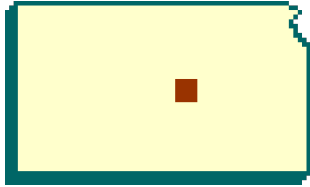


McPherson County



K-State Research & Extension
600 West Woodside, McPherson KS 67460
620-241-1523 FAX 620-241-3407

www.mcpherson.ksu.edu

March 2022



Ag News

Shad Marston
County Extension Agent
Agriculture and Natural Resources



Bull Sale Season Considerations

With the annual bull sales approaching, knowing your operation's objectives will help producers select new breeding stock. During the late winter and early spring, rural mailboxes seem to be full with bull sale catalogs. It can be hard to know how to prioritize traits in making bull selections. "The most important thing to do is find out what your objectives and goals are for your operation," said Shane Werk, manager of K-State's Purebred Beef Unit.

Operation Objectives

When viewing catalogs, Werk suggests prospective buyers look for bulls that offer traits that enhance the operation. He said commercial producers need to know the genetic and marketing goals of the operation to determine the best breed fit. EPDs, or expected progeny differences, can provide those insights on what bulls to add to the ranch. Producers should determine the traits they really need for improvement. Then look for bulls that have EPDs above the average EPD for those traits, but also make bulls have average EPDs for other traits so that they don't lose ground in some traits. The marketing plan dictates a lot about what traits you need to pay attention to when you're looking at those bulls. There will be selection differences if the acquired bull will be breeding heifers or cows. Remember, when breeding heifers, the bull's calving ease and calving weight EPDs should be prioritized. But Werk said there can be a tradeoff if producers are only using one bull to breed the entire herd. "If you're buying heifer bulls for your cows, obviously there's a potential for less performance and growth in your calves," Werk said. "Also, the bulls that are best for breeding heifers are typically the highest-priced bulls."

Bull Acclimation

There are health considerations for bulls once producers bring them home. When bringing a new animal into the herd, producers need to make sure that they are not bringing diseases along with that animal. When separating a bull for biosecurity reasons, it is also a good time to let the bull acclimate to new feed and water. Separating the new bull from the others can be beneficial not only from a health standpoint but also from a social standpoint, agreed the experts from KSU. When the new bull is introduced, it is a smoother transition to add them to the pen at feeding time, said Werk. "If it's a young bull in with a handful of older bulls, the fight for dominance is going to end quickly," he added.

Kick-Start Spring By Planning A Garden

As the weather slowly begins to warm up, many Kansans are eager to get back to gardening. Work can begin on spring vegetables like peas and lettuce. Try planting peas as soon as the soil dries and the temperature reaches 40 degrees Fahrenheit. If you have limited garden space, container gardens might be an answer. Residents of apartments, condominiums, retirement homes or houses on small lots can still enjoy gardening. Also, containers are mobile, allowing a gardener to take the plants along or move them for an instant splash of color. You can enjoy your plants more fully by locating them on patios, balconies or window boxes. Older gardeners can plant and tend to containers when standard gardening may be too strenuous. And, what better way is there for children to study the miracle of plant growth? Container gardening, however, is not without its problems, especially in Kansas. A plant growing in an exposed location will be under more stress, and will need more regular watering. The effects of hot, dry winds may be more severe than in conventional gardens. Large containers can be expensive and difficult to move when filled with potting mix. But, the advantages far outweigh the problems, so let's get started growing- here are some great tips for early spring container gardening.

Containers come in a variety of styles and sizes. Of course, you can recycle old buckets, cans, wood boxes and similar containers. The only essential thing is that the container has holes in the bottom for draining excess water

Growing Media

There have been many advances in potting mixes in recent years. A trend has developed to use soilless mixes because of their freedom from disease or insect problems, and ease of use. Most commercial brands contain peat and vermiculite plus other additives. Drainage is excellent, water holding capacity is good, and the mixes are lightweight. They do require fertilization since they contain or hold relatively little fertilizer elements.

For growing transplants, choose a commercial fine-textured seed starting mix. You may find that fertilizing and watering practices need to be altered slightly for different potting mixes. Also, each container size or style that you choose may have slightly different requirements.

