

4-H YOUTH DEVELOPMENT

February 2025

- 2/6 Council, 7pm @ Extension Office
- 2/22 Club Days @ Chisolm Trail Middle, Newton
- 2/22-23 Horse Panorama at Rock Springs Registration coming soon
- February TBA Shooting Sports Leader Training and Updates

(ALL DATES ARE TENTATIVE & SUBJECT TO CHANGE, MORE DETAILS LATER)

Get Published

Have project news or reports of fun 4-H happenings? Please email Lhelm@ksu.edu or bring in any articles to Lauralee at the Extension Office by February 24th to get them into the Newsletter.

4-H Council

Council Representatives - Don't forget about the meeting on February 6 at 7 PM.

Please make sure you have representation from your club! (2 youth, 2 adults). Please find an alternate if you cannot make it.

If you are a council officer please make sure you are prepared for the meeting with your officer tasks!

4-H Club Day

Multi-County Club day will take place on February 22nd at Chisholm Middle School in Newton. The first presentation will start at 8:30 am.

NEW this year, all participations will sign up for a time slot ahead of club day. The time picked, will be the time your 4-Her will be presenting.

Please find all information on this page:

https://www.harvey.k-state.edu/4-h/events/clubdays/

Attention All 4-H Club Community Leaders

There will be a 4-H Club Community Leaders meeting on Thursday March 6, 2025 at 7:00 pm in the meeting room of the Extension Office.

Club Goals

Each year, clubs set goals as to what they hope to accomplish for the year. 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!

Start now working on your club goals so you can achieve that club seal. 4-H'ers be working on pin applications and records books throughout the year so when it's time to complete these it's less stressful for all involved. Pin applications are on the county website.

Match Week is March 3-7, 2025, and holds incredible opportunity for McPherson County 4-H. During that time, McPherson County Community Foundation will match donations made to our endowment fund.

Here's how contributions are received:

- Cash or Checks to our 4-H Endowment Fund (made to MCCF with the 4-H Club Name and "Match Week" in the memo line) can be brought to the Community Foundation (1233 N. Main, McPherson) from 9:00 am-4:00 pm each day for contactless delivery or can be mailed, being postmarked no later than March 5, 2025. Donations may also be made with credit card. **Mcphersonfoundation.org** (click on the donate button). All donations are tax deductible.
- Take or mail a check to the Extension Office by March 1 (600 W. Woodside, McPherson, KS 67460)
 Please make check out to MCCF with 4-H Match Week and 4-H Club you are supporting in the "MEMO" line.
- Take or mail a check to the McPherson County Community Foundation during Match Week March 3-7 (1233 N Main Str., McPherson KS 67460) PLEASE put 4-H Club you are supporting in the "MEMO" line.

Matching fund 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.

>>> REMEMBER THAT THIS EVENT TAKES THE PLACE OF THE "DEVELOPMENT FUND DRIVE"

Processing Date for Livestock After Fair

Livestock exhibitors who want to process their animals right after the fair should start calling Krehbiel's to schedule a processing date. There is NOT one specific date reserved for 4-H animals, you have to reserve your own processing slots.

Livestock Information

- **Beef** Beef tagging and weigh in will be by appointment March 20 8:00-6:00 and March 21 8:00-3:00. Please make an appointment with Shad for what time 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 on April 24 8:00-6:00 and April 25 8:00-5:00. 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 April 24 8:00-6:00 and April 25 8:00-5:00. 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 Shad.

Horse-Horse IDs

Must be signed by May 1!

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.



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 Monday, March 17 at the Extension Office. We will begin at 11:00 a.m. and done in about an hour! Another date in case you missed or cannot make the March date will be April 24 starting at 4:00 p.m. You can also do this online for a cost of \$12.00. Visit: **YQCAprogram.org**

Livestock ID's

Are due into the Office on MAY 1. 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.

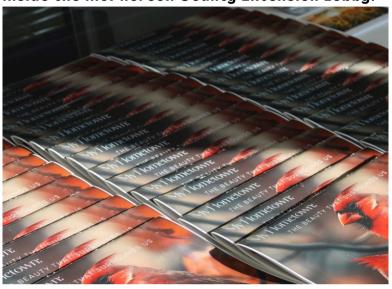
This includes beef, sheep, swine, dairy, horse, dairy goat, and meat goat.

