Leisure Years - Ness City
31 - Managing Cow Costs in ‘24 - Ness City

February
4 - 4-H on the 4th - Share your favorite 4-H picture - past or present with Robyn
6 - Livestock Risk and Predator Control- Dighton
7 - K-State Garden Hour Webinar Series Zoom
7 - Lane County 4-H Cloverbuds
17 - District 4-H Club Days in Dighton

March
2 - Regional 4-H Club Days - Dodge City
What are you most afraid of? How would you answer that question? One of the most common human fears is “speaking before a group”. Even a polished speaker has some fear of giving a presentation. Giving a good presentation takes practice and the harder you work at it, the better you will become.

I was just recently reminiscing about my first 4-H project talk, “How to Eat a Square Meal”, back then four food groups were what we were taught, now days its My Plate. I remember this large red terry cloth covered board that I had pieces that velcroed to the board as I did my presentation. I remember practicing, practicing and practicing some more. I practiced with the neighbor lady that helped write my project talk, I practiced with mom and I practiced with grandma.

Since that time, I have had to speak in front of very large groups of people. I still get butterflies in my stomach, my heart always beats a little faster and my face always turns red. However, speaking to a group has become much easier. I actually enjoy telling the 4-H story.

The basics that I learned about making 4-H presentations are just as important in everyday conversations with friends and with business acquaintances. Consider these tips when giving a presentation:
- Stand on two feet and try not to rock back and forth. Good posture increases self-confidence.
- Look at the audience and smile. This is a must for keeping their attention. If you are not interested in them, they will not be interested in you. Good eye contact with an audience is just as important as good eye contact during a conversation.
- Dress appropriately. When you look as good as you possibly can, you will feel less self-conscious.
- Talk loud enough so the people in the back row can hear you and don’t talk too fast. Make sure everyone can understand everything you say. Try not memorize your speech, but be familiar enough with it so it sounds as if you are sharing your own true feelings.
- Use poster boards or visuals if they enhance the presentation.
- Be pleasant, Be at ease, Be yourself and Be enthusiastic. A smile on your face will put a smile in your voice.

These tips are very simple, but they are the basics to getting people to listen. If you believe that what you have to share with the audience is important, you will portray that in your appearance, your body language, your voice and in your smile.

What is included in a good talk?
All talks have three parts: an opening or introduction, the body that presents the information, and a short summary that highlights the main points of the talk.
1. The introduction is the opening statement. It should catch the audience’s attention by doing one of the following: • Ask a question. • Show an object or a picture. • Tell a startling fact. • Make a challenging statement. • Tell a short story.
2. The body is the main part of the talk. It should be 80 to 90 percent of your talk. First, tell what the main idea of your talk will be. Then explain or illustrate important facts while developing the main idea. Tell of personal experiences whenever they relate to your talk. Use pictures, poster boards, models, or other visuals if they enhance the talk. Visuals are not required in project talks, but they may add to your talk if they have a purpose.
3. Give the summary or conclusion. Repeat just a few of the major points. A quotation, poem, or saying might be used at the close.

If you need help with a project talk or other public speaking tips contact our 4-H Agent, Robyn Trussel.
KANSAS 4-H
SUMMER INTERNSHIP OPPORTUNITY

- MAY 28 – AUG 9, 2024
- PAID INTERNSHIP
- UP TO 40 HOURS/WEEK
- 12 WEEK INTERNSHIP
- MULTIPLE LOCATIONS ACROSS THE STATE

For best consideration apply by January 21, 2024. Apply here:

K-STATE Research and Extension
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JUDGES TRAINING

MONDAY, JAN. 15
10:30AM TO 3:00PM
$10 Fee - Lunch Provided
Pay at the door

LOCATION
Western Research Center
1232 240th Ave
Hays KS, 67601

JUDGING AREAS:
- CLOTHING
- FOODS AND NUTRITION
- HORSES
- VEGETABLES
- ANIMAL ARTS
- WILDLIFE
- SPORTS
- PHOTOGRAPHY

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SATURDAY, JANUARY 13, 2024

KANSAS 4-H DAY
WITH K-STATE WOMEN’S BASKETBALL

$30: Ticket, Voucher ($10 concessions), & Shirt
$20: Ticket & Voucher ($10 concessions)

