



Cottonwood Extension District

K-State Research & Extension News

Cottonwood Extension District #17

Winter Edition 2018

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What's Happening

- January 9—[Calving School](#)-Great Bend
 January 10—[Cover Crop School](#)-Hays and Great Bend
 January 11—[Be a Book Cook](#)-Dollars and Sense—Hays
 January 16-17—[Cover Your Acres Winter Conference](#)-Oberlin
 January 16—[Stay Strong, Stay Healthy](#)-Great Bend
 January 16 & 30 —[Small Steps to Health and Wellness](#)-Hays
 January 17 & February 1—[Small Steps to Health and Wellness](#)-Great Bend
 January 20—[“Leadership Under Construction”](#)—Hays
 January 23—[Ag Lease Laws & Recreational Lease Workshop](#)-Great Bend
 January 31—[Master Gardener Training Begins](#)—Great Bend
- February 2—[Farmer’s Market 2018 Regional Workshop](#)-Great Bend
 February 2—[Making Good Decisions with AgManager.Info](#)—Hays
 February 2—[4-H Fair Judges Training](#)-Hays
 February 14—[Spring Crops Update](#)-Hays
 February 15—[Weed Control Update for Field Crops](#)-Great Bend
 February 21—[Healthy Cooking Styles](#)-Great Bend
 February 22—[Freezer Meals from the Meat Case](#)
 February 26—[Preserving the Family with Estate Planning](#)-Great Bend
 February 28—[Estate Planning –Stop and Learn](#)-Great Bend
- March 6—[Canola School](#)-Great Bend
 March 10—[Super 4-H Saturday](#)-Hays
 (NW 4-H/FFA Judging Contests, Project Workshops, Leader Training)
 March 14 —[Chinese Culinary Workshop](#)-Hays
 March 17—[“Monarchs on the Move” Teen Training](#)-Hays
 March 18-May 21—[Walk Kansas 2018](#)
 March 21—[StoryWalk Activity](#)-Great Bend
- April 3—[Healthy Cooking Styles](#)-Hays



Agriculture

Alicia Boor & Stacy Campbell

Calving School

The ultimate goal of a cow/calf operation is to produce and raise a live calf. When it comes to calving, timely assistance can cut calf death losses by half and help boost the cow's reproductive health after delivery. To educate producers on minimizing potential losses related to calving, Cottonwood Extension District will be hosting a **Calving School in Great Bend on January 9th starting 10:00 am.**

Dr. AJ Tarpoff, K-State Research and Extension Beef Veterinarian will begin the program on Recognizing Signs of Calving Difficulties and Managing a Difficult Calving. He will also have a demonstration cow on site to show how to manage a difficult calving when you need to intervene. Dr. Justin Waggoner, K-State Research and Extension Southwest Area Beef System Specialist will be presenting Nutrition and Winter feeding in conjunction with Body Conditioning Scores in your cattle herd. Finally, Alicia Boor, Cottonwood Extension District Livestock agent will have a refresher on Body Conditioning Scores in cows and heifers.

To learn more about Calving and Body Conditioning, come join us on January 9th at the Kansas Wetlands Education Center at 592 NE K-156 HWY North of Great Bend. **This program is free to attend, but RSVP's are needed for a meal. Contact 620-793-1910 by January 5th.**

Cover Crop School

Cover Crops have been a hot topic lately when it comes to weed suppression and grazing livestock. There are many options to consider when finding out what cover crops to plant, and how they can enhance your operation and what you want them to do for you.

There will be a Cover Crop School offered by the Cottonwood District on **January 10th in Great Bend and Hays.** The Great Bend School will be held at the American Ag Credit Building located at 5634 10th Street in Great Bend from 10:00am - 1:00pm with a light meal served. The Hays school will be held at the Cottonwood Extension Office Meeting Room at 601 Main Street in Hays starting at 3:30 pm- 6:30 pm with a meal following.

Dr. Anita Dille, professor of Weed Ecology at Kansas State University will discuss her research on weed

suppression using cover crops. She will talk about how different mixes of cover crops suppressed weeds and what covers are recommended depending on your cropping system.

Dr. Jaymelynn Farney, Southeast Area Beef Systems Specialist for K-State Research and Extension will discuss her research pertaining to using cover crops in a livestock production system. She will cover grazing covers as well as baling for future use. Jaymelynn will also talk about recommended cover crops to maximize forage for livestock, and future research projects.

To learn more about Cover Crops, come join us on January 10th either in Great Bend or Hays. **This program is free to attend, but RSVP's are needed by January 8th for meal counts. Please RSVP for either program at 620-793-1910 or 785-628-9430 or tam3@ksu.edu**

Ag Lease Laws & Recreational Lease Workshop

Renters, landowners, and recreational land users are invited to attend the Ag Lease Law & Recreational Lease Workshop offered by the Cottonwood Extension Office on **Tuesday, January 23rd beginning at 10:00 am and concluding at 1:00 pm.**

This program is intended for anyone who wants to know more about agricultural lease law, fence law and recreational leasing opportunities.

Forrest Buhler, Kansas Agricultural Mediation Services staff attorney, will begin the program discussing specific Kansas laws on renting pastures and cropland, and will have further information on Kansas fencing laws and how to work through fencing considerations with neighbors, landlords, and tenants.

Nate Gilbert an attorney and native of central Kansas will highlight the in's and out's of recreational leases. He specializes in hunting, wildlife, and multiuse land leases across Kansas and Colorado.

To learn more about agricultural leases, laws, and recreational opportunities come join us on **January 23rd** at American Ag Credit Building located at 5634 10th Street in Great Bend. **The program is free to attend but RSVP is appreciated by January 19th at 620-793-1910.**

Save the date:

Cover Your Acres Winter Conference – January 16-17, 2018, Oberlin, KS.

To see full schedule and to register online check out: www.northwest.k-state.edu/coveryouracres
Early bird registration deadline is January 10th.

Alicia and I will be going up to this conference, not sure which day yet. If anyone wants to ride with us, give us a call at 785-628-9430 for Hays folks and 620-793-1910 for Great Bend, or email us at tam3@ksu.edu

Make Good Decisions with AgManager.info

February 2nd from 1:30 to 3:00 pm in the Extension Office Mtg. room, 601 Main St. Hays

Topics:

- Giving a tour of AgManager.info and the different sections/areas on it
- Demonstrating some of the decision tools on AgManager.info
- Showing the crop and/or livestock budgets and how to use them
- Demonstrating the Financial Benchmarking Tool – a tool to assess a farm’s financial position relative to other similar farms in the same region.

Presenter: Rich Llewelyn, Coordinator of Ag Manager and Extension Assistant

RSVP is requested by Wednesday, January 31st. Must have a minimum of 8 RSVP’s to hold the workshop.

Spring Crops Update - Hays

February 14th from 11:00 am – 2:30 pm in the Extension Office Mtg. room, 601 Main St. Hays.