Fertilization for transplants, especially those grown in soilless mixes, do require regular fertilization after germination when growth starts. Soilless mixes usually require fertilization two to three times per week using a soluble fertilizer. Ask for a soluble fertilizer from your local garden dealer and follow label directions for fertilizing and watering seedling plants. Avoid heavy fertilization in periods of dark, dreary weather. Just prior to setting plants in the garden, make sure they are well watered and fertilized. You might want to use a plant starter solution available from your local garden dealer as you set plants in the garden.

Acclimation or "Hardening": During the last week of growing, transplants can be acclimated to the shock or stress of field setting by reducing growth conditions. This is done by lowering temperatures, reducing watering, or both. Cool season crops can be made more frost tolerant while warm season crops will be less succulent for improved field survival. A shift in the fertilization schedule to reduce nitrogen (which encourages vegetative growth) and increase phosphate fertilizers (which encourages root development) is suggested 3-5 days before field setting. This can be done by substituting "root stimulator" for the previous soluble fertilizer.

Tips

Tomato plants may need protection from strong winds when set out. Wooden shingles placed to block the wind used to be recommended but are now difficult to find. Try a plastic milk jug or a 2-liter soda bottle with both the bottom and top cut off. Push the jug or bottle into the soil far enough so it won't blow away. In windy conditions, it may need to be stabilized with a wooden dowel or metal rod. You may have plants that are too big for a milk jug or 2-liter bottle. In that case you can use a small bucket or a leftover large plant container that once had a tree in it you planted years ago. Just cut the bottom off these containers and press into the ground far enough so they do not to blow away from the wind and tall enough to give good protection. Be sure to remove the container when the plants are out of harm's way to make harvesting your tomato fruit easier!

Plants in the vegetable garden or in the landscape look their best when they are healthy. Often times if a plant doesn't look good or quite right we think we need to fertilize. Fertilizing is an important practice when needed, but it is not a cure-all. Fertilization cannot compensate for:

- * Poor soil structure which does not allow for adequate drainage or aeration.
- * Undesirable soil pH or salt content of the soil.
- * Poor seeds, diseased, or unhealthy plants.
- * Shade trees or tree roots in or around the garden area.

The addition of organic matter will ensure that some fertilizer nutrients are in the soil. You may need to add commercial fertilizer as well. Most chemical fertilizers are simply rock or mineral materials rich in nutrient elements.

The nutrient elements that plants require can be supplied by either organic or commercial fertilizers. All plants require 16 nutrient elements for growth. Thirteen of these come from the soil. When organic fertilizers are used, they must break down to release these basic fertilizer elements in the soil before the plants can use them.

Regardless of the form of fertilizer--organic or chemical-- the plant makes no distinction as long as the nutrients are there. However, large quantities of organic materials must be used compared with more concentrated commercial fertilizers.

(continued Kick Start Spring by Planning A Garden)

Organic matter is a vital part of any soil and benefits the soil in several ways. When incorporated into the soil, decaying organic residue serves several useful functions:

- * Loosens tight clay soils to provide better drainage.
- * Provides for better soil aeration which is necessary for good root growth.
- * Increases the water-holding capacity of all soils. This is especially helpful on sandy soils. * Makes soil easier to till and easier for plant roots to penetrate.
- * Supplies nutrients for plant growth. Other commercial or processed fertilizers may be available. Consult the label for nutrient content. Chemical fertilizers The nutrients most frequently lacking for growth are nitrogen (N), phosphorus (P), and potassium (K).
- * N (Nitrogen) -- This nutrient element provides dark green color in plants. It promotes rapid vegetative growth. Plants deficient in nitrogen have thin spindly stems, pale or yellow foliage, and smaller than normal leaves.
- * P (Phosphorus) -- This nutrient promotes early root formation, gives plants a rapid, vigorous start, and hastens blooming and maturity. Plants deficient in this element have thin, shortened stems, and leaves often develop a purplish color.
- * K (Potassium) -- Potassium or potash hastens ripening of fruit. Plant disease resistance as well as general plant health depend on this element. It is also important in developing plump, full seeds. Plants deficient in this element have graying or browning on the outer edges of older leaves. The content of N, P, and K is specified on bags of chemical fertilizers. The analysis or grade refers to the percent by weight of nitrogen, phosphate, and potash in that order. Thus, a 10- 10-10 fertilizer contains 10 percent nitrogen (N), 10 percent phosphate (P205) and 10 percent potash (K20).

