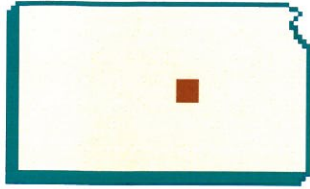


McPherson County



K-State Research & Extension
600 West Woodside, McPherson KS 67460
620-241-1523 FAX 620-241-3407
www.mcpherson.ksu.edu

December 2018 - January 2019



Living Well

Jana McKinney
County Extension Agent
Family & Consumer Science



Thank you!

It was a great Medicare Open Season – loved seeing everyone come in and be proactive on reviewing their Medicare Part D drug plans! Over 600 people took the time to check their drug plan; many saved by checking it!

Please remember, the Affordable Care Act Open Season ends December 15, 2018 for the 2019 year. If you haven't looked at the options available to you, you may be spending more money than you need to to get insurance. I'm happy to help you look at the Affordable Care Act.

ACA Navigator is available at 316-866-2000 ext 2804. Please call to make an appointment with them, or 620-241-1523, I will help you as well.

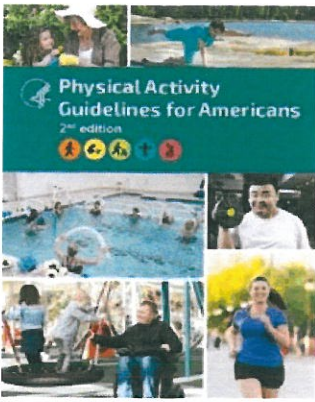
Money Talk: A Financial Guide

Money Talk A Financial Guide for Women workbook will be used to teach the class. This workbook discusses financial basics, insurance, investing, retirement planning, and planning for life events. This practical, clearly written guidebook is the work of two certified financial planners and educators at Rutgers University.

A lot of spouses (men and women) fall into the habit of letting their partner handle the money. If you are one of those, that's not your spouse's fault; it's yours. Your partner may be doing a fabulous job with your money—that's not the point. You need to understand the family finances and weigh in on all decisions. The fact that women tend to live longer than men means they may need to rely on the money longer and will also find themselves managing it at some point. The longer you wait to engage, the bigger the surprises you may find down the line.

This class will work through the workbook focusing on couple's understanding the finances vs just the woman. It is vital that both partners have a good understanding of money and where the money is being spent. Classes will be offered January 15, 22 and 29th at 6:30 p.m. at the McPherson County Extension Office. Cost will be \$20 per couple. You need to RSVP to Jana at 620.241.1523.

**The Extension Office will be closed December 24-January 1.
Please plan your visits accordingly!! Thank you!**



New Physical Activity Guidelines for Americans

The second edition of the Physical Activity Guidelines for Americans has been released by the U.S. Department of Health and Human Services. So what's new in this edition?

Since 2008, new knowledge has been gained on the proven benefits of physical activity for all ages and populations. New information on physical activity benefits include:

- * Health benefits in relation to brain health, fall-related injuries, and cancer.
- * Benefits for sleep, how people feel and how people function.
- * How sedentary behaviors affect overall health.
- * Guidelines for children ages 3 through 5 years.
- * Tested strategies to get people more active.

These will be incorporated in the 2019 Walk Kansas program effort which will start in March!

Teach Your Kids to Manage Money

Do you routinely teach your kids how to manage money? Have you been teaching your kids about money at all? When they grow up and leave the house will they have a rock solid idea of how to take care of themselves financially?

Money Has to be Earned- Teach them that money doesn't just appear from mom and dad. They should learn that receiving money is the result of diligent work and expectations that have been met. When they enter the working world on their own they'll know how to work hard and meet expectations without feeling entitled.

Teach Them How to Budget- As kids get a little older (around 9-10 years old), teach them to have a plan for their money. When they get money, have them to write down a very simple plan that includes how much they will save, how much they will give, and a list of what they will spend their money on.