HOW TO GET TICKETS?
1. Register! Use the QR code or the link below!
2. Pick up tickets packages - Location TBD
   (1/13/24, 11:30 AM - 12:30 PM)
3. Doors open for the general public (1/13/24, 12:00 PM)
4. Tip-off (1/13/24, 1:00 PM)

Online registration for this event will be due January 1st, 2024. No paper registrations will be accepted. To register, go to: https://tinyurl.com/KS4HDay2024

K-State University Agricultural Experiment Station and Cooperative Extension Service
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Keep Your Food Safe during Power Outages

Planning Ahead
- Keep an appliance thermometer in both the refrigerator and freezer. Make sure the refrigerator temperature is at 40 °F or below and the freezer is at 0°F or below.
- Group foods together in both the refrigerator and freezer. This helps foods stay cold longer.
- Keep the freezer full. Fill empty spaces with frozen plastic jugs of water, bags of ice, or gel packs.
- Freeze refrigerated items that you may not need immediately, such as leftovers, milk, and fresh meat and poultry. This will keep them at a safe temperature longer.
- Have a large, insulated cooler and frozen gel packs available. Perishable foods will stay safe in a refrigerator only 4 hours.
- Find out where dry ice and block ice can be purchased.

During a Power Outage
- Keep refrigerator and freezer doors closed.
- The refrigerator will keep food safe for up to 4 hours. If the power is off longer, you can transfer food to a cooler and fill with ice or frozen gel packs. Make sure there is enough ice to keep food in the cooler at 40°F or below. Add more ice to the cooler as it begins to melt.
- A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full).
- Obtain dry ice or block ice if your power is going to be out for a prolonged period. Fifty pounds of dry ice should hold an 18-cubic-foot freezer for 2 days. (Caution: Do not touch dry ice with bare hands or place it in direct contact with food.)
- In freezers, food in the front, in the door, or in small, thin packages will defrost faster than large, thick items or food in the back or bottom of the unit.
- During a snowstorm, do not place perishable food out in the snow. Outside temperatures can vary and food can be exposed to unsanitary conditions and animals. Instead, make ice. Fill buckets, empty milk containers, or cans with water and leave them outside to freeze. Use the homemade ice in your refrigerator, freezer, or coolers.

After a Power Outage
- Never taste food to determine its safety. WHEN IN DOUBT, THROW IT OUT!
Caring for Poinsettias during the Holiday Season

For many, the rich color of poinsettias is a comforting symbol of the holidays. The Poinsettia ranges from red, white, green, pink, or a color combination. This popular plant can last through the end of the year and beyond if properly maintained.

The poinsettia prefers temperatures between 65- and 75-degrees Fahrenheit. Temperatures above 75 degrees will shorten the life of the blooms. Below 60 degrees may cause root rot.

Remember, when picking the plant’s location, it is best to place the plant where it can avoid drafts from windows or heat sources, such as a fireplace or space heater. Try to keep the plant in a consistent temperature setting.

Bright, indirect light is preferred. Always keeping the poinsettia’s leaves from touching cold windows. Soil should also be kept moist also.

If it dries completely, the poinsettia will wilt and potentially lose some leaves. To water the plant place in the sink, turn on the water at a thin constant stream and water until the water runs through the drainage holes of the container. Use lukewarm water only.

Roots will rot if the poinsettia is left in standing water, such as in a saucer or in the plastic sleeve they are often sold in.

Fertilizing and other maintenance is not necessary until after the holidays.

K-State Research and Extension will host the 21st annual Cover Your Acres Winter Conference for crop producers and consultants on January 16 and 17. The conference will take place in the traditional in-person format at the Gateway Civic Center in Oberlin, KS.