Plants in the vegetable or container garden look their best when they are healthy. All plants need care and attention throughout the season. The rewards of raising your own vegetables and flowers are fun and exciting for the whole family. Always refer to K-State Research and Extension publications for ways to improve your gardening skills.

Tracking Fuel Price Trends B

Shelby Varner, K-State Research and Extension news

Ibendahl suggests farmers should think about buying diesel during the summer to save on costs

Kansas State University farm management economist Gregg Ibendahl said the average price of gasoline and diesel the past five years gives a good indication of when to expect higher and lower prices. "You can really see the seasonality the most if you look at (past) gasoline prices," Ibendahl said. He said gas prices are almost guaranteed to be higher during summer when people are going on vacations. On the other hand, the lowest gasoline prices will be during the winter. According to Ibendahl, that trend still holds and will likely continue. "On the diesel side, we also see some seasonality," Ibendahl said. The seasonality of diesel has changed over the

last decade or two because diesel used to be a close substitute for heating oil, which caused diesel prices to be highest in the winter. In a recent analysis, Ibendahl said the best time to buy diesel would probably be during the summer. "(Now) we see more of a seasonal demand for diesel fuel in the spring and fall," Ibendahl said. "Prices are probably 15- 20 cents higher in October and November, but the rest of the year it is probably just a little bit below average."

Higher diesel prices during those times can be a bad thing for farmers as they are trying to get the crop in or out. "Diesel fuel doesn't show strong seasonality like gasoline does, but it's still there," Ibendahl said. With the state of the world's current events – such as the armed conflict between Russia and Ukraine – this could push diesel and oil prices higher and result in even more price variability.

Tractor Safety Trainings

Tuesday, March 15
9:00 a.m.

Prairieland Partners
2401 E Northview Ave
McPherson KS

Saturday, March 5
9:00 a.m.

Great Plains Conference Center
1525 E North Str
Salina KS

The National Safe Tractor and Machinery Operation Program is designed for 14 and 15 year olds seeking employment in production agriculture.

Manual Cost: \$15.00 – pick up at local Extension Office

For more information or to RSVP, contact:



McPherson County Extension
Office
620-241-1523

CKD - either Salina Office: 785-309-5850 or Minneapolis Office: 785-392-2147

Topdressing Wheat with Nitrogen - by Dorivar & Romulo

The status of the 2021-22 winter wheat crop in Kansas continue to deteriorate due to the combination of drought conditions that have lasted since the fall and a few events of extremely cold temperatures that occurred during the winter. Some fields in southwest and west central Kansas were sown relatively early (mid-September 2021) to capitalize on available soil moisture, resulting in lush crop growth in the fall that depleted soil moisture. This seems to be the case for about 50% of the crop in that region. For the remainder of the state, as much as 30-40% of the crop did not emerge until sometime in November due to dry conditions at sowing, showing very limited development of tillers during the fall. Many fields that were planted late, after soybeans in central Kansas or after corn in western Kansas, have yet to emerge. Because conditions since sowing have deteriorated for the majority of the wheat growing region due to virtually no rainfall, the wheat crop might be in critical condition for some growers. These different crop conditions across the state result in contrasting yield potentials, which should be taken into consideration when managing the nitrogen (N) fertilizer rate.

For the most part and regardless of crop conditions, now is a good time to start planning for topdressing nitrogen. Some key elements that need to be considered when deciding on the exact program you plan to use include: timing, N source, application method and N rate. Ideally, the N in topdress applications will be moved into the root zone with precipitation well before jointing begins in order to be most efficiently utilized by wheat. With some of the small wheat out there with limited tillers, having adequate N available to support spring tillering when it breaks dormancy will be important. Also, the potential number of kernels per head is determined right after spring green-up and prior to jointing; thus, having available N in the root zone can help ensure a good yield potential. Some combination of fall pre-plant, at-seeding N, and/or early topdressed N is also normally needed to supply adequate N to support head differentiation. This article will discuss some of the issues to consider when making topdressing decisions.

Timing

The most important factor in getting a good return on topdress N is usually timing. It is critical to get the N on early enough to have the maximum potential impact on yield, especially in a year with limited fall tillering. While waiting until spring just prior to jointing can be done with success, this can be too late in some years, especially when little or no N was applied in the fall. For the well-drained, medium- to fine-textured soils that dominate our wheat acres, the odds of losing much of the N that is topdress-applied in the winter is low. For these soils, topdressing can begin anytime now, and usually the earlier the better. For wheat grown on sandier soils, earlier is not necessarily better for N applications. On these soils, there is a greater chance that N applied in the fall or early winter could leach completely out of the root zone if precipitation is unusually heavy. Waiting until closer to spring green-up to make topdress N applications on sandier soils will help manage this risk.

On poorly drained and/or shallow claypan soils, especially in south central or southeast Kansas, N applied in the fall or early winter would have a significant risk of denitrification N loss. Waiting until closer to spring green-up to make topdress N applications on these soils will help minimize the potential for this N loss.

On both sandy soils subject to leaching and poorly-drained soils prone to denitrification, split applications may be a strategy to consider. This would involve applying enough N in the fall at or prior to planting to give good support for fall growth and

tillering -- generally 20-30 pounds of N. Then follow up with an additional application of about 20-30 pounds of N in late winter or early spring to support spring tillering, possibly applied with herbicides. This late-winter/early-spring application becomes especially important when stands are thin due to poor emergence, as many fields are this year. Finally, come back around jointing or a few days later with a final application to support heading and grain fill. This strategy can also provide flexibility in a year like this with poor fall growth, allowing to hold back part of the N for later in the spring as we have a better idea of soil moisture and weather conditions for the season.

Application method

Most topdressing is broadcast applied. In high-residue situations, this can result in some immobilization of N, especially where liquid UAN is used. If no herbicides are applied with the N, producers can get some benefit from applying the N in a dribble band on 15- to 18-inch centers. This can minimize immobilization and may provide for a more consistent crop response.

Nitrogen source

The typical sources of N used for topdressing wheat are UAN solution and dry urea. Numerous trials by K-State over the years have shown that both are equally effective. In no-till situations, there may be some slight advantage to applying dry urea since some of it will fall to the soil surface and be less affected by immobilization than broadcast liquid UAN, which tends to get hung up on surface residues.

Dribble (surface band) UAN applications would also avoid some of this tie-up on surface crop residues. However, if producers plan to tank-mix with an herbicide, they will have to use liquid UAN and broadcast it.

Controlled-release products such as polyurethane coated urea (ESN) might be considered on very sandy soils prone to leaching, or poorly-drained soils prone to denitrification. Generally, a 50:50 blend of standard urea and coated urea will provide some N immediately to support tillering and head development, and also continue to release some N in later stages of development. This would work best in settings with high loss potential.

Nitrogen rate

Producers should have started the season with a certain N recommendation in hand, ideally based on a profile N soil test done before the crop is planted and before any N has been applied. If a soil sample was taken at sowing, profile nitrate-N can help determine the rate to be applied based on the yield goal. However, it is not too late to use the profile N soil test if taken in late winter/very early spring before green-up. While it will not be as accurate as when sampled in the fall, it can still identify fields or areas in fields with high levels of available nitrate N. Unfortunately, it is not reliable in measuring recently applied N. So if a high rate of N has already been applied, a late winter profile sample probably shouldn't be taken. Remember that topdressing should complement or supplement the N applied in the fall and the residual soil N present in the soil. The total N application, planting and topdressing, should equal the target recommended rate.

Some fields may also benefit from an application of sulfur and chloride. Like N, these nutrients are mobile in the soil, and a topdress application before jointing is considered an effective application time. Sulfur and chloride topdress applications should be made based on soil test and history of response.



Clover Corner

Lindsey Muefing
County Extension Agent



Happy March! The weather has been beautiful and I am ready to get outside more! I hope this means extra time for you to be working with, creating or practicing with your selected 4-H projects! Remember you can drop and add projects until May 1.

March is starting off busy with Match Week and spring planning. Keep going on the 4-H Development Fund - many scholarships and extra activities we have are made possible because of these funds! Take special note of ALL the information in the newsletter. There is a very full spring break week planned with camps and sessions you won't want to miss! As always- let me know if you have any questions!

~Lindsey

Match WEEK

Match Week is February 28-March 4 and holds incredible opportunity for McPherson County 4-H. During that time, McPherson County Community Foundation will match donations made to our endowment fund—our long-term savings—and with your help, we could potentially receive up to \$20,000 of the \$100,000 match available. Here's how Match Day works:

- * Cash or Checks to our 4-H Endowment Fund (made to MCCF) can be brought to the Community Foundation (1233 N. Main, McPherson) from 9am-4pm each day for contactless delivery or can be mailed, being postmarked no later than March 4. Donations may also be made with credit card. Mcphersonfoundation.org (click on the donate button). All donations are tax deductible.
- * Matching funds will be given to our organization based on a proportional basis. For example, if \$300,000 is raised and our organization received 10% of the total donations, we will receive \$10,000 matching funds

4-H Council

The next meeting will be held April 7 at 7 PM. Please be sure to have youth and adult reps available from your club!

4-H Calendar

March

- 28-4 Match Week- Community Foundation
- 10 Bring Your 4-H Projects to Life- Leadership
- 14 Geology Field Trip
- 15 Intro to Sewing Help Class (9-11am)
- 15 Tractor Safety- 9 AM PLP
- 15 & 17 3D Printing Virtual Camp (2-4 pm)
- 16 YQCA Training- 8:45 AM
- 16 & 18 3D Printing Virtual Camp (10-Noon)
- 16 STEM Block Coding Session (2-3:30)
- 17 Crazy Clover Day Camp (7-9 year olds)

Fair Time is Coming!

Thank you to all the wonderful fair theme ideas that clubs submitted. 4-H Council voted on the top three themes and at 4-H Club Day you voted! The July 22-25, 2022 4-H Fair theme will be:

“DANCING WITH THE STEERS”

4-H Camp Scholarships!

4-H Camp is offered this summer with Registration through Rock Springs. 4-H members and friends are able to register for any 3 night or 6 night session offered this year. Rock Springs is planning to offer transportation to and from camp from designated locations.

McPherson County 4-H will offer all 4-H members a \$125 scholarship to help with their Rock Springs camp costs this summer. In order to receive this, you must be fully registered for a session with confirmation turned into the Extension Office as well as a paragraph about your favorite 4-H event or activity and why! If for any reason you are unable to attend camp, the scholarship must be returned.

You can find more information, available sessions and registration at <https://www.rockspringsranch4hcamp.org/> There are also leadership opportunities for youth entering 11th and 12th grade!

Local College Scholarships

Attention High School Seniors! Our McPherson County 4-H Scholarship application is due to the Extension Office by April 1. Thank you to the Development Fund for providing this opportunity! The form can be found online: <https://www.mcpherson.ksu.edu> under 4-H Youth Development, Awards and Recognition, Scholarships.

Bring Your 4-H Projects to LIFE! Leadership!

The next session will be held on Thursday, March 10 at 7 PM as we learn from the K-State Staley School of Leadership! **Make sure to register by March 8!** https://kstate.qualtrics.com/jfe/form/SV_aY7cxeG4w7Z200G Remember, you do NOT have to currently be enrolled in the featured project to come explore and learn with us! We try to record all sessions, so please register even if you have a scheduled conflict.

Publish Your News

If you have news (successful events), dates or activities to share with other 4-H'ers, get them in the 4-H Clover Corner! Articles, pictures or dates you would like in April publication need to be to Lindsey by March 24. Email them to Lmueting@ksu.edu



4-H Development Fund



The annual 4-H Development Fund Drive for McPherson County started in February! Each 4-H club has a list of donors to contact. It is vital that all contacts are made to help us reach our goals and update our lists!! The goal of the development fund is to get youth out sharing their 4-H story and practicing communication skills as they complete each task. We ask that all businesses on your list are contacted either in person, by phone or, this year, mail.