Teach Them How to Give- Giving is great because it helps to eliminate selfishness. When a child is able to give away part of something she has earned, it empowers her and allows her to develop a healthy view of the world that helps her realize "it's not all about me".

Teach Them How to Save- Teach your kids to get in the habit of saving part of every dollar that passes through their hands. This helps them to get in the habit of not spending everything they get.

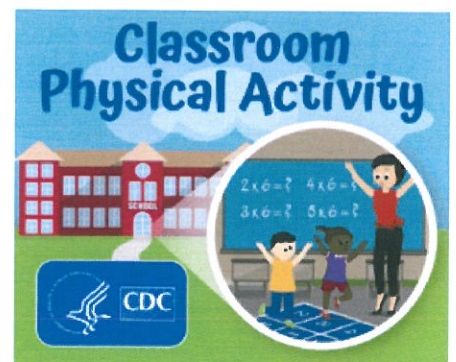
When you teach your kids to manage money wisely, it will always pay off in a big way when they get into their adult years. Learning good habits early in life always has a lasting effect. If you're not using these same principles to manage your own finances, it's probably going to be difficult to teach your kids wise money management too.

The best way to lead is always to lead by example. Whether you like it or not, your kids are always watching to see if what you say matches up with what you do.

Promoting Classroom Physical Activity

Research has shown that students need physical activity to improve classroom concentration and attention, reduce classroom behavior issues, become more engaged in learning, and above all boost grades.

The Centers for Disease Control and Prevention (CDC) and Springboard to Active Schools has released new educator resources to add physical activity in the classroom each day. Incorporate physical activity into academic instruction so that there are several activity breaks during the day. Physical activity can be added into all grade levels. These activities can also be used in other organizations such as 4-H and Scouts.



The program has many resources available at www.cdc.gov/healthyschools/physicalactivity/classroom-pa.htm.

Leftover Turkey Recipes Available

Have lots of turkey frozen in your freezer and wondering just what to do with it? A new brochure is available at the Extension Office with some recipe suggestions for leftover turkey! Stop by or give us a call and we'll mail one to you. Remember also, the brochure "Take the Guesswork Out of Roasting a Turkey" is still available at the Extension Office, free.

Small Steps – Food Journal Can Help

Like many consumers, the challenge of losing weight can be a daunting task. But the simple practice of keeping a food diary can help double the amount of weight lost. This is according to a recent study published in the August issue of the American Journal of Preventive Medicine.

The study showed that those who wrote down everything they ate led to twice as much weight loss compared to those who did not write down their food intake.

How do you get started? Set up a diary for one week at a time. Record how much of a food you ate, what kind of food along with the “extras” like sauces and gravies, the time of day you ate, where you ate, who you ate with or if alone, record your activities/exercise, and what was your mood when you ate.

Don’t cheat! Be honest. Don’t rely on your memory at the end of the day. Carry the diary with you to write in as you go through the day. Work with your doctor to help you change your eating habits and monitor health conditions. You might be surprised how those extra calories disappear!

At this time of year, the food log can help you maintain weight rather than lose weight. Once we get past the holidays, you will be in the “habit” of journaling and it’ll be easier to lose weight when the holiday temptations have passed.

EatWheat.org—Telling the Story

Speaking with one voice is the mission of EatWheat.org to speak for agriculture and farm production practices.

This campaign is driven by Kansas wheat farmers to help consumers learn where their food comes from and how it is grown by caring farmers. After one year of operation, EatWheat.org has reached millions of people. Read farmer stories; learn about wheat and the foods made with wheat; get inspired with wheat décor; and enjoy tasty recipes for any occasion. Follow them on a variety of social media platforms.

EatWheat.org is sponsored by Kansas Wheat and the Wheat Foods Council

Estate Planning

Estate planning is a very important part of everyone’s life! Too many people avoid estate planning because it deals with attitudes and feelings about death and family relations. Plus, many think “estate planning” sounds like something only for the rich.