Topics:

- Production Practices for Corn & Sorghum
- Seeding Rates
- Row Spacing
- Hybrids
- Production Problems
- Q & A

Presenters: Ignacio Ciampitti, Extension Cropping System Specialist, and Lucas Haag, NW Area Ext. Agronomist.



RSVP for free meal count by Friday, February 16. Call 785-628-9430, or 620-793-1910, email tam3@ksu.edu

A minimum of 10 RSVP’s is required in order to hold the update.

Weed Control Update for Field Crops – Great Bend

February 15th from 3 to 6:00 pm at American Ag Credit Bldg. 5634 10th Street, Great Bend.

Topics:

- Herbicide resistant weed mgt.
- Herbicide control updates
- Dicamba resistant soybeans
- Q & A

Presenters: Dallas Peterson & Curtis Thompson, Extension Weed Control specialist.

RSVP for free meal by Monday, February 12. Call 620-793-1913 or 785-628-9430, email tam3@ksu.edu

A minimum of 10 RSVP’s is required in order to hold the update.



Canola School – Great Bend

March 6th from 9:30 to 11:00 am at American Ag Credit Bldg. 5634 10th Street, Great Bend.

Topics:

- Basic production practices & management tips – Planting, seeding rates, row spacing, weed control, fertility, hybrid selection, harvesting.

Presenter – Michael Stamm, KSU Canola Breeder, and Lucas Haag, NW Area Ext. Agronomist.

Complimentary rolls, coffee and juice will be provided.

RSVP not required but appreciated by 12 noon on March 5th, call 620-793-1910 or email tam3@ksu.edu





Horticulture

Rip Winkel

Landscape plants may require a winter watering

As I am writing this article, it is a beautiful, sunny day outside with a very light breeze to compliment it. Temperature rose to almost 60⁰ F. It just does not seem to be the middle of December at all. There has been no snow needing to be shoveled thus far, which is fine by me, but still find it a little strange. According to one source, we have received 0.01” of precipitation in Ellis County for the month of December. In November we received 0.07” of precipitation. This great weather is not so great for your plants around the house.

During winter dry spells, it is not surprising to be concerned about your landscape; grass, bushes and trees. A potential result of a long, dry period could mean death to parts of the root systems, especially with newly planted or stressed plants. Woody plants typically have shallow root systems and require supplemental watering. Herbaceous perennials and ground-covers, especially those in exposed sites, can be subjected to cracking in soil that exposes roots to cold temperatures and the drying air. There is less worry about Buffalo or Bermuda turf grass, as they tend to tolerate drought conditions quite well.



If you choose to water during the winter months, you may want to follow the guidelines listed below. You may not want to use your underground irrigation system however, as having the pipes full of water with freezing temperatures more than likely cause damage to the system. Use a standard garden hose, connecting it to a soaker hose, or a sprinkler head.

- Water only when the air temperature is above freezing...even better if it is above 40⁰ F with no snow cover.
- If the ground is frozen, do not water.
- Apply during the heat of the day, possibly around 11:00 a.m. to 1:00 or 2:00 p.m. It is important to let the water soak into the soil before it freezes up for the night.
- With trees as well as bushes, you might want to water the area under the ends of the branches. This area is called the drip line, and it is where the majority of the roots that absorb water and nutrients are located.
- Focus on the newly planted material that has less than three years in the ground (this includes turf grass, if it was just installed this last fall.)
- Water about once a month if the dry spell continues.
- With the trees and bushes, water to a depth of 6 to 8 inches if possible. Using a soaker hose might be the easiest way to do this, as it puts out water slowly, soaking in more readily. A sprinkler can also be used, but a spray wand would require you to be outside the whole time watering. It might be too cold for that.
- If you are concerned about your larger trees and if possible, apply about 10 gallons of water for every inch of the tree's trunk diameter (measured at 6 inches above the ground level).
- An easy way to remember the days to water, is to use the holidays: Thanksgiving, Christmas, Valentine's Day, and Easter.
- Please **do not** forget and leave the water running.... With this dry period, we must be frugal with our water usage.

Plant Fact

Even though the first potatoes were cultivated in Peru about 7,000 years ago, China today is the lead producer of potatoes. In 2014, China topped out with 96,136,320 tones of potatoes.

Composting

Even though it is the dead of winter, one can still be adding to, or starting up a compost pile. As most everyone knows, organic



materials decompose naturally. The practice of composting, however, expedites this natural process by providing an ideal condition for the decomposers (like bacteria, fungi, worms, microorganisms, air and water). Compost is a mixture of soil and rotted, decomposed organic material that has been transformed into a rich, and very useful soil amendment. This soil amendment in turn, is added to soil in order to improve structure, moisture retention, and nutrient availability.

One of the great benefits in making compost is that it recycles the garden, yard and kitchen refuse into a valuable, usable product ergo reducing the amount of wastes going into landfills, or that you have to bag and haul off yourself. For those who already are using the compost provided by the city could lessen the amount of time and effort it takes to retrieve the compost to your projects when needed. Compost can be applied as a thin top dressing for lawns, as a soil amendment of mulch around shrubs and young trees, or incorporated into the soil of vegetable/fruit gardens.

Compost Piles, Bins

First off, one needs a near-by site in which to build the compost pile. It is a good idea to have it in an area not in plain view, like the far corner of the back yard, or maybe next to the tool shed. The ideal size of a home compost pile should be about 5 feet wide by 5 feet long, or a circular pile about 5 feet in diameter being sufficient. The actual height will vary according to the amount of organic material applied. The pile should not be less than 3 feet by 3 feet, as it will not heat correctly from poor micro biotic activity. On the other hand, if the pile is too large, decomposition will not occur in the center area due to insufficient oxygen levels.

These same requirements hold true for compost bins. Some advantages to having a bin-structure would; 1) keep the organic material in one place on windy days, and 2) detour animals from digging and spreading the pile everywhere. Compost bins can be made from woven wire or wood slat fences, cement blocks or bricks (no mortar), scrap lumber-especially old pallets-, or can be pre-made store-bought composters (remember the recommended size).

Compost Ingredients

The materials that make up a compost pile can include a number of organic materials that can be found in and around the house. These items are generally categorized into two types; **green and brown**. Green organic materials are a *source* of moisture and nitrogen; which microbes need to do their work. This would include such items as fresh-green grass clippings, fresh leaves, vegetable/fruit waste (from the kitchen or from the garden), coffee grounds, tea bags, hair, and farm animal manure (herbivores, like horses, cows, chickens, and rabbits), etc.

Brown organic material on the other hand, are a source of carbon that the decomposers break down. Such items include dried out grass clippings, fallen-dried leaves, corn cobs, wood chips, dryer lint, dried weeds (no seeds), etc. In both the green and the brown, the materials need to be chopped or shredded finely. This increases the overall surface area of the material, enabling more rapid decomposition.