This year’s conference will feature university specialists and industry representatives discussing what’s driving profitability in northwest Kansas farms. Session topics will include economic drivers on NW Kansas farms, weed resistance management, cropping systems, and soil fertility management.

Online registration is open. The fee is $55 for Tuesday and $60 for Wednesday, or $80 for both days. After January 10th and for walk-ins the cost is $80 per day.

For more information and to register go to: https://www.northwest.k-state.edu/events/cover-your-acres/
K-State 2024 Chemical Weed Control Guide is NOW available. This publication provides suggestions for chemical weed control in several major crops. The online version is available at: https://bookstore.ksre.ksu.edu/pubs/SRP1183.pdf If you prefer hard copies, contact your local Extension Office today!

Control Volunteer Trees Now

Trees are a vital part of our landscapes however there are situations where volunteer trees need to be controlled.

Volunteer trees are saplings that grow from seeds by themselves. The issue usually being wrong plant in the wrong place.
If the tree is still small and is desirable, you may consider transplanting in the spring.

Active control measures can be taken if the tree is not desirable. Most trees re-sprout after cutting, but those that don’t, can be effectively controlled by cutting. Tree species that do re-sprout after cutting call for different control methods. These trees will either need to be dug out or the cut stump treated with herbicide after cutting.

Herbicide should only be used on stumps not suckers. Using herbicides on suckers will damage and very possible kill the original tree.

The most commonly used and available herbicide is triclopyr and glyphosate. Roundup is a common name for an herbicide that contains glyphosate, while triclopyr is found in many brush killers.

Always read the label before purchasing to make sure that a stump treatment is listed. Most often the undiluted or lightly diluted product is applied to the stump immediately after cutting.

It is most important to treat the stump immediately or within five minutes of cutting.
Ionophones

We all know that to make money on a cow-calf operation, we have to keep feed costs in check. Mostly, we grow our own feed and produce it as cheaply as possible. Every effort to walk the profit off the farm is considered positive. Research shows the feed costs for a cow herd is usually between 50 and 70% but often closer to 65%.

We might make the feed portion cheaper, but if we sacrifice too much, our growth, reproduction, and health are compromised and the losses out weigh the additional costs. So how do we keep an ideal balance?

One is with ionophores. Although ionophores have been utilized extensively in feedlot and backgrounding diets, inclusion of ionophores into beef cattle supplements for cows and heifers can elicit a positive increase in feed efficiency and increased gain. Supplementation to increase post-ruminal supply of glucogenic precursors with propionate salts has been shown to decrease days to resumption of estrus and increase pregnancy rates in young range cows (Mulliniks et al., 2011).

As with all products, labels need to be followed, but keep in mind these products are fed in ‘grams per day.’ Small amounts added to the feed they already consume-in tubs, in cubes, or in mineral.

Ionophores have been safely fed in the beef industry for a long time although mostly in feedlot and backgrounding diets. When fed according to the recommended rates, ionophores are considered safe and effective. Ionophores can be fed to cattle in several different supplemental packages from liquid feeds, cakes, pellets, and loose minerals. The classification of the animal (i.e., lactating cow vs stocker) can dictate how ionophores are delivered according to the label. Ionophores approved for use in cattle include monensin (Rumensin®), lasalocid (Bovatec®) and laidlomycin propionate (Cattlyst®).

Monensin, in particular, has been shown to shorten the days to puberty in heifers and decreases the postpartum interval in beef cows (Gadberry et al., 2022). Adding ionophores in grazing livestock diets has the ability to improve feed efficiency, decrease harvested feed intake, and improve reproductive performance in heifers and lactating range cows. The feed cost will increase with the addition of ionophores, but so will the returns. The current cycle we are in is great at the cow/calf level, so every female that breeds up is a big first step towards that goal. Many research papers look at the results to see if they are statistically relevant. I look at this as it only takes 1-2 additional bred cows or a couple heifers that move up in cycling to pay for the difference in feed costs.