In today’s world, estate planning is something you can not do without! Estate planning is the process of arranging your affairs to meet your objectives regarding the use, conservation, and disposal of your property. You can’t take these “riches” with you. Someone is going to inherit your property.

We have educational brochures to guide you through the estate planning process. While these free brochures are not real specific, they will provide you with enough information to begin asking.

There are six basic steps in estate planning:

- ✘ Initiate the discussion: perhaps the greatest hurdle in the path of most families is the lack of communication. All too often family members are hesitant to discuss estate planning. Find a way !
- ✘ Take stock of the present: Make a critical review of your present financial situation. This step is crucial because it is the foundation of your entire estate plan. The end result will be satisfactory only if the information is complete.
- ✘ Develop objectives: As you begin forming an estate plan, think about objectives for your estate. What do you want to accomplish? Objectives vary from family to family. Remember that objectives may change.
- ✘ Choose professional advisors and discuss objectives: Estate planning is technical and complex. Most people do not have enough time to learn all they need to know to plan an estate thoroughly or to keep up with changes in state and federal laws. That’s where professionals can help.
- ✘ Consider alternatives and implement the plan: There may be several ways to reach your objectives. Ask your professional advisers to explain the alternatives. Explore the consequences of each one. Decide who is to receive what, when, and how. You may need a sounding board—someone to talk things over with, try ideas on, and get reactions from. *Once the plan has been formulated, it is important to implement it.*
- ✘ Review and modify: Once the estate plan is completed, you can relax—but only temporarily. We live in a world of continuous change. Some suggest every three to five years—or whenever there is a major change in your situation or the tax laws.



Ag News

Shad Marston
County Extension Agent
Agriculture and Natural Resources

UPCOMING EVENTS

KSRE Calving School

Thursday, December 13, 2018
McPherson Co 4-H Building
710 West Woodside
McPherson, KS 67460

Steak Dinner by reservation

Call 620-241-1523 by noon Friday, December 7
or email Terra at tregehr@ksu.edu
(Also, please call if you need to
cancel a reservation)

Program:

6:00 KC Strip Steak Dinner- \$10.00 (by reservation only)

7:00 Outline the normal calving process as well as tips to
handle difficult calving situations. There will be a Life-
Size demonstration on calving techniques.
A.J. Tarpoff, DVM, MS

Baby Calf Health Tips
Dr. Twig Marston
Beef Nutritionist, Hubbard Feeds

Tree Program

February 19, 2019
5:00 pm
Extension Office

This program will cover information about Line Clearance Pruning, Selection and Placement of Trees and a panel of experts to answer any of your tree questions that include Kody Kraemer, McPherson City Forrester; Mike Nieman of BPU and a spokesman from Royer's Brothers, Line Clearance Company. Everyone from the community is welcome to attend this meeting at the Extension Office, 600 W. Woodside. Please invite your friends and neighbors and bring your tree questions for the panel to answer.

“Winter Safety in the Workplace”

by Shad Marston Ag Agent

Winter is upon us and many agricultural workers work in the elements, which brings a new set of seasonal workplace hazards. Falls, slips and trips are one of the most common causes of workplace injuries (U.S. Bureau of Labor Statistics, 2017). Although falls and slips can occur anytime, extra precautions are required during the winter months. Utilizing proper shoe attire can help in this area. Hypothermia is another concern, especially for those who work in the elements. Safety experts suggest that clothing should be layered to retain our own body heat. However, how and what type of layers those clothes are made of is also important. At least three layers is recommended; cotton or other breathable synthetic fiber should be the first or base layer. Wool or down is suggested for the middle layer, and the third or outer layer should be comprised of material that will block the wind (nylon outer shell found on many ski-jackets etc). Having a dry set of extra clothes on hand can help for a more productive day. Portable heaters are often used as heat sources in many shops and barns. Portable heaters are one of the most common causes of carbon monoxide poisoning and fires. If heaters are used in confined spaces, keep in mind that ventilation is required to avoid carbon monoxide poisoning. Additionally, the areas where heaters are used should be checked for combustible materials. Lastly, rushing a job or taking short cuts can also lead to additional problems. Remember, to allow more time to finish simple jobs when we have cold, wet weather. Safety in the workplace should always be a top priority on anyone's farm or ranch.