Building Compost Piles

To build the pile, layer the materials. These layers should be five to six inches thick. A one-inch-thick layer of soil (sourced from around the yard) mixed with a handful of all purpose garden fertilizer should be added to the other layers. (If preferred, use manure instead of synthetic fertilizer at a rate of 2".) The pile should be kept moist by soaking it weekly when no rain.

Thoroughly turn the pile over once a month for best decomposition. If kept in best of conditions, the pile should be ready in 4 to 9 months. Note: If organic material is periodically added to the pile, this will delay the end product .

If you would like more information, contact your local Extension Office for a copy of the pamphlets entitled, "Making and Using Compost", "The Composting Process", "Quick Composting", and "Composting Troubleshooting Guide".

Edible Landscapes!

It is common to think of getting fresh food from the grocery store, or from the farmer's market, or even from the back yard garden. Another option, however, could be to harvest food from the landscape you have established around your house. Not a garden per se, but rather to have an edible landscape, fruit and vegetables incorporated into your residential landscape. This is not a new idea, as many folks already have them planted in and around their landscape, and may not even know it. Pansy flowers, marigold flowers, rose pedals and rose hips for example.

(continued on next page)

Edible Landscapes! (continued)

For those less interested in gardening, dandelions might be your claim to fame in the edible landscapes. The idea of edible landscapes is to hit two birds with one stone, so-to-say. You own a house, then you probably will be spending time in the yard this next summer whether it is to water, weed, mow, plant annual flowers, etc. Your yard might already be water wise, and have a drip irrigation system in the perennial area in which you could source water. So, why not add colorful vegetables and fruits to your flower beds, perennial or even graveled areas? Start off with one or two veggies, like red burgundy okra, purple kale or cabbage. How about variegated or gray-blue leafed herbs? And speckled-leaf watermelon (var. 'Moon and Stars')? Each summer you could increase your landscape with more and more edible plants and at the same time keep up its visual interest and beauty.

Edible plants can take the place of traditional vines, perennials, annuals, shrubs as well as trees. Of course it would be good to know the light requirements of each edible addition to your yard before planting. For example, one could incorporate into sunny area Lemon Thyme or Variegated Oregano along the border area, for a low growing and colorful fill in. Behind that, or around other perennials that exist, you could plant culinary sage, exhibiting grayish-green leaves with a variety of flower colors. Or in shaded areas on the east or north side of your house you could plant a line of deep red rhubarb, surrounded by red-leaf lettuce, or even endive.

Listed below are a couple of interesting edible plants to try out:

Vine: Groundnut (*Apios americana*)* Not to be confused with peanuts.

Edible parts: Blooms, green-bean like pods, and tubers.

Hardiness: Zones 4-9

Recommended variety: 'Nutty'

Annual: Swiss Chard (*Beta vulgaris cicla*)

Edible parts: Leaves

Hardiness: up to Zone 6. Best harvested up to mid-summer

Recommended varieties: 'Bright Lights', 'Fordhook Giant' and 'Rhubarb'

Perennial: Daylily (*Hemerocallis fulva*)*

Edible parts: Flower buds, blooms, tubers.

Hardiness: Zones 3-9

Recommended variety: Ditch Lily (be sure it is *H. fulva*)

***These plants are recommended by The American Gardener for their edibility.**

Shrubs: Elderberry (*Sambucus Canadensis*)

Edible parts: berries (only!)

Hardiness: Zones 3-10

Recommended variety: 'Johns', 'York' and 'Nova'

Caution: In each case of consuming a new part of a plant, it is important to be sure and know the edible part(s) of any plant before eating them. Make sure your sources are reliable. Case-in-point would be rhubarb. The stalks are edible, but the leaf in no way is edible. Also it is important to know if you might have some sort of allergy or possible reaction to a certain edible plant.

Pruning Fruit Trees Now?

Just when you started thinking that your yard work was over until next spring; not so. Any time from now (January) through March is a great time to get out and prune those fruit trees if you haven't done so yet, and as long as the wood isn't frozen. Note: pruning when temperatures are below 20 degrees F⁰ is not advisable because there may be injury to the wood tissue... I am pretty sure you won't be wanting to prune your trees when it is that cold, so no worries. If possible, do the pruning before dormant sprays are applied to the trees to: 1) avoid wasting it on wood that you will be pruning and discarding, and 2) have better coverage in spraying limbs, branches and shoots after you have pruned. If already sprayed, though, you can still prune. As far as priorities of pruning your fruit trees, do the older trees first. The older, larger wood will tolerate low temperatures more than your trees with wood having smaller diameter. Some general recommendations for pruning are listed below:

- Take out broken, damaged or diseased branches
- If two branches form a narrow angle, (i.e. less than 30⁰, approx.). Narrow angles tend to be weak and have more probability of breaking in ice storms.
- Take out all suckers. These are the branches that *grow straight up*. They may be located on the trunk or from the primary/secondary branches.
- If two branches cross and rub against one another, one should be taken out.
- Be sure to prune back branches to reduce the total size of the tree, if necessary.
- Be sure to thin out the branches in the center area of the tree.
- Cut back or take out those branches that are so low that they are in the way or just interfere at mowing, harvesting, or even pruning. If taking out a branch, always cut back to another branch or a bud, not leaving a stub.

Got Grass?

With spring just around the corner, one plant you may have in your landscape that is sure to respond to this fact is ornamental grass. It may be that you have Pampasgrass, Feather Reedgrass, Fountaingrass, Switchgrass, Zebragrass, or even Maidengrass to name a few. What is important to note is that these grasses should be pruned down to 6-8 inches above ground level before they start growing new leaves. It would be best to do this near the end of February through the month of March. You do not need to prune them any earlier as they add a lot of winter interest to the landscape. When you do prune them, be sure to chop up the dead leaves and add them to your compost pile!



After 3 to 4 years, these clump grasses may have grown too large for the area they are in. It might be a good time to divide these beasts, especially if the centers have died out and the clump has become somewhat unattractive. The best time would be in the spring just after the last freeze, when the pruned clump is easier to manage. Dividing the clump, however, can be done up until the first freeze of the fall, but never during the winter months. Using a shovel, simply dig up the root ball of the grass, divide it using the shovel into smaller clumps, being sure that each clump has plenty of roots and plant stems. Transplant one of the smaller clumps back into the original spot, then transplant the others into areas that you think could use the addition.

Master Gardener training course coming in 2018

Even though gardening season is over, gardeners themselves never stop learning, growing and giving. This is the essence of what it means to be a Master Gardener. If you enjoy learning and giving back as a volunteer, consider becoming a Master Gardener in 2018.