The Development Fund is an important part of the 4-H program. Contributions help in the following ways:

- Scholarships to 4-H Camp, Discovery Days, KYLF, National 4-H Congress, and High School Seniors
- New last year- 2 curriculum books for each member
- Fair Premiums
- Educational materials and supplies
- Record Book Awards
- T-Shirts for all new members
- Donor & Leader Recognition
- Family Fun Events and other activities

Plant Science Members

The McPherson County Master Gardners have FREE seeds available to share with you! Please stop by the Extension Office in the next two weeks to see what seeds you might be able to use this year in your project!

Discovery Days- K-State Campus

Mark your calendars for June 1-3! This will be the annual Discovery Days event- BACK this year on the K-State Campus! Discovery Days is open to all youth 13-18 (before Jan 1, 2022). Class information and registration will be available soon. www.kansas4-h.org/events-activities/conferences-events/discovery-days/index.html

Livestock Information

Beef - Beef tagging and weigh in will be by appointment this year on March 31. Please make an appointment with Lindsey for what time (8:30-6:30) you will be planning to weigh & tag on the fairgrounds. All market animals must be tagged. We can tag any breeding animals at this time as well.

Sheep/Meat Goats -Weigh-In and Tagging will take place in the Fairgrounds Block Building from 3:30 to 7:00 pm on Wednesday, April 27. Please make arrangements to have all your market animals there that day to be tagged!

Swine - Swine Tagging will take place on the fairgrounds on Wednesday, April 27 from 3:30-7:00 PM. This will be the same time as Sheep/Meat Goat for ease of people bringing multiple species. If you need a different time, please call and talk with Lindsey or Shad.

Horse- Horse IDs

Must be signed by May 1! (Turn in April 29)

All horses you might use in the project must have 4-H ID papers signed by May 1. In order to show at the State Fair, you must qualify at a District Show. You may attend one additional show besides the SC Show (Date TBD). The 4-H horse rule book can be found at: <https://bookstore.ksre.ksu.edu/pubs/S133.pdf>

Youth Livestock Quality Assurance - REQUIRED

Youth for the Quality Care of Animals (YQCA) is a national, multi-species youth livestock quality assurance program. It is open to youth 8-21 years of age and focuses on food safety, animal well-being, and character development. (7 year olds will complete as a county requirement) This training will be required yearly for all Beef, Sheep, Swine and Goat exhibitors prior to the 4-H Fair. We will offer some in person trainings as well as an option to complete online. This is also required for state shows.

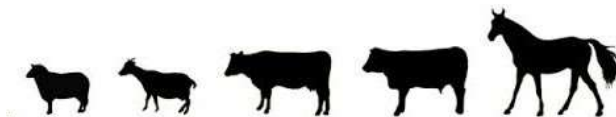
An in person training will be held on Wednesday, March 16 at the Extension Office. We will begin at 8:45 and done in about an hour! Watch newsletters and email for future opportunities to complete this requirement if you cannot make it!

Livestock ID's

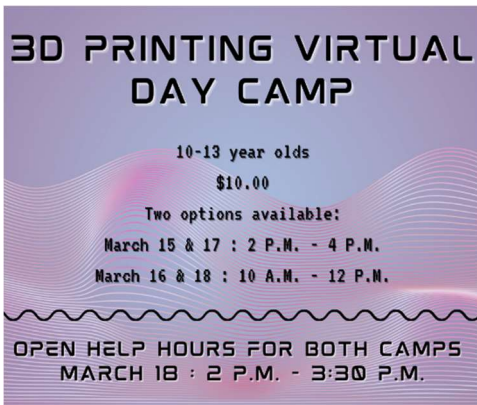
Are due into the Office on April 29. Horse ID's require a signature from an agent and must have photos. (You must bring in the original ID for a signature, not a copy). So make sure you get these filled out and turned into the office sooner rather than later. Late ID's will not be accepted.

This includes beef, sheep, swine, dairy, horse, dairy goat, and meat goat.

Exceptions to this are rabbit and poultry. Poultry do not have an ID form rather they will go through testing prior to the fair and receive bands to put on. Rabbit ID's are due June 1



Spring Break with 4-H



Two daycamps will be held for 3D printing. The content will be the same so choose whichever dates/time work best for you during registration!

For the Tuesday/Thursday session – we have space available at the office for 4-Hers to participate in this online class. Audrey will be available to supervise 4-Hers as they participate online and will help troubleshoot. Participants will still need to bring their own devices. Please arrive by 1:40 so that we can get devices connected to the internet in the office!

Explore Block Coding Class

In this program, we will learn how to use MakeCode to create retro video games. This introductory class is best suited for 4-Hers ages 8+ who are just beginning to learn coding. This will be held on Wednesday, March 16th, 2-3:30 pm at the extension office. Email Audrey Seeger at aseeger@ksu.edu or call the Extension Office to get signed up! This session is free and devices will be provided for use during the session. However, we are limited to a maximum of 8 participants so sign up today!

Sewing Workshop

Ellie and Audrey will be available to assist 4-Hers with sewing a simple pillowcase on Tuesday, March 15th, 9 am until noon or so. Participants will need to bring their own fabric and thread (details provided when you sign-up), but the office does have two sewing machines available for 4-Hers, so you do not need to provide this. Please email Audrey Seeger at aseeger@ksu.edu if you are interested in signing up. This is open to everyone, but space will be very limited so that 4-Hers will have plenty of help with their projects!



Crazy Clover Day Camp

A Daycamp open to ALL 7-9 year olds will be held on Thursday, March 17! Registration will be \$5 and include all activities, snack and lunch! Camp will be from 8-noon with drop off from 7:45-8:00 and pick-up from 12-12:15. This is also St. Patrick's Day! Come explore 4-H, Clovers and all things green as we have a great time learning and doing together! Watch your email for registration and invite your friends!

Geology

Leaders, Paul and Robin Johnson are planning a field trip for members of the Geology project on Monday, March 14th. Details are being finalized, but this will be an all day trip. Please be watching email for more details to come!

YQCA Training

A one hour YQCA training, open to all 4-H members, will be held Wednesday, March 16 beginning at 8:45 AM- Get your yearly requirement out of the way early! (More info in the livestock section)

Tractor Safety


4-H Tractor Safety

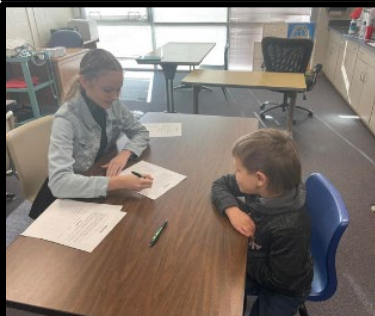


A Tractor Safety Course will be held on Tuesday, March 15. This is for 14 and 15 year olds. It will begin at 9 AM at Prairie Land Partners. See Shad's Ag section of the newsletter for more information!

Spring Break 4-H Happenings

March

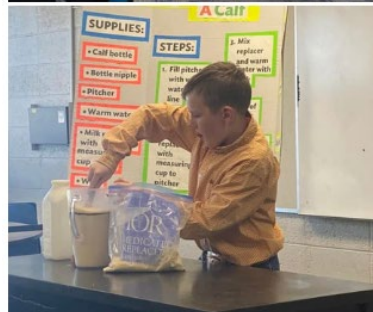
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
 Geology Trip: TBA	 Tractor Safety: 9:00 AM	 YQCA: 8:45 AM	 Crazy Clover Day Camp: 8:00 AM-Noon	 Camp Option 2 3-D Printing Camp: 10:00 AM-Noon
 Camp Option 1 3-D Printing Camp: 2:00-4:00 PM (virtual or office)	 Sewing Workshop: 9:00 AM-Noon	 Camp Option 2 3-D Printing Camp: 10:00 AM-Noon	 Camp Option 1 3-D Printing Camp: 2:00-4:00 PM (virtual or office)	 3-D Printing Camp: 2:00-3:30 PM HELP HOURS
	 Make Code Video Game Class: 2:00-3:30 PM			



**CONGRATULATIONS
MULTI-COUNTY
4-H CLUB DAY
EXHIBITORS!**



Make sure to check out results at
<https://tinyurl.com/22clubdayresults>



McPherson County Extension is continuing to update and grow programs that we offer for schools and community organizations. Some of these programs will be led by extension staff, and others will be kits and resources available for checkout. Most are free or very low cost. For the latest information on what's available, please go to <https://www.mcpherson.k-state.edu/4-h/youthenrichment>. To schedule a program or check out a kit, please email Audrey Seeger at aseeger@ksu.edu or call the office at 620-241-1523!

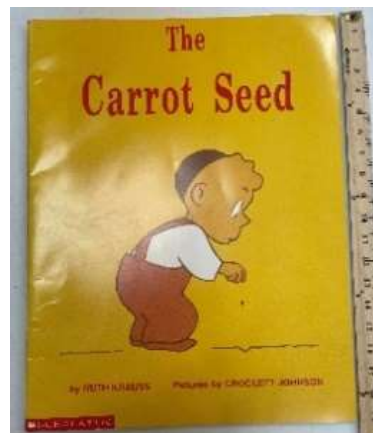
Handwashing Program



With the help of the GlitterBug unit and a glowing potion, students will learn how to properly wash their hands to help prevent the spread of illness. This program is great for all ages (youth-adult) and a variety of settings (4-H meetings, classrooms, church groups, day camps, etc.). Teachers or group leaders may check out the Glitterbug unit, potion, and program instructions (along with giant microbes and educational DVD, upon request) for up to 48 hours, or extension staff can come to your classroom or event and lead the activity if schedule allows.

Big Books

These fun large sized books would be great for read aloud time in a classrooms or daycares!



Book in a Bag



Book in a Bag, a Kansas SNAP-Ed-developed program, encourages young children's interest in foods, nutrition, health and reading in the family or small group setting. Children learn about nutrition and related health topics by having age appropriate storybooks with positive food-related themes read to them, then participating in hands-on food and nutrition, physical exercise and health activities. Each kit contains the book, lesson, and recipe and is appropriate for children in preschool through 1st grade. Currently, we have four different kits available for checkout. As scheduling allows, Extension Staff is also available to come lead one of these programs for groups of kindergarteners or first graders.



March 27 – May 21, 2022

It's time to Walk Kansas again! Walk Kansas is a team based program that will help you and others lead a healthier life. Join this program and be more active, make better nutrition choices, and walk away your stress. In teams of 4-7, participants will track their activity (steps and active minutes will be converted to miles) and work together to follow the virtual map and walk across the state. So, grab a group of friends and sign up at www.walkkansasonline.org. Prefer to do the program alone? This is an option in our system (routes will be shorter) – just go online to sign up! We can also help match you to a team if you like – just let us know when you register that you would like to be assigned a team. The cost of the Walk Kansas program is \$10. This program is open to all ages!

For kids in 1st-5th grade who are not enrolled in the 3rd grade challenge through their schools, we are offering the Walk Kansas Challenge program. Youth enrolled will receive a weekly newsletter with a health related task to complete. Youth who complete all 6 weekly task cards and return them to the office will be entered in a drawing for a summer fun prize pack. To register, please email Audrey Seeger, Program Assistant at aseeger@ksu.edu.



There will be a fun kickoff event in early April. Stay tuned for more information on our facebook page and in April's newsletter!

Stay Strong, Stay Healthy



Stay Strong, Stay Healthy (SSSH) is an eight-week program for adults over age 50 that meets the recommendation for healthy muscle strength. The program's goal is to improve health and quality of life. We have two sessions beginning March 28th.

Mondays and Wednesdays 9:30 am – 11:30 am
Tuesdays and Thursdays 3 – 5 pm

The cost of the program is \$20, but if you register before March 27th, you will get a free Walk Kansas registration included! And- your minutes from Stay Strong Stay Healthy can be counted for the Walk Kansas program!



To register for both programs together, simply register for Walk Kansas at www.walkkansasonline.org and bring your \$20 payment to the extension office (please let us know that your payment is for both programs). Everyone is welcome to take advantage of this deal!



K-State Research & Extension
McPherson County
600 West Woodside
McPherson KS 67460

RETURN SERVICE REQUESTED

AGENT CONTACT INFORMATION

Lindsey M. Mueting
County Extension Agent
4-H Youth Development
Lmueting@ksu.edu

Shad Marston
County Extension Agent
Agriculture and Natural Resources
smarston@ksu.edu
Radio: Friday, 7:25 a.m.



K-State Research and Extension is an equal opportunity provided and employer. K-State Research and Extension 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, or a dietary restriction please contact Lindsey Mueting at 620.241.1523.