2018 K-State Integrated Resource Management Books

“Red Books” are the cat's meow of pocket calving books. The 2019 IRM Redbooks are here and will be sold on a first-come, first-served basis. Their durable red cover has proven to be a worthy design after many years of abuse from the mud, rain and the many different tagging conditions one might occur. Red books have a lot of features including a gestation table, yearly calendar, breeding records, calf info and so much more. It even makes a great gift. Cost \$6.00

What Producers Should Be Thinking About In January..... Beef Tips by Dale Blasi, Extension Beef Specialist

Cow herd management

- ✘ Historically, cull cow prices have increased during the next two or three months. Check your breakevens.
- ✘ Continue feeding or grazing programs started in early winter. Weather conditions may require wrapping up grain sorghum and cornstalk field grazing. Severe winter weather may begin to limit crop residue utilization, so be prepared to move to other grazing and feeding systems
- ✘ Supplement to achieve ideal BCS at calving. ? Use this formula to compare the basis of cost per lb. of crude protein (CP): Cost of supplement, \$ per hundredweight (cwt.) ÷ (100 X % CP) = cost per lb. of CP. ? Use this formula to compare energy sources on basis of cost per lb. of TDN: Cost, \$ per ton ÷ [2,000 X % dry matter (DM) X % TDN in DM] = cost per lb. of TDN.
- ✘ Control lice; external parasites could increase feed costs.
- ✘ Provide an adequate water supply. Depending on body size and stage of production, cattle need 5-11 gallons (gal.) of water per head per day, even in the coldest weather.
- ✘ Sort cows into management groups. BCS and age can be used as sorting criteria. If you must mix age groups, put thin and young cows together, and feed separately from the mature, properly conditioned cows.
- ✘ Use information from forage testing to divide forage supplies into quality lots. Higher-quality feedstuffs should be utilized for replacement females, younger cows, and thin cows that may lack condition and that may be more nutritionally stressed.
- ✘ Consult your veterinarian regarding pre- and post-partum vaccination schedules.
- ✘ Continue mineral supplementation. Vitamin A should be supplemented if cows are not grazing green forage.
- ✘ Plan to attend local, state and regional educational and industry meetings.
- ✘ Develop replacement heifers properly. Weigh them now to calculate necessary average daily gain (ADG) to achieve target breeding weights. Target the heifers to weigh about 60%-65% of their mature weight by the start of the breeding season. Thin, lightweight heifers may need extra feed for 60-80 days to “flush” before breeding.
- ✘ Bull calves to be fed out and sold in the spring as yearlings should be well onto feed. Ultrasound measurements should be taken around one year of age and provided to your breed association.
- ✘ Provide some protection, such as a windbreak, during severe winter weather to reduce energy requirements. The LCT is the temperature at which a cow requires additional energy to simply maintain her current body weight and condition. The LCT for cattle varies with hair coat and body condition. Increase the amount of dietary energy provided 1% for each degree (including wind chill) below the LCT.

Dicamba Registrations Renewed for Xtendimax, Engenia, and FeXapan

Dallas Peterson, Weed Management Specialist

The long-awaited announcement regarding re-registration of the dicamba products labelled for use on Xtend soybeans and cotton finally happened a couple weeks ago. The EPA approved the registration for two more years, extending them through December 20, 2020. The new labels will include some additional restrictions from the previous versions to try and further minimize the issues of non-target dicamba injury to susceptible crops and plants.