Now is the time to apply and reserve your spot for the 2018 training course. [Master Gardener basic training classes begin January 31, 2018 and run Wednesdays from 9 a.m. to 4 p.m. through March 21st.](#) **Due to scheduling conflicts, there are 2 dates, February 22nd, and March 15th that will be held on Thursday.** We will work with anyone that cannot make this schedule change work, so please do not let the conflict discourage you! Topics covered include: basic botany, soil fertility, insects, diseases, tree and shrub care, vegetables, fruit gardening, turf management, wildlife, landscape design and more.

Who are Master Gardeners?

Master Gardeners are K-State Research & Extension volunteers who enjoy cultivating their own plants and gardens while sharing their skills and knowledge with the community around them to help others grow. Master Gardening is a wonderful way to enrich your life and the lives of others.

Why become a Master Gardener

The decision to become a Master Gardener can be very rewarding. It is a decision to take your horticulture knowledge to the next level, and it is also a commitment to find creative ways to make a difference in our community while sharing that knowledge with the people and places around you.

Training is just one great benefit. Master Gardeners receive a 40-hour-plus horticulture training course from K-State Extension specialists and county Extension agents. The basic training provides a great starting point for those new to gardening, but is also in depth enough to apply to gardeners of any skill level. Other benefits of being a Master Gar-

dener include the camaraderie of people who share similar passions, receiving ongoing horticulture support through K-State Research and Extension, and occasional visits to horticultural places of interest.

What about volunteering?

Once training is complete, Master Gardeners take their knowledge out to the community to share it with others in unique and meaningful ways. First year Master Gardeners volunteer 40 hours of time and during succeeding years have a commitment of just 20 hours to remain active.

Master Gardener volunteer time can be selected from current Master Gardener projects and can also be tailored to individual abilities and interests. Master Gardeners are encouraged to find their creativity in looking for ways to impact the community. A few activities many Master Gardeners enjoy volunteering on include: the demonstration garden, gardening with kids, county fairs, educational garden tours and events, and booths at public events.

Use these two questions to help determine if the Master Gardener program is right for you:

- [Are you available for about 40 hours of daytime classes on Thursdays from February through March?](#)

-Do you have the interest and the time to attend monthly Master Gardener meetings and donate 40 hours of horticultural service to our community during the first year?

If you are interested in joining the program or have questions regarding any of this information call the K-State Research & Extension office. We need notification of interest as soon as possible as space is limited. Applications can be filled out or downloaded online at cottonwood.k-state.edu or picked up at the Extension office and are due by January 12, 2018. The Great Bend office can be contacted at 620-793-1910 and the Ellis county office is 785-628-9430. We look forward to hearing from you!



Family and Consumer Science

Linda Beech & Donna Krug

Be a Book Cook: Dollars and Sense

Kids learn to love reading, cooking and healthy nutrition when they become a Book Cook! This class, held in conjunction with Ellis Recreation Commission, links a favorite story book with a fun cooking experience. Join us on **Thursday, January 11, 3:45 -5:00 pm at the Ellis Public Library.** Enjoy a zany story about a boy who makes some silly mistakes with his money, then decorate a piggy bank to take home to help you keep track of your money. We'll end the class by making Silver Dollar Pancakes to eat and enjoy together. Extension Agent Linda Beech will be the class instructor. The cost is \$1.50 per person. Contact the Ellis Recreation Commission, 785-726-3718, to register and pay fees.

2018 STAY STRONG, STAY HEALTHY

Stay Strong, Stay Healthy is designed to increase an aging adult's access to a safe, structured, and effective strength training program. The next Stay Strong, Stay Healthy workshop will meet at the Great Bend Activity Center, 2715 18th Street, Tuesdays and Thursdays, from 10-11 AM from January 16th through March 8th.

Over 8 weeks, participants learn exercises to improve their strength, flexibility and balance. During each session, a prescribed set of 8 upper and lower body strengthening exercises are done along with warm-ups and cool-down stretches. Participants are made to feel comfortable regardless of their current fitness level so they can safely participate and gradually build the strength beneficial to health.

Please register and pay the \$20.00 entry fee at the Cottonwood Extension District – Great Bend office (1800 12st St.) by January 12th. For more information, please contact the instructor, Donna Krug, by calling 793-1910.

Small Steps to Health and Wealth

Every New Year, millions of Americans resolve to get healthier (quit smoking, lose weight, etc.) and wealthier (increase savings, reduce debt, etc.) Many of us are looking for a way to do BOTH– live healthier lives and also achieve financial security. Almost everyone can do something to improve their health and finances, and both can be improved by small, intentional steps.

Cottonwood District FCS Agents Donna Krug and Linda Beech will team up to offer “Small Steps to Health and Wealth” in Hays and Great Bend in January. This two-part class will explore proven behavioral strategies that can help to build health and improve finances, one step at a time. Join us on these dates and locations:

Hays- January 16 and 30, 2018, 5:30 pm,
Extension meeting room

Great Bend- January 17 and February 1, 12:00
noon, GB Rec Activity Center

No step is too small to get started and you can never be too early or too late. Register for Small Steps to Health and Wealth by calling the Hays office- 785-628-9430, or Great Bend office- 620-793-1910.

Freezer Meals from the Meat Case

Thursday, February 22

6:30 - 8:00 pm

*Messiah Lutheran Church (20th
and Main), Hays*

*Instructors: Erin Petersilie and Jamie Rathbun,
Extension FCS agents*



It's easy to feel overwhelmed by the number of choices offered in the grocer's meat case with all the different cuts, marketing claims, packaging types, weights, and prices.

Join this Extension workshop to learn what the meat labels, cuts and claims mean and to feel confident that you are choosing the safest and most economical meat choices for your family.

After the presentation, participants will prepare 2 main dish freezer meals featuring different types of meat. Each meal will serve 4-6 servings and may be cooked in the oven, slow cooker or pressure cooker.

The cost for this workshop is \$15 per person and includes a light supper, all training materials, freezer meal ingredients, recipes and instructions. Thanks to Ellis County Farm Bureau for their co-sponsorship of this workshop.

Please register and pay fee no later than Monday, February 19 at the Cottonwood Extension District- Hays Office, 601 Main in Hays, 785-628-9430. There is a minimum and maximum enrollment allowed for this class, so early registration is advised; your registration is considered complete when the fee is paid. Contact Linda Beech, Extension FCS Agent, for questions or more information.

Healthy Cooking Styles

Have you ever tried sauteing with water or prepared a boiled salad? It is easy to get in a rut and prepare the same foods in the same way. **Wednesday, February 21st, at noon at the Great Bend Activity Center** you may join Donna and John Krug as they share their interest in cooking. Based on the fact sheet that Donna wrote for K-State Research and Extension, titled, "Healthy Cooking Styles" you will find that healthy foods can be both delicious and satisfying. **The same information will be shared in at the Extension office meeting room in Hays on April 3rd at noon.** A quick phone call to (620)793-1910 or an e-mail to dkrug@ksu.edu will assure that the Krugs' will have ample food for sampling. These programs are free and open to everyone!

"Preserving the Family With Estate Planning" Workshop

Monday, February 26, 5:30-9:00 pm

Burnside Room, Great Bend Recreation Commission, 1214 Stone Street, Great Bend



Plan to attend one of the regional estate planning workshops offered by K-State Research and Extension at two locations in February: Thursday, February 22, 2018 at the Fair Building in Phillipsburg and Monday, February 26, 2018 at the Great Bend Recreation Commission Burnside Room, 1214 Stone Street in Great Bend.

An attorney and two Extension experts will present information on getting started in estate planning, estate planning basics, and planning for farm and small business transition. A meal and materials are included in the \$20 registration fee; additional family members are only \$15 each if registered together by February 16. Meals and materials cannot be guaranteed if registering late- after 2/16- or on-site.

For more information or to register online, go to www.northwest.ksu.edu under Events or call the Great Bend or Hays Extension Offices.

Estate Planning: Is It For Me?- Stop 'N Learn in Great Bend

Join Linda Beech on Wednesday, February 28 at 12:00 noon at Great Bend Recreation to learn why an estate plan is valuable for individuals and families of any income level and stage of life. This session will

cover how to get started, understanding basic terms and the to-do's of estate planning. Estate planning can be an intimidating process to begin regardless of how much you know. We'll explore common estate planning objectives, basic steps to begin and advance healthcare planning documents that are important for anyone. To ensure adequate materials, please RSVP to the Cottonwood-Great Bend office at 620-793-1910.

Chinese Culinary Workshop

Wednesday, March 14, 5:30-7:30 pm

First Presbyterian Church, Hays

New food experiences can open us to new cultures and new communities. This hands-on Chinese culinary class will serve as an occasion for restaurant professionals, food inspectors, and the community to interact with each other. The workshop is co-sponsored by the K-State Confucius Institute, inspectors of the Kansas Department of Agriculture, and K-State Research and Extension specialists. Chinese chefs will demonstrate cooking techniques and KDA inspectors will share proper food safety and food handling practices.

This class is designed for local restaurant staff, culinary students and the public. The cost is \$5 per person for class instruction and tasting. Class size is limited to 20 people. For questions or to register, contact the Hays office at 785-628-9430. Your registration is complete when the fee is paid.

StoryWalk Activity

Join Donna Krug, Cottonwood District FCS Agent, and her helpers at the Great Bend Recreation Activity Center (2715 18th St.) for a StoryWalk adventure. We will be

reading "Germs, Germs, Germs" (a book that will be displayed on white boards as children walk in the area surrounding the My BackYard Playground). The book will help children understand the importance of washing their hands. A handwashing activity will complete this fun learning session. The goal of StoryWalk is to read and exercise together with your child. **This StoryWalk is a free program set for 10:00 – 11:30 am on Wednesday, March 21st.** The activity targets pre-school through age 12 children with their parents or caregivers.



January is Radon Action Awareness Month

What gas is odorless, colorless, and tasteless, but is cited as the leading cause of lung cancer in non-smokers? If you guessed radon you are absolutely right. Since January is Radon Action Awareness Month it is the perfect time to bring you up to date on this important topic. Radon surveys show that 6 percent of homes in the U.S. have average concentrations above the recommended maximum level. However, the Kansas survey demonstrated that one in four homes were high.

So how does this cancer causing gas enter a house? The most common way is it can seep from the soil beneath the foundation through cracks or joints. Detection is relatively simple. Short term radon detection kits are available at both offices in the Cottonwood Extension District for a cost of \$6.50. Radon tests may also be found at hardware stores and on the Internet, usually for \$25 or less.

The cost of the test kit is a small price to pay for the peace of mind knowing the radon level in your home is within a safe reading.

Donna would be happy to visit with you if you have specific questions about testing for or mitigating radon in a home. She has an up to date list of certified technicians who can help with this.

“NO” to Canning in Electric Multi-Cookers

Even if there are instructions for pressure canning in the manufacturer's materials, it is NOT recommended to do home canning in electric multi-cooker appliances, even if some contain "canning" or "steam canning" buttons on their front panels.

The National Center for Home Food Preservation at the University of Georgia which does the research for the USDA canning guidelines says, “We do not know if proper thermal process development work has been done in order to justify the canning advice that is distributed with these pressure multi-cooker appliances. What we do know is that our canning processes are not recommended for use in electric pressure multi-cookers at this time.”

You can see a full discussion of the cautions and concerns for canning in multi-cookers at http://nchfp.uga.edu/publications/nchfp/factsheets/electric_cookers.html.



Prepare for Winter Power Outage

Now is the time to prepare for a power outage that sometimes comes with ice storms or heavy snow. Here are some ideas to be better prepared for power loss in winter:

1. Stock a survival kit with a flashlight and extra batteries, candles and matches, battery-powered portable radio, sterno-type canned cooking fuel and some simple foods which can be eaten cold or with saucepan heating.

2. Gather emergency heating supplies such as extra firewood for a fireplace or fuel for other types of portable heaters.

3. Put a thermometer in each freezer and refrigerator to monitor the temperature of food supplies. During an outage, do not open the refrigerator or freezer door any more than is necessary. An unopened refrigerator will keep food safely cold for about 4 hours. A full freezer will hold the temperature for about 48 hours (24 hours if half full.)

4. Freeze large chunks of ice in clean plastic jugs or containers to place in freezers or refrigerators as needed. These can quickly be frozen outside overnight if you have the containers on hand. Obtain dry ice if the power is going to be out for a prolonged period of time.

Facts About Women and Money

- Women account for 47% of all workers in the United States.
- Women work nearly two-thirds of the minimum-wage jobs in the U.S.
- Across all industries, women make 79¢ for every \$1 earned by men.
- Women are four times more likely than men to be widowed. Widows outlive their husbands by an Average age of 14 years.
- 11% of women age 65 and older are poor, compared to 7% of men age 65 and older.

Source: America Saves



Walk Kansas

March 18-May 12, 2018

Watch our website

www.cottonwood.ksu.edu for details!



4-H Youth Development

Susan Schlichting & Berny Unruh



Youth Take Part in 4-H National Youth Science Day Challenge

For the past 10 years, 4-H has sponsored a special science or engineering activity to engage elementary school aged youth in hands-on science. This year's activity is a technology and design challenge called Incredible Wearables. Over 225 youth across Ellis County have experienced the challenge. We will be working with this project in Barton County in 2018.

Youth worked in teams to design and construct a fitness tracker accessory. Youth learned:



- ⇒ How the design process works
- ⇒ About using electronic components
- ⇒ How to monitor their heart rate
- ⇒ The challenges of working in teams and inventing something new



Some of the creative ideas they brought forward:

- ⇒ Including a screen so they could watch a movie or check the weather from their tracker while exercising
- ⇒ Checking blood sugar levels
- ⇒ A fitness tracker for your pet

The teams tried various shapes and locations for their trackers. Head gear, scarves, necklaces, gloves, ankle and arm attachments were all variations of this tracker. It's exciting challenges like this one that bring science to life and help our youth connect classroom learning to the real world ahead of them!