Upcoming Programs

January 15 - Registration at 5:30 pm - Calving School
Rush Center

January 31 - 5:30 pm - Managing Cow Costs in ‘24
Ness County Fairgrounds, Ness City

February 6 - 5:30 pm - Livestock Risk and Predator Control
Lane County Fairgrounds, Dighton
K-State Research and Extension
Walnut Creek District

CALVING SCHOOL

RSVP for the meal by January 12th
Free will donation to 4-H for Beef and Noodles meal

MONDAY,
JANUARY 15

Registration Starting at 5:30 pm
Township Hall
Rush Center, KS

Dr. Aaron Larson - Correcting forms of dystocia and when to intervene

Dr. Gregg Hanzlicek discussing fetal and newborn care and development: vaccinations, colostrum replacers & more

For more information contact:
Jared Petersilie 785-222-2710
jaredp11@ksu.edu

NO Cost but please RSVP by phone or email

K-State University Agricultural Experiment Station and Cooperative Extension Service
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LIEAP

NESS CITY LEISURE YEARS CENTER
422 NORTH TOPEKA AVENUE

FRIDAY, JANUARY 26, 2024
12:00 P.M.

THE LOW INCOME ENERGY ASSISTANCE PROGRAM (LIEAP) IS A FEDERALLY FUNDED PROGRAM THAT HELPS ELIGIBLE HOUSEHOLDS PAY A PORTION OF THEIR HOME ENERGY COSTS BY PROVIDING A ONE-TIME PER YEAR BENEFIT.

THE 2024 LIEAP APPLICATION PERIOD WILL BEGIN DECEMBER 18, 2023 AND WILL CONTINUE UNTIL THE CLOSE OF BUSINESS ON FRIDAY, MARCH 29, 2024.

PLEASE JOIN US TO LEARN MORE ABOUT THIS PROGRAM

IF YOU WOULD LIKE INFORMATION, BUT ARE UNABLE TO ATTEND, PLEASE CONTACT KRISTEN SCHMIDT, FAMILY AND COMMUNITY WELLNESS AGENT, AT 785-798-3921

K-STATE
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Walnut Creek District

K-STATE RESEARCH AND EXTENSION IS COMMITTED TO PROVIDING EQUAL OPPORTUNITY FOR PARTICIPATION IN ALL PROGRAMS, SERVICES, AND ACTIVITIES. ACCOMMODATIONS FOR PERSONS WITH DISABILITIES MAY BE REQUESTED BY CONTACTING THE EVENT CONTACT, KRISTEN SCHMIDT TWO WEEKS PRIOR TO THE START OF THE EVENT AT 785-798-3921. REQUESTS RECEIVED AFTER THIS DATE WILL BE HONORED WHEN IT IS FEASIBLE TO DO SO. KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE. K-STATE RESEARCH AND EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.
Make Active Habits Stick

If your doctor gave you a prescription for exercise, would you follow it?

Exercise is like medicine for many reasons.

Obviously, physical activity strengthens muscles, and it also prevents blood vessels from getting damaged and clogged. In turn, this helps prevent heart attacks, strokes, and even some types of dementia.

In fact, regular exercise can be as good as medication at preventing diabetes and heart disease in at-risk people. And, it is even more effective than drugs for stroke recovery.

Join me in January to Learn More

Knowledge at Noon
By Melinda Daily
January 10, 2024

Location:
Dighton Courthouse
Community Room

Time:
12:00 –1:00 p.m.

Please RSVP by
January 8, 2024 at
620-397-2806

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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PLEASE JOIN US

A WELCOME FOR
KRISTEN SCHMIDT
AT THE WALNUT CREEK
EXTENSION DISTRICT OFFICE
IN LACROSSE, 702 MAIN

STOP BY FOR A BOWL OF SOUP
AND OTHER YUMMY TREATS FROM
10 AM TO 2 PM
ON TUESDAY,
JANUARY 9, 2024

Thank You to the Rush County FCE units for helping to host this event for our new Family Community Wellness Agent