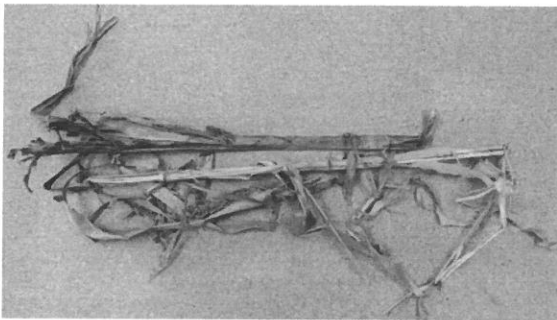
In addition to the previous label guidelines and restrictions, below is a list of the primary changes to the Xtendimax, Engenia, and FeXapan labels.

- * Only certified applicators may purchase and apply (no application under direct supervision).
- * Mandatory dicamba or auxin applicator training is required annually for anyone applying the products. Training requirements to be determined by each state.
- * Only apply between 1 hour after sunrise and 2 hours before sunset.
- * Postemergence treatments must be applied prior to 45 days after soybean planting or R1 stage and 60 days of cotton planting or mid-bloom stage, whichever comes first.
- * Recommended to test spray solution for pH and add buffering agent if the pH is less than 5.
- * Enhanced tank clean-out instructions for the entire spray system.
- * Records must be generated within 72 hours of application instead of 14 days.
- * Planting date and documentation of surrounding crops and areas must also be recorded.
- * In counties where endangered terrestrial dicot species may exist, in addition to the 110 ft. downwind buffer, a 57 ft. buffer is required around all other perimeters of the field.
- * Consult <http://www.epa.gov/endangered-species> for the list of counties requiring additional protection measures along with guidance for specific areas that can be included in the buffer distance calculation for fields in affected counties.

Challenges With Late-Harvested Crops and Forages

Across parts of Kansas, summer moisture produced good tonnage of forage sorghum and other forages intended for winter livestock feeding. Heavy windrows extended drying time and some forage that is, or was, on the ground for weeks has received rain and snow. As a result, much forage has evidence of mold (Figure 1). Many of the heavy windrows will have mold on the top and bottom of the windrow but the center may be well preserved. In other cases, and especially in thin windrows, the hay may be moldy throughout and the leaves and stalk may be nearly black. In fact, reports have been received of equipment turning black during baling.

Figure 1. Fungal growth on sorghum-sudan hay collected from a windrow in Thomas County, KS. Photos by Jeanne Falk Jones, K-State Research and Extension.



Does your feed contain mycotoxins? The presence or absence of visible mold is not a reliable indicator of the presence or absence of mycotoxins. Very moldy feed may not contain any detectable amounts of known mycotoxins, while good looking feed may contain very high concentrations. Because forages do not contain the same level of carbohydrates as grains, they produce toxins less often. This is a good thing for the current situation in Kansas.

Should you test for mycotoxins before feeding?

Determining if you should test for mycotoxins prior to feeding will be related to the extent of visible mold, relative aversion to risk, and intended use. More than 800 mycotoxins have been detected but relatively few have been characterized and are considered important to animal health. Screening with ELISA kits or by black light are not always reliable and would need to be confirmed with a chemical analysis. A few labs such as the Veterinary Diagnostic Lab at Iowa State University can use a chemical analysis to screen for the most common mycotoxins.

Because mycotoxins are not evenly distributed in feeds, a through sampling job is needed. Collect a core sample from every ten bales, combine thoroughly, and mix cores samples before creating a one-pound subsample. Sampling in the windrow can be done but rather labor intensive (1 sample per 2.5 acres) to get a good representative sample. Freeze and ship with cold packs to prevent further mold growth during shipping.

The dust that comes off these highly moldy forages could irritate young or stressed animals and reduce intake. Grinding and mixing with non-moldy hay would be a

good way to utilize the forage. If you cannot grind this feed, consider palatability issues from both mold and forage maturity and how much will realistically be consumed. Grazing in the field eliminates baling and moving costs and rejected feed is left on the field. If feeding hay free choice, expect cattle to bunk sort and reject a portion of the feed.