Monarchs on the Move



The Cottonwood Extension District is excited to announce that we will participate in the 2018 AIE (Ag Innovator Experience) sponsored by Monsanto through National 4-H Council. The Ag Innovators Experience is a program that reaches thousands of youth in a select number of states with a strong agricultural industry that helps young people develop the professional skills needed to feed a growing world population. It ties in relevant concepts like environmental stewardship with a hands-on activity that makes learning fun and encourages young people to pursue a career in agriculture and technical fields.

The Monarchs on the Move Challenge features activities about the iconic monarch butterfly. It is known for the long-distance migration to Mexico and the spring migration back to the United States and Canada. Did you know that monarch butterfly numbers are declining? The monarch butterfly's lifecycle and its unique relationship to today's agriculture practices is not well understood. This challenge is an opportunity to learn more about the monarch butterfly and its habitat.

Three teens will be selected to attend a training at Iowa State University, February 2 – 4, 2018 with one or two adult sponsors. This team of three will then return to Kansas and hold a day long training for at least 17 additional teen leaders on Saturday, March 17, 2018 in Hays. THEN, each of the 20 trained teens will return to their communities and engage other young people with the activity at afterschool programs, summer reading programs, school events, 4-H club meetings and other activities where youth are willing to learn!

Youth involved with the 2018 AIE challenge will:

- Learn about the monarch butterfly's lifecycle
- Learn about planting milkweed seeds
- Learn about using drones to map areas or land to be used
- Learn how landscapes can be managed to increase biodiversity to benefit monarchs
- Learn how everyone can contribute to increasing monarch habitats

Youth age 13 and older are encouraged to apply for the Training Team and all youth age 12 and older are invited to apply to be a teen leader. The application is posted at the Cottonwood Extension District website:

<http://tinyurl.com/yb49k9jv>

Chinese Culinary Workshop

Learn how to cook Chinese food in the right way

Chicken with Chinese Sauce



Chili Pepper Chicken



Gongbao Chicken



Mushroom Chicken



Fish-flavored Shredded Pork

- Food safety information provided by KDA inspectors
- Hands-on practice directed by professional Chinese chef
- Make Kung Pao chicken with a team
- Offer you four other dish recipes with similar ingredients
- Share and savor the meal

Open to public

5:30-7:30 PM

March 14, 2018

First Presbyterian Church Kitchen, Hay, KS 67601

Price: \$5 per person Any question please contact Ms. Qin at Xiaoleiqin@ksu.edu



Cover Your Acres

January 16 and 17, 2018



Winter Conference

The Gateway in Oberlin, KS

Presented by Kansas State University and Northwest Kansas Crop Residue Alliance

	Room 1	Room 2	Room 3	Room 4
7:45 8:15	Registration			
8:15 8:20	Welcome			
8:30 9:20	Profitability Opportunities and Pitfalls ¹ (M. Wood)	A Historical Look at Climate Variability ¹ (J. Basara)	Moisture Probes: Measurement to Management ¹ (J. Aguilar)	Encira Services: Analytical Services for Growers (DuPont Pioneer)
9:30 10:20	Surviving & Thriving in Tough Times ¹ (C. Griffin)	Weed Management Strategies ^{1,2} (C. Thompson)	NWKS Agronomy Research Updates ¹ (L. Haag)	Technology Update (Monsanto)
10:20 10:50	View Exhibits			
10:50 11:40	Soil Health & Profitability in Dryland Cropping ¹ (M. Schipanski)	Making the Right Crop Insurance Choices ¹ (A. Barnaby)	Maximizing Your Rangeland ^{1,2} (K. Harmony)	Sunflower Update (National Sunflower Assoc.)
11:50 12:40	Smart Spending of Fertility Dollars ¹ (D. Leikam)	Moisture Probes: Measurement to Management ¹ (J. Aguilar)	Lunch	
12:50 1:40	Making the Right Crop Insurance Choices ¹ (A. Barnaby)	NWKS Agronomy Research Updates ¹ (L. Haag)		
1:50 2:40	A Historical Look at Climate Variability ¹ (J. Basara)	Soil Health & Profitability in Dryland Cropping ¹ (M. Schipanski)	Smart Spending of Fertility Dollars ¹ (D. Leikam)	Is Wheat Worth It? (Horton Seed Services)
2:40 3:10	View Exhibits			
3:10 4:00	Producer Panel: Staying Successful with No-Till (C. Thompson)	Maximizing Your Rangeland ^{1,2} (K. Harmony)	Surviving & Thriving in Tough Times ¹ (C. Griffin)	Lower Inputs, Raise Yields (Sims Fertilizer & Chemical)
4:10 5:00	Weed Management Strategies ^{1,2} (C. Thompson)	Profitability Opportunities and Pitfalls ¹ (M. Wood)	The Importance of Advantus (EGE Products)	Finding a More Effective Application for Starter Fertilizer (CapstanAG)

Platinum Sponsors:

CapstanAG
DuPont Pioneer
Horton Seed Services
Hoxie Implement

Lang Diesel

Monsanto
National Sunflower Assoc.
Paclader Technology
Plains Equipment Group

www.northwest.ksu.edu/CoverYourAcres

Like to Attend?

Early-Bird Registrations

Due January 10.

Online Registration:

www.northwest.ksu.edu/CoverYourAcres

or Mail in:

Circle when you would like to attend.

Tuesday, Jan 16 Wednesday, Jan 17

Cost \$40.00 Cost \$40.00

Both days - Jan 16 & 17

Cost \$60.00

Name: _____

Address: _____

City, State Zip: _____

Phone: _____

Email: _____

Please include information for all attending.

Would you be interested in receiving Agronomy related emails from K-State? Yes ___ No ___

After January 10

\$60.00 per day

Mail registrations to:

Cover Your Acres
KSU NW Research-Extension Center
PO Box 786
Colby, KS 67701

For questions, call (785) 462-6281.

Program will be held regardless of weather. No refunds will be given.

Kansas State University is an equal opportunity employer and provider.

www.northwest.ksu.edu/CoverYourAcres

Cover Your Acres Winter Conference

January 16 and 17, 2018
The Gateway in Oberlin, KS

Presented by Kansas State University and Northwest Kansas Crop Residue Alliance

Register Online Today!
www.northwest.ksu.edu/CoverYourAcres

Cover Your Acres
K-State Northwest Research-Extension Center
PO Box 786
Colby, KS 67701

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2018 SPEAKER TOPICS

A Historical Look at Climate Variability- With many weather datasets exceeding 100 years on the plains, we have a unique opportunity to look at historical climate variability, changes in climate variability, and how that understanding can help our farm management decisions today.

Making the Right Crop Insurance Choices- With increasing APHs and new options, like trend adjustment and yield exclusion, you may need to rethink your many policy choices. We'll also talk about crop insurance and the issues that will surface in farm bill negotiations.

Maximizing Your Rangeland- Are we maximizing the value of our native range resources? We'll discuss management and economics of some stocking strategies, weedy or invasive species, and other management factors.

Moisture Probes: Measurement to Management- Soil moisture probes can be a valuable tool in managing irrigation. Learn about different types of probes, their benefits and limitations, and how to incorporate them into your irrigation management.

NWKS Agronomy Research Update- Current extension agronomy research efforts in northwest Kansas involve wheat, corn, peas and other crops. We'll take a quick look at recent results from a variety of studies and discuss future research needs.

Profitability Opportunities & Pitfalls- Using data from northwest Kansas farms, we take a look at opportunities for profitability and where producers should be alert for possible concerns.

Smart Spending of Your Fertility Dollar- Where are the best places to put your fertilizer dollars to manage cost, while also maximizing return on investment. Discussion will also include how to balance short-term economics with long-term consequences.

Soil Health & Profitability in Dryland Cropping- A recent project collected soils and economic data from dozens of dryland farms across eastern Colorado. This session will summarize what was learned about farm management and its effects on profitability and soil health.

Surviving & Thriving in Tough Times- Do you work with others in your farm business? Are you all pulling the same direction for your business? This session will discuss not only how to survive these economic challenges, but also positioning it to thrive in the future.

Weed Management Strategies- Tackling resistant and troublesome weeds remains a challenge and is the key threat to no-till farming. This session will be an overview of the latest field trial data for timing, rates, and products.



FARMERS' MARKETS

2018 Regional Workshop: Great Bend

Farmers' markets are growing across the state and continue to be an important source of fresh fruit, vegetables, meat, dairy and other agricultural products from small towns to large metropolitan areas. In 2017, 85 farmers' markets were registered with the Kansas Department of Agriculture's Central Registration of Farmers' Markets.

GREAT BEND REGIONAL WORKSHOP

FRIDAY, FEBRUARY 2 • 9 A.M. - 3 P.M.

Registration begins at 8:30 a.m.

Who: Current and prospective farmers' market vendors

What: The Great Bend regional workshop will cover the following topics:

- Marketing and Pricing Tips
- Growing in High Tunnels 101
- Regulations on Selling Meat, Eggs & Poultry Direct to Consumer
- SNAP Program and Sales Tax for Vendors
- Vendor Marketing and Communications
- Food Safety Inspection Requirements
- Kansas Senior Farmers' Market Nutrition Program Certified Farmer Training*

**The Kansas Senior Farmers' Market Nutrition Program Certified Farmer Training session is required for all new farmers who wish to participate in the KSFMNP. All farmers must complete training and submit an annual agreement with KDHE. Visit www.kdheks.gov/sfmnp for details.*

Where:

Trinity Lutheran Church
2701 24th St

Registration:

Register online at

FromtheLandofKansas.com/FMConference

or fill out the attached registration form and return to the address listed on the form.

Registration is \$20 per participant, which includes lunch. Lunch cannot be guaranteed for those registering after January 19.

For more information, contact Lexi Wright at lexi.wright@ks.gov or (785) 564-6755.

Vendors can also bring their sales scale to get tested and certified for FREE by the Kansas Department of Agriculture.

To support Kansas' farmers' markets, we are pleased to offer the following workshops in addition to this workshop: Colby, February 1; Wichita, February 3; Olathe, February 9; and Chanute, February 10.

The *From The Land of Kansas* and Farmers' Market Annual Conference will be March 1-2 in Manhattan, Kansas. This conference is for Kansas based businesses and farmers' market managers

For more information, please visit FROMTHELANDOFKANSAS.COM/FMCONFERENCE



Preserving the Family with Estate Planning Registration

Register Online at www.northwest.ksu.edu under Events

Or return the form below.

Fees cover meal and materials.

Registration deadline is Friday, **February 16th.**

Select Date and Location:

Phillipsburg- Thursday, February 22

Great Bend- Monday, February 26

\$20/person, \$15 for each additional family member. Families must register together for discount.

Name: _____

Address: _____

Phone: _____

Email: _____

Names of additional family members:

Please list any special accommodations needed (handicap accessibility, dietary restrictions, etc.).

Return form and check payable to KSU to:

K-State Research & Extension, Cottonwood District

Attn: Linda Beech

601 Main Street, Suite A

Hays, KS 67601

- PLEASE INCLUDE “ESTATE PLANNING” IN THE MEMO OF YOUR CHECK.
- Registrations after 2/15 are not guaranteed a meal or materials.
- For questions call (785) 628-9430.
- Cancellation refunds can be issued if cancelled on or before 2/16; fees are transferable after 2/16.

SPONSORS

\$500 Sponsors

High Plains Farm Credit

Locations in: Phillipsburg, Larned, Hays, Ness City, Dodge City and Pratt
www.HighPlainsFarmCredit.com

\$250 Sponsors

American Ag Credit, Great Bend

\$100 Sponsors

Farmers Bank & Trust, Great Bend

Farmers National Bank, Phillipsburg

Farmers State Bank, Phillipsburg

First Kansas Bank—Great Bend & Hays

First National Bank, Oberlin & Goodland

First National Bank and Trust, Phillipsburg

Landmark Implement Co., Phillipsburg

Plains State Bank—Great Bend

Rangeland Co-op, Phillipsburg

Women In Ag, Rush, Barton, Pawnee Counties

\$50 Sponsors

Rooks Co. Farm Bureau Association

Kansas State University is committed to making its services, activities, and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Clyde Howard, Director of Affirmative Action, Kansas State University, (TTY)785-532-4807, Kansas State

University Agricultural Experiment Station and Cooperative Extension Service, K-State Research and Extension is an equal opportunity provider and employer.



Preserving the Family with Estate Planning



Northwest Area Estate Planning Workshops

5:30 p.m. - 9:00 p.m.

Phillipsburg

February 22, 2018

Phillips County Fair Building

1481 Hwy 183, Phillipsburg, KS

Great Bend

February 26, 2018

Burnside Room

Great Bend Recreation Center

1214 Stone St., Great Bend, KS



K-STATE
Research and Extension

Getting Started with Estate Planning, Anna Schremmer, District Extension Agent

There are many considerations that can complicate estate planning, but in its basic form, an estate plan should help someone transition their assets to their designated beneficiaries, and help facilitate the care of a person's health and finances in the event they are not able to manage those matters themselves. This presentation will give attendees a better understanding of how to accomplish those goals. We'll also briefly touch on some tax concepts and some transition tools that can be beneficial to farmers and ranchers, but that goes beyond the basics.

Anna Schremmer has a Home Economics & Family and Youth Development degree from K-State. She received her teaching certificate from Ft. Hays State. She taught at Phillipsburg High School for 34 years and has been an Extension Agent for 8 years. In Extension, she has hosted seminars and taught estate planning.



Estate Planning Basics, Wendee Grady, Farm Bureau Attorney

Participants will learn about estate planning as it relates to planning for death or incapacitation, protection of assets, when probate may or may not be necessary and distribution of property. This program will briefly discuss planning documents such as Power of Attorney, Declaration of Natural Death, etc.



Wendee Grady is Assistant General Counsel and Director of the Legal Foundation at Kansas Farm Bureau. After working on general civil matters in private practice in Kansas and Oklahoma for several years, she returned to Kansas as an attorney with the Kansas Department of Agriculture in 2014, and then made the move to her current role with Kansas Farm Bureau in 2017. Wendee and her husband, Jason, own a small ranch outside of Manhattan, where they raise their three young kids and some livestock.

Farm & Small Business Succession, Mark Wood or Bryan Manny, Kansas Farm Management Economists
This program will review issues surrounding succession planning of farm and small businesses. Economic, financial and personal compatibility issues will be highlighted. Legal entity structure will be reviewed for their use in succession planning. Typical estate planning goals, getting your estate in order and general planning considerations will be identified.

Mark Wood is an Extension Agricultural Economist with the Kansas Farm Management Association in Northwest Kansas. He has been assisting Association member families with record keeping, analysis, management, generational transfer and estate planning in Northwest Kansas for over 30 years. He graduated from Kansas State University with a Bachelor's degree in Agricultural Economics and North Dakota State University with a Master's degree in Agriculture Economics. Mark grew up on a farm near Wakefield, Kansas.



Bryan Manny is an Extension Agricultural Economist with the Kansas Farm Management Association located in Hutchinson. Bryan spent his early years on a family farm located near West Point, Iowa. He received a Bachelor of Science degree from Iowa State University in Agricultural Business and a Master of Science degree from the University of Missouri-Columbia in Agricultural Economics. Through KFMMA, he provides profitability analysis, assistance in recordkeeping, income tax planning, farm succession planning, and entity and estate planning to 130 association members in 3 counties. Bryan is also an Enrolled Agent where he is Licensed to Practice before the IRS.

Program Schedule

- 5:30 Registration and Meal
- 6:00 Getting Started with Estate Planning,
Anna Schremmer
- 6:30 Estate Planning Basics,
Wendee Grady
- 7:30 Break
- 7:45 Farm and Small Business Succession,
Mark Wood and Bryan Manny

Locations

- February 22 - Phillipsburg**
Phillips County Fair Building
1481 Hwy 183
Phillipsburg, KS 67661
- February 26 - Great Bend**
Great Bend Recreation, Burnside Room
1214 Stone St.
Great Bend, KS 67530

Snow date for either location is March 1st. In case of inclement weather, listen to local radio stations for cancellation information.



NW Youth Leadership Forum Leadership...Under Construction

January 20, 2018

Hays Experiment Station 9am-3pm

Registration Due: January 5, 2018

Extension Unit: _____

Name: _____

Phone Number: _____

Email: _____

T-Shirt Size: _____

Keynote: Leigh Ann Maurath

Leigh Ann Maurath is proud to call NW Kansas her home. She grew up on her family's 4th generation farm and loves being a called a farmer's daughter. Leigh Ann attributes many of the skills and opportunities she has had to her 4-H Experience. Although she is no longer a 4-H member, she cannot say no to an opportunity to give back to the program she loves-4-H!

Find Something to Do! Susan Schlichting and Robyn Deines

Learn some fun and interactive ways to get groups together through icebreakers, team challenges and trust building activities. This workshop will feature no-prop activities that you can quickly put to use at 4-H Club meetings and other group settings you are leading. This workshop is based on the newest book by Jim Cain, Find Something To Do-123 powerful and practical things to do with nothing at all.

The Kansas Electric Cooperatives, Inc. and CoBANK each registered delegate will received a copy of the book, "Find Something to Do! No Prop Activities," by Jim Cain. Each participant will go home with this great resource book to add some new energy to your 4-H gathering.

New World, New Robotics Jacob Schmeidler

In today's day and age, robotics have become a detrimental part of society and all industries alike. Come and learn about some of the basics of robotics and see where every great technological mind once started with the Lego Mindstorms NXT and EV3 robots and the innovations of Vex robotics. There is a world of opportunities awaiting in the robotics world for everyone, so come and find out how robotics can and have affected you!

Citizenship Starts Now Leigh Ann Maurath

Being an American citizen comes with incredible freedom, but is also packed full of responsibility. So, where do you start? How can you be involved in making America great before you can even vote? This class will walk you through a few important processes and give you the knowledge and resources to engage effectively.

Leadership...Under Construction

NW Youth Leadership Forum

January 20, 2018

9am-3 pm

Ag Research Center Auditorium

Cost is \$25.00

Make checks payable to KSU

Send registration to:

K-State Research and Extension

Phillips-Rooks District #5

PO Box 519

Stockton, KS 67669



Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Theresa Meis, (785) 628-9430
Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.

Kansas 4-H Judges' Training

Would you like to learn how to better judge 4-H projects at the County Fair, or just learn what the judges are looking for when they evaluate your 4-H Project? Then you may wish to attend a morning or afternoon session OR join us for the whole day and learn about two project areas.

Saturday , February 3, 2018

KSU Agricultural Research Center

1232 240th Avenue, Hays, Kansas

Morning Session : 8:45 am Registration, 9:00am to 11:30 Subject Matter, General Session During Lunch 11:30—12:30

Choose one: ___ Poultry ___ Visual Arts ___ Foods (bring a baked food item and recipe with you)

Afternoon Session: General Session During Lunch 11:30—12:30 , 12:30pm to 3:00pm Subject Matter

Choose one: ___ Rabbits ___ Fashion Revue ___ Photography ___ Food Preservation (bring a preserved item & recipe with you)

Cost: ___ \$10 for Morning Session and Lunch

___ \$10 for Afternoon Session and Lunch

___ \$15 for Entire Day

___ \$25 at the Door

Registration : **Due Friday, January 26th** to Ellis Co. 4-H, 601 Main, Ste A, Hays, KS 67601—return form or register on-line and send payment to address above. <https://goo.gl/forms/ghQE2hzSIScDeU6J3>

Name: _____ Phone: _____

Address: _____

Email: _____

Sponsored by:

For more information contact your local Northwest Kansas Extension Office or Susan Schlichting at sschlich@ksu.edu or 785-628-9430

K-STATE
Research and Extension



Cottonwood Extension District Staff

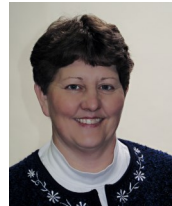
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www.cottonwood.ksu.edu



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Barton County Extension—Family and Consumer Sciences
Ellis County 4-H — It's Legit!
Ellis County Extension Master Gardeners