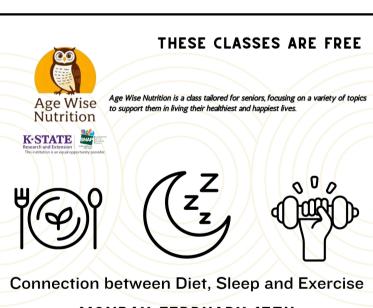
Exceptions to this are rabbit and poultry. Poultry do not have an ID form rather they will go through testing prior to the fair and receive bands to put on. Rabbit ID's are due June 1.

Family & Community Wellness

CHUCK LAUGHLIN
COUNTY EXTENSION AGENT
FAMILY & COMMUNITY WELLNESS

My Hometown Calendars are here! Located inside the McPherson County Extension Lobby.





MONDAY FEBRUARY 17TH
9:30 AM
MCPHERSON COUNTY SENIOR CENTER
112 E EUCLID ST, MCPHERSON, KS 67460

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact, Chuck Laughlin, four weeks prior to the start of the event by emailing claughlin@ksu.edu or by calling 620-241-1523. Request made after the deadline will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request. Kansas State University Agriculture Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.



Teach and Taste-February-Homemade Snacks

Join us February 12th at 6:30 PM for some homemade snacks! This class is HANDS-ON and FREE! Register by scanning the QR code, following the link or calling our office at 620-241-1523.

With a little razzle dazzle, we've rescheduled Age Wise Nutrition! Join us February 17th!



ave The



Maximizing Water Efficiency Through Drip Irrigation

Wednesday, February 5th 12:00PM -1:00PM CST

Drip irrigation is an effective, easy-to-install, and widely available method for enhancing landscapes while conserving water. It delivers water directly to the root zone, achieving over 90% efficiency compared to 50-70% for traditional sprinklers. Join Gregg Eyestone, Riley County Horticulture Agent, to explore water conservation practices and learn more about the benefits of drip irrigation.



Register Here!



Please register for this free Zoom Webinar at: ksre-learn.com/KStateGardenHour



save The

Grant Writing Workshop

Grants are a vital piece in your community's funding puzzle...and you can do it.

February 27, 2025 9:30 am to 3:30 pm

600 W. Woodside McPherson, KS 67460 Registration Fee \$60

What you will learn:

- · Sources of data for community needs.
- · Where to find grants.
- · Elements of a great grant proposal.
- · Practicing the grant elements.

Presented by: Nancy Daniels Community Vitality Specialist K-State Research and Extension

Use the QR Code to register, or for more information:

Chuck Laughlin claughlin@ksu.edu 620-241-1523

Make checks payable to: KSRE McPherson County Registration Deadline: February 24, 2025





Brought to you in partnership with the McPherson



K-STATE Research and Extension





FDA Bans FD&C Red No. 3 by Karen Blakeslee

As announced on January 15, 2025, the Food and Drug Administration is banning the use of FD&C Red No. 3 in any food product or drugs that are ingested. What foods does this affect? Any food or ingested drug that has a bright, cherry-red color. Food examples include candy, cakes and cupcakes, cookies, frozen desserts, and frosting or icings.

Two studies have shown cancer in laboratory male rats when exposed to high levels of FD&C Red No. 3 due to a rat specific hormonal mechanism. There are no scientific studies that have shown the relationship of consuming FD&C No. 3 causing cancer in humans or other animals. According to the Delaney Clause, if any food additive or color additive is proven to induce cancer in humans or animals, it cannot be used.

Manufacturers using FD&C Red No. 3 must reformulate their products by January 15, 2027 or January 18, 2028 based on sales. Imported foods into the U.S. must comply with FDA regulations and not contain this ingredient. Examples of colors to replace FD&C Red No. 3 may include red beet extract or paprika extract.

Sources:

- https://www.fda.gov/food/hfp-constituentupdates/fda-revoke-authorization-use-redno-3-food-and-ingested-drugs
- https://www.fda.gov/industry/coloradditives/fdc-red-no-3
- https://www.federalregister.gov/documents/ 2025/01/16/2025-00830/color-additivepetition-from-center-for-science-in-thepublic-interest-et-al-request-to-revoke-color



What is Norovirus? by Karen Blakeslee

Wash your hands often for 20 seconds.



Besides the flu, COVID, and RSV illnesses occurring this time of year, there has been an increase in Norovirus across the country. The typical peak season is December to March.

Norovirus is very contagious and causes vomiting and diarrhea. Some may call it the "stomach flu" or "stomach bug." But it is not related to the flu. It is the leading cause of vomiting and diarrhea, and foodborne illness. People of all ages can get infected. Norovirus causes about half of the all outbreaks of foodrelated illness.

One of the simplest prevention measures is proper and frequent handwashing. Clean and disinfect contaminated surfaces. Wash laundry in hot water if possible. Stay home to prevent the spread to others. Most people will recover in 1 to 3 days. There is no medication to treat Norovirus.

Be sure to drink plenty of liquids to reduce dehydration. If dehydration becomes severe, seek medical care.

Source: https://www.cdc.gov/norovirus/index.html

FDA Proposes Front-of-Pack Labeling by Karen Blakeslee

The Food and Drug Administration has proposed a new addition to food products by adding nutrition information on the front of packages. The goal is to give consumers "at-a-glance" information when choosing foods. It will only give information for saturated fat, sodium, and added sugar. It will also show the amounts as high, medium or low in value.

Current federal dietary recommendations advise U.S. consumers to limit these three nutrients to achieve a nutrient-dense diet within calorie limits. This proposal is currently in the comment phase to get more information from contributors.

Source: <u>https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/front-package-nutrition-labeling</u>

Nutritio	n I	nfo
Per serving 1 container	%	Daily /alue
Saturated Fat	18%	Med
Sodium	37%	High
Added Sugars	5%	Low
		A.go

<u>Don't Let the End Zone be the Danger Zone!</u> by Karen Blakeslee

Score a touchdown at your party by serving great food, and winning with safe food!



Clean: Prepare for the win!

- Wash your hands with warm soapy water for 20 seconds.
- · Wash and sanitize all dishware and utensils.

Separate: Your best defense!

- Keep raw meat and poultry away from ready-to-eat foods.
- Use a clean utensil for each dish.
- Use a clean plate when going for second helpings of food.

Cook: A game winner!

- Use a food thermometer to check for doneness
- All poultry—165°F
- Burgers and sliders—160°F
- Soup and reheated foods—165°F

Chill: Don't let the clock expire!

- · Keep hot foods hot and cold foods cold.
- Put out food in batches.
- Follow the 2-hour rule.

Learn more at https://www.foodsafety.gov/blog/dont-let-end-zone-become-danger-zone-your-guide-hosting-penalty-free-super-bowl-party

http://tinyurl.com/MCAddEvent
McPHERSON Community



To schedule time with Chuck follow the link below or scan the QR code.

https://calendly.com/claughlin-ksu/meeting-with-chuck

County Connection E-News

To register to receive updates on upcoming events, calendar updates, webinars, senior and military discounts available, county resource phone numbers, as well as tips and tricks to make life easier.



http://eepurl.com/iicSFn



AGRICULTURE & NATURAL RESOURCES

SHAD MARSTON COUNTY EXTENSION AGENT AGRICULTURE AND NATURAL RESOURCES



As with most anything that K-State Research and Extension accomplishes, we reach community members with answers to help them in all aspects of life. There are currently 67 local extension units across Kansas that are organized into 21 extension districts (multi-county units) and 46 independent counties. Each of the 105 Kansas counties has an extension office. They help employ nearly 250 extension agents and more than 150 program assistants and office professionals.

This work is even expanded more by utilizing thousands of volunteers that live in the respective communities. These volunteers serve because they are believers of the KSRE and the work that is done through extension that directly affects the lives of the people in their counties and districts. There are a total of 650 elected extension board/governing body members, 236 representing extension districts and 414 representing counties. Additionally, there are 2,520 members on Program Development Committees, elected in counties and appointed in districts.

Technically, every board member from counties can change annually and elections for a quarter of the governing body members in districts occur on odd years. Thus, newly elected people have new responsibilities along with the various levels of experienced board members. Local extension boards have a representative body known as the State Extension Advisory Council (SEAC). This 21-member board is composed of elected representatives from the local extension boards across the state. McPherson County is lucky to have Janell Harman of Inman, on that board and I know she will represent our county well.

K-State Research and Extension, and therefore K-State, is embedded in McPherson County communities and we have a foundational partnership with many businesses and a responsibility for constant communication to all. I want to continue to improve the value of our outstanding partnerships that we have in our rural communities of McPherson County and make a sincere effort to communicate that we are all working together as "One K-State". - Shad

Upcoming Calving Season-The Importance of Colostrum

Source Mark Z. Johnson, Oklahoma State University Extension Beef Cattle Breeding Specialist

Being ready and prepared before the start of calving season can make life much easier for cow-calf producers and potentially save a calf. By the time calving season starts, you need everything on hand that might be necessary and all equipment and facilities in working order. Operators need several doses of colostrum or colostrum replacer on inventory before the start of spring-calving season.

Adequate colostrum intake is extremely crucial for newborn calves in order to gain passive immunity. Calves born after a prolonged delivery through the pelvic canal can suffer from severe respiratory acidosis. Such calves are less efficient at absorbing colostral immunoglobulins or antibodies even if artificially fed colostrum. The only disease protection baby calves will receive is from the passive transfer of antibodies from the colostrum they ingest. Colostrum also contains ingredients that restricts bacterial growth. These factors, together with immunoglobulins, help limit growth of bacteria in the gut.

Colostrum or colostrum replacer will need to be administered by bottle suckling or tube feeding within a few hours of birth for maximal absorption of immunoglobulins. The general rule of thumb is the sooner colostrum is ingested the better and calves will typically stand, walk and nurse within one hour after birth. Bottomline: if there is any question of if a calf has received adequate colostrum, then colostrum should be administered immediately to the newborn. Calves that miss getting timely colostrum ingestion are much more likely to suffer from calf scours, which can have lifelong effects on general hardiness and disease resistance.

Previously obtained colostrum must be kept frozen to protect the integrity of the large protein molecules that make up the various immunoglobulins. Fresh colostrum can be stored in one-quart doses by putting that much in a gallon-size Ziploc bag. Lay the bags flat to freeze in the freezer. When the time comes to thaw the colostrum and feed it to the newborn calf, the "best practice" is to thaw in a warm water bath at 122 degrees Fahrenheit for one hour. Avoid thawing at room temperature or in a microwave oven.

The amount of immunoglobulin ingested is a major factor in final blood immunoglobulin concentration and disease protection. A practical rule-of-thumb is to feed 5% to 6% of the calf's body weight within the first six hours and repeat the feeding when the calf is about 12 hours old. For an 80-pound calf, this will equate to about 2 quarts of colostrum per feeding.

Commercial colostrum replacers contain more than 100 grams of immunoglobulin per dose. Always read the label before purchasing. It is important not to confuse supplements and replacers. Supplements are used to boost antibody protection a calf gets from nursing and contain 40 to 60 grams of immunoglobulins, which is not enough to provide protection in a calf that has not nursed.

Important steps to remember:

- Calves should have colostrum within first 2 hours of life, if calf can't get colostrum from dam, take steps to give colostrum within 4-6 hrs of birth.
- Colostrum intake should be 10% of calf's body weight, 0.5 1 gallon. First choice is for calf to nurse a bottle so that colostrum goes directly to the abomasum. Don't over feed to encourage calf to nurse on its own, 1.5 quart dose good starting point.
- Handle healthy calves before sick calves and avoid exposing newborns to contaminants on clothing or materials used on sick calves.
- If a cow is brought in for any amount of calving assistance, make sure she leaves with a clean udder.



Mark your calendar now for an upcoming seminar on February 12 at the Great Plains Corporate Office in Salina, KS. Wheat Rx is partnership between Kansas Wheat and K-State Research and Extension to disseminate the latest research recommendations for high-yielding and high-quality wheat to Kansas wheat farmers.



This Wheat Rx school from 8:30am till 3:00pm will have speakers that will discuss variety selection, weed control, disease management, soil fertility, and more. Attendees will also learn more about Great Plains Ag, tour its Salina facility, and about a new project between K-State and the Kansas Wheat Commission to help growers benefit from ongoing government and private conservation programs.

Register online at <u>kswheat.com/wheatrx</u>

This event is free for members of the Kansas Association of Wheat Growers (KAWG). It costs \$110 for non-members; however, the event fee includes KAWG membership. Lunch and meeting materials are included with the registration fee.

Potential for Winterkill to the Kansas Wheat Crop by Shad Marston

The extremely cold temperatures observed in McPherson County and surrounding areas in mid-January 2025 have the potential to cause winterkill to the winter wheat crop. However, several factors determine whether winter wheat will survive the winter and this particular cold spell. The most important factors from the crop's perspective include proper cold hardening and root system development, as well as the overall crop status in terms of damage from pests. From an environmental perspective, important factors include air temperature, consequent soil temperatures at the crown level, snow cover, and soil moisture content.

We know it got very cold from a stretch that began on January 18 and lasted through the 21st, air temperatures dropped as low as -10 degrees F in and around McPherson County. These temperatures were cold enough to cause leaf burn, if soil temperatures reached these levels. This could potentially cause winterkill. With our snow cover, soil temperatures at 2" depth never got below 20 degrees F and was likely not cold enough to cause winterkill to a well winter-hardened wheat crop.

Two environmental factors that affect the crop's response to cold temperatures due to their potential of buffering of low air temperatures are soil moisture content and snow cover. Wetter soils help in buffering changes in soil temperature as a function of the low air temperatures observed.

Regarding snow cover, all of McPherson County and most of Kansas's wheat-growing region had good snow cover levels from January 6 until about January 14, and parts of central and north central Kansas had decent snow cover until January 21. Where the crop had at least 2-3 inches of snow cover, this snow should have been sufficient to insulate the wheat crop from the coldest temperatures.

What is the potential for damage and what should we look for?

The biggest potential for winterkill is in fields that either emerged too early and had a very lush top growth, consequently drying the soil, or those fields that emerged very late and thus had limited tiller and root development. In particular, fields with very limited snow cover (less than 2-3 inches) in more exposed areas of the terrain (e.g., terrace tops) are more prone to winterkill.

We will not know the extent of winterkill in the state until temperatures start to warm up and the wheat starts to green up later in the spring, so there is nothing growers can do at the moment. This will likely occur in mid to late March, so at least another 45 days. As wheat green-up progresses later in the year, any winter injury will become more apparent. Injured wheat may initially green up, then go backward.



Picture taken by Shad Marston Dec. 16, 2024, 1 mile south of McPherson. Showing the growth of our winter wheat crop, plus the location of a sticky trap set out to monitor the Corn Leafhopper that is happening all across the state of Kansas.

Save The Date

Register Today for Cattlemen's Day



Registration is now open for the 112th Cattlemen's Day to be hosted on Friday, March 7, 2025, at The National Guard Armory located at 721 Levee Dr. Manhattan, KS.

The schedule includes:

8:00 a.m. Tradeshow and Educational Exhibits

Morning refreshments sponsored by Lallemand Animal Nutrition

9:00 a.m. Program Begins

Genetic Modifications in Livestock - Alison Van Enennaam, UC Davis Extension Specialist

Beef Industry Economic Outlook - Glynn Tonsor, K-State

Noon Lunc

Smoked brisket compliments of U.S. Premium Beef. Following lunch, enjoy Call Hall Ice Cream sponsored by Huvepharma in the Trade Show.

1:00 p.m. Yield Grade Technology - Dale Woerner, Texas Tech University

ASI Research Update - *K-State ASI Graduate Students* 4:00 p.m. Legacy Sale - Stanley Stout Center

Registration will be \$25 if registered by February 21, or \$35 if registered on/after February 22 or at the door. Morning refreshments and lunch are included with registration. To register or view the complete schedule visit <u>asi.ksu.edu/cattlemensday</u>. If you are interested in exhibiting at Cattlemen's Day or have any questions, please contact Katie Smith (katiesmith@ksu.edu or 785-532-1267.)

I would like to invite everyone to our Annual McPherson County Cow/Calf School with a steak supper meal. This educational program will be held on Feb. 13, 2025 at the 4-H Building here in McPherson. Dr. Dan Thomson DVM will be our Keynote speaker. Some of you might know him from his show on RFD-TV "Doc Talk". So Plan now to attend our annual Cow Calf school Thursday, February 13th We will start the night off with a \$15 KC Strip Steak meal, with the steaks coming from Joe Allen of Canton Lockers and cooked by our good friends at Mid Kansas Coop. This program has had a long tradition as being one of the top KSRE programs in the state.

K-State Research &
Extension
ANNUAL COW-CALF
SCHOOL

Thursday, February 13, 2025

4-H Building
710 West Woodside, McPherson

RSVP by contacting our office at 620-241-1523, emailing tregehr@ksu.edu or going to https://tinyurl.com/CowCalf2025





K-State Research & Extension McPherson County 600 W. Woodside McPherson, KS 67460

RETURN SERVICE REQUESTED

AGENT CONTACT INFORMATION

Shad Marston
County Extension Agent
Agriculture & Natural Resources

smarston@ksu.edu

Radio Every Monday: 7:40 AM-96.7 FM KMPK 7:40 AM-98.9 FM KMCP 7:40 AM-95.5 FM KLBG Ad Astra Radio Station Chuck Laughlin
County Extension Agent
Family & Community Wellness
claughlin@ksu.edu