



NEWSLETTER



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What is Extension?

K-State Research and Extension improves Kansans' lives, livelihoods and communities through education, research, engagement and leadership. With scientists, educators and volunteers in each of the state's 105 counties, our professionals strive to make the university's research and scientific accomplishments accessible and relevant to every household.

We accomplish this through programming and educational resources designed to address the state's Grand Challenges. We focus on issues such as conserving Kansas' water and natural resources, advancing agriculture and food systems, developing the state's future leaders and helping Kansans thrive through economic, health and community enriching efforts.

However, what we do is not contained only within state borders. Our work with regional, national and international organizations helps create positive impacts for millions of people through many different program areas.

We are a network of dedicated extension specialists, agents, researchers and volunteers who partner with Kansans to help solve problems. We understand key issues, because we are close to them.

Upcoming Events

January

	① CLOSED	②	③ Garden Hour Zoom 12 p.m.	④ Extension Council Board Meeting 7 p.m.	⑤	⑥
⑦	⑧	⑨	⑩ Living Well Wednesday Zoom 12 p.m.	⑪	⑫ Extension Mug Mingle 7:45-9 a.m.	⑬
⑭	⑮ CLOSED	⑯	⑰ 4-H Council Meeting	⑱ Calving School 5:30 p.m.	⑲	⑳
㉑	㉒	㉓	㉔ New Homeowner Lawn & Landscape Class 7 p.m.	㉕	㉖	㉗
㉘	㉙ 4-H YQCA Training	㉚	㉛			

Butler County Extension Office
206 North Griffith
Suite A
El Dorado, Kansas 67042
(316) 321-9660

Hours

Monday - Thursday
7:30 a.m. - 5:00 p.m.

Friday
7:30 a.m. - 11:30 a.m.

Join Us For Our 2024 Quarterly Extension Connection

Mug Mingle



**Grab a mug and mingle with your local
 Butler County Extension Staff**

Friday, January 12th from 7:45-9:00 a.m.

Save the Dates : April 12th, June 28th, October 11th

K-State Research and Extension is an equal opportunity provider and employer.

February

				① 4-H Volunteer Registration Deadline	②	③
④	⑤ 4-H Council Meeting	⑥ Extension Council Board Meeting 7 p.m.	⑦ Garden Hour Zoom 12 p.m.	⑧	⑨	⑩ Gardening for Beginners 10 a.m.
⑪	⑫	⑬	⑭ Living Well Wednesday Zoom 12 p.m. Women Managing the Farm Conference	⑮ Women Managing the Farm Conference	⑯ Women Managing the Farm Conference	⑰
⑱ 4-H Citizenship in Action	⑲ CLOSED 4-H Citizenship in Action	⑳	㉑ 4-H YQCA Training	㉒	㉓	㉔ 4-H Beef Weigh In and Tagging
㉕ 4-H Day	㉖	㉗	㉘	㉙		

Upcoming Events



LAWN & LANDSCAPE CARE FOR NEW HOMEBUYERS

Buying a home can be overwhelming and that is without factoring in that you now have a yard to care for. While we can't help with the house maintenance we can help you figure out what to do outside of the house. This class is designed to help you figure out the basics of lawn and landscape care, determine what plants are currently growing around your home, and how to maintain them or create a whole new landscape. This program is free of charge.

TOPICS
 Basic Lawn Care
 Low Maintenance Lawn Care
 Basic Landscape Design
 Plant Identification
 Resources for picking out plants

TUESDAY, JANUARY 24, 2024
 7:00 P.M.

BUTLER COUNTY COMMUNITY/4-H BUILDING
 200 North Griffith Street
 El Dorado, KS 67042

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 Butler County

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 of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Calla Edwards two weeks prior to the start of the event, January 7th, 2024 at 316-321-9960 or calla@ksu.edu. Requests received after this date 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. K-State Research and Extension is an equal opportunity provider and employer.