Other issues to consider

Forage nutrient quality is also a concern. Respiration losses of highly digestible carbohydrates occur when forage moisture remains above 30%, and can continue if rain or snow prevents the early dry down. Rain or snow can cause leaching of nutrients, particularly if the forage is closer to baling when the moisture is received. Up to a 20% loss of digestible soluble nutrients such as carbohydrates, B vitamins, and potassium can occur. Nutrient detergent fiber (NDF) increases considerably in rained-on hay and intake would be expected to decrease accordingly. Nitrogen content, and thus crude protein, is minimally impacted by the leaching. However, if the hay heats in the bale, the heating can damage the digestibility of the protein. If baled a little tough (22-24% moisture) to hurry removal from the field, substantial spoilage and further loss of nutrients may result from the excessive heating and can allow for further mold growth.

To manage feed costs and ensure target animal performance when using this feed a nutrient analysis that includes crude protein, heat damaged protein and net energy or TDN should be conducted. Use this information to balance rations to meet needs.

Lastly, producers may encounter moldy plant or grain in the crop residue fields they plan to graze. The grain has more potential for the production of mycotoxins due to the carbohydrates in the grain, but again, the presence of mold alone does not equal presence of mycotoxins. In most cases, cows grazing crop residues with some moldy grain has not caused health issues. When the total diet is considered, if mycotoxins are present, they are not likely to reach a concentration high enough to cause health issues. When feeding forage or grain of concern, the adage is "dilution is the solution". For more information on mycotoxins see www.KSUBeef.org

Master Gardeners Training

Every Thursday from January 31 to March 21

9:00 a.m. - 4:00 p.m.

KSU Polytech Campus, Salina Kansas

The cost this year is \$110. To sign up go to link:
<http://www.centrankansas.k-state.edu/lawn-garden/master-gardener/online-application.html>



Clover Corner

Lindsey Muetting
County Extension Agent
4-H Youth Development



The busy holiday season is here and we are finishing up the first semester of school! Though this is a slower time in 4-H, there are still many things that need to be accomplished. FIRST... are you even enrolled?! Please remember that each 4-H'er MUST be enrolled online! Head to <https://ks.4honline.com> and log into your family profile. You will then edit individual family members to re-enroll them! If you have problems or questions, just ask! Please make sure to read this newsletter closely as your next one will not come out until February! We will be well on our way to a successful 4-H year by then!

~Lindsey

Calendar of Events

December

Dec 6 4-H Council
Dec 20 4-H Day with the Lady Cats Reg. DUE
Dec. 24-31 Closed

January

Jan. 1 Office Closed, HAPPY NEW YEAR!
Jan. 13 4-H Day with the Lady Cats; 12 PM
Jan. 15 Area KAP selections due to Office
Jan. 15 Club Goals Due
Jan. 17 NE Area KAP Screening
Jan. 19 NELE (Northeast Leadership Event)
Jan. 25 State Scholarships due to office
Jan. 28 Junior Leaders - serve SCS Dinner
Feb 1 Club Fair Theme selections due

Jam the Gym with 4-H!!!

Come cheer on the Lady Cats with more than 1000 other 4-H fans! Come join the fun as we Jam the Gym with 4-H Pride!



When: Sunday, January 13, 2019 - 12:00 PM
tip-off – KSU vs. KU
Where: Bramlage Coliseum; Manhattan, KS (pick-up at Pottorf Hall in Cico Park, Manhattan)
Who: 4-H Families, Friends and Supporters
Cost: \$22 for a ticket, game day t-shirt, and \$10.00 meal voucher to use at concessions.
How: Registration and Payment is due ONLINE by December 20, visit: <http://tinyurl.com/2019kae4ha> to register or find information at our county website.

Adult Chaperones Needed!

Are you willing to serve as a Chaperone for Regional and State Events? We are looking for chaperones for several events including NELE, CIA, Discovery Days, 4-H Camp and more! Please complete the Adult Chaperone Application found at www.mcpherson.ksu.edu under 4-H Youth Development, Forms and Resources. By completing the application you have let us know that you are willing and interested in serving as a chaperone; it does not commit you to serving. Thank you for helping make these events successful for our 4-H members!

Save 2 Liter Bottles

We have a few events being planned that we will need empty rinsed 2 liter bottles for! If you use any please save them and bring them to the Extension Office! We do not need lids. Please rinse and bring them to us to repurpose! Thank you!

4-H Fair Theme

Don't forget about the 4-H Fair Theme Contest! Be thinking of your ideas today to present to your club!

- Each club will submit one theme to the Extension Office by February 1
- 4-H Council will decide on the top 3 themes
- Each 4-H member can vote on their favorite theme at 4-H Club Day (March 23).

Loaves and Fishes

There are still dates to fill for serving Loaves and Fishes in February. February 17 and 24 are empty while Feb 3 has one club. Call or email Terra, tregehr@ksu.edu for more information and to sign up for this serving opportunity!

OzSome 4-H Camp

Mark your calendars!!! OzSome 4-H camp will be held June 14-17, 2019. More details for campers and counselors will be available the first part of the year.

Mitten Tree



4-Hers are encouraged to bring cold weather items (coats, hats, scarves, gloves, socks, or monetary gifts) to Home State Bank and Trust's Community Mitten Tree between Thanksgiving and Christmas. The tree is located in

the lobby at their Main and Euclid location. Donations can also be dropped off at the Extension Office. The items will be distributed to all the elementary schools in McPherson County. Thank to you the K-State Wild Kids 4-H Club for helping set up and carry out this community service project!

4-H Club Day An Event for Everyone!!!

This event will again be combined with Marion and Harvey County. It will take place on Saturday, March 23 at Chisholm Middle School in Newton. Please be thinking about what you would like to participate in as registration will open in January. All registration will be done online this year. Watch your email and February Clover Corner for registration links. Information on divisions available can be found at: www.mcpherson.ksu.edu under 4-H Youth Development, Events. If you have questions or need ideas, contact Lindsey!

Club Goals

Each year, clubs set goals as to what they hope to accomplish for the year. These are due on January 15. Clubs decide if they want to go for a club seal and what level they would like to try to achieve. This is usually decided by a committee made up of youth and adults, but it can be discussed at a club meeting.

Once a decision is made on which seal to aim for, it is up to all members of the club to help achieve those goals. This means doing your part by participating in 4-H events, doing presentations, completing your record book, and attending club and project meetings!

County-Wide Committees/Council Date

County-Wide Committees

4-H Day, Officer Training, Social Events, Fair Fun Events... these are some of the events and activities planned by county-wide committees! Anyone can be on a committee, or as many committees as they wish! Sign-up is found on our website www.mcpherson.ksu.edu under 4-H Youth Development, Forms and Resources or can be picked up at or emailed from the Office. Sign-up is due no later than January 10. Please share with club members and families! Each council rep must be on at least one committee, but everyone is welcome!

County 4-H Council

The next Council Committee will be December 6 at 7:00 p.m. followed by February 7 at 7:00 p.m.

Junior Leader Happenings

Watch your email for upcoming announcements!

Also, mark your calendar for Monday, January 28 when Jr. Leaders will be serving the *Conservation District Annual Meeting* dinner. Everybody's help is needed! Look for more details soon!

NELE- Check out the information on NELE on the next page! This is a great opportunity for all Junior Leaders! We will also be looking for an adult to attend with the youth and help drive our county group. Let Lindsey know if you are interested!

Remember, all Jr. Leaders activities are open to youth 12 and older! Invite your fellow club members and other 4-H Friends!

2018 KAPs

4-H Members that were Project Champions in the Senior Division and will be submitting a KAP to the area judging, please remember that those books will be due to the Extension Office on January 15.

If you would be interested in learning more about KAPs, helping with Area judging would be a great opportunity! McPherson County is able to bring up to three volunteers. This judging will be in Manhattan on January 17. Please contact the office as soon as possible if you are able to help.

Get Published

Have project news or reports of fun 4-H happenings? Get them to Lindsey to publish in the upcoming Clover Corner. The next issue will be printed for February, please email or bring in any articles to Lindsey by January 18.

4-H PROJECT NEWS

State Jr Producer Days!

Junior Swine Producer Day is scheduled for Saturday, March 9, and Junior Meat Goat Producer Day will be hosted on Saturday, March 30. Registration information will be released by December 1, so watch the K-State Youth Livestock Program Facebook page and website (www.asi.k-state.edu/research-and-extension/youth-programs) for further details!

Horse - 4-H Horse Panorama will be held on January 25-27! Registration info and a tentative schedule are available online: <http://www.kansas4-h.org/events-activities/conferences-events/horse/>

The state horse judging contest will be held Friday, Feb 22 in conjunction with Equifest.

Clothing and Fiber Arts - Lindsey has a few volunteers willing to help youth in these project areas. If you are needing assistance with a project for the coming year contact Lindsey for more information!

LEADERSHIP AND CITIZENSHIP

NELE

Northeast 4-H Leadership Event

The annual Northeast 4-H Leadership Event will be held at Rock Springs 4-H Center on Saturday, January 19, 2019. NELE is led by Northeast Area Youth Leadership Council Representatives for 12-18 year olds. Delegates can sign up for multiple classes throughout the day with many options for everyone. Don't miss this opportunity to meet new people and learn many new leadership skills. Attending NELE will help you broaden your circle of friends in your area while helping you get ideas for the 4-H year ahead! Registration information can be found online at: <http://www.kansas4-h.org/events/index.html>

Kansas 4-H Scholarships

4-H members wanting to apply must have completed applications to the Extension Office by Thursday, January 24, 2019.

Scholarship selection is based on:

4-H Leadership- 40%
4-H Citizenship/Community Service- 30%
4-H Participation, Recognition- 20%
Non 4-H Citizenship, Leadership & Recognition- 10%
Graduating seniors and college students are encouraged to apply.

The 2019 form can be found at <http://www.kansas4-h.org/resources/4-h-library/awards-and-recognition/scholarships.html>

CWF

June 13-24 could be the time of your life if you are a 4-H'er between 15 and 18 years old! This will be the 2019 Citizenship Washington Focus trip for Kansas! Lindsey attended this trip in 2014 as a chaperone and would love to tell you all about the experiences. There is nothing like a bus full of amazing Kansas 4-H'ers headed across the country! Become close with new friends from around the state and experience and see things in our country that you may never have a chance to do again!



Cost of the trip is \$1850 which includes all travel, hotels, CWF conference and admission to sights and activities. But HURRY! Registration deadline January 15 or until 50 spaces are filled! Consider this experience to travel to our Nation's Capital with 4-H Friends! For more info visit: <http://www.kansas4-h.org/events-activities/national-regional-events/citizenship-washington-focus/index.html>

Citizenship in Action February 17-18, 2019

Would you like to have more influence in laws and rules that affect your life? Then you'll want to go to Kansas 4-H Citizenship in Action! This two day event sponsored by the State 4-H Youth Leadership Council, will be held Sunday, February 17 through Monday, February 18, 2019 at our State Capitol, Topeka. All youth 13 to 18 years old by January 1, current year are eligible to attend.

The purpose of the event is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process.

Registration is \$175 and due for CIA by February 1. For more info visit: <http://www.kansas4-h.org/events-activities/conferences-events/citizenship-in-action/index.html>



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RETURN SERVICE REQUESTED

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