LIVING WELL WEDNESDAY


K-State Research and Extension Webinar Series

Sleep is a Superpower

Wednesday, Jan. 10th
 12:10 - 1:00pm CST

You might think that nothing really happens while you sleep. You couldn't be more wrong. Sleep directly affects our relationships, our life expectancy, our libido, weight gain, cardiovascular health and our immune system. Science is understanding the value of sleep and it is important for us to leverage this superpower. Michelle Lane is the senior director for Community Wellness and Corporate Health at North Kansas City Hospital.

Register online at bit.ly/47WAPoN or by scanning the QR Code



Michelle Lane
 RN, MSN, CMSRN, CHC, NE-BC
 Sr Director Community Health and Wellness

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Calving School

Thursday, January 18, 2024
 West Elk School -- Howard

Supper at 5:30 p.m.
 Program starts at 6:00 p.m.

Program presented by: A.J. Tarpoff, K-State Research & Extension Beef Veterinarian

TOPICS

- Building a Proper Calving Kit
- Stages of the Normal Calving Process
- Proper Technique in Pulling and Manipulating Calves
- When and How to Intervene or Assist the Cow or Heifer
- Demonstrate Proper Use of Calving Equipment on a Life-Size Cow and Calf Model



No Cost to Attend. RSVP by Friday, January 12 to the Rolling Prairie District Howard Extension Office at 620-374-2174 or rfechter@ksu.edu

Meal Sponsored by Farm Credit Services -- Frontier Farm Credit and American Ag Credit

K-STATE Butler County
K-STATE Research and Extension
K-STATE Rolling Prairie District
K-STATE Cowley County
K-STATE Greenwood County

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Richard Fedler.
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•January 3rd at Noon- A How-to in Floral Design

Join us for the first K-State Garden Hour of 2024 as we enter the world of floral design and beautiful flowers. Watch a live tutorial of a Valentine's Day arrangement, provided by Irina Sheshukova, Extension Specialist and Instructor in the Department of Horticulture and Natural Resources at Kansas State University. This class is offered online via Zoom. For more information on the Garden Hour series or to register visit here: <https://hnr.k-state.edu/extension/consumer-horticulture/garden-hour/>

•February 7th at Noon- Gardening for a Changing Climate,

Gardening in Kansas doesn't come easy, as we often face weather extremes and drought conditions. With projected changes in our climate, gardening will be more challenging. Extreme events will require plant selection, irrigation, and soil health adaptation. Join Dr. Charles Rice, Noble Peace Prize winner and Kansas State University Distinguished Professor of Soil Microbiology, to learn how to overcome the challenges of gardening in a changing climate. This class is offered online via Zoom. For more information on the Garden Hour series or to register visit here: <https://hnr.k-state.edu/extension/consumer-horticulture/garden-hour/>

•February 10th at 10 AM- Gardening for Beginners

Join us for an enriching gardening class on February 10th. Whether you're a seasoned gardener or a beginner, this event will provide valuable insights and tips to prepare your garden for the upcoming season. Learn essential techniques and get ready for a vibrant and successful gardening experience. This class is free to the public. Join us at the Andover Public Library located at 1511 E Central Ave, Andover, KS 67002.

•February 14th-16th- 2024 Women Managing the Farm Conference

Registration is now open for our 2024 conference—Rise—to be held Feb. 14-16 in Manhattan, Kansas! Featuring keynote speakers Mark Mayfield, Kim Bremmer ([Ag Inspirations](#)), and Matt Roberts (Terrain Ag - [American AgCredit](#)) this 20th edition of the Women Managing the Farm Conference promises to be action packed, helping women thrive in their rural communities and stay informed on the latest advancements in agriculture.

Learn more and register at <http://womenmanagingthefarm.com/>

Ag Talk

Charlene Miller

Director/Agriculture Agent

cmmiller1@ksu.edu

<https://www.butler.k-state.edu/agriculture/>

Sheep & Goats Parasite Control

Sheep and goats are becoming a common sight around the county. They make great brush and weed control, in addition to being a pet! However, owning goats and sheep doesn't mean you can just turn them out and forget about them. If you have not already established a VCPR (veterinary client patient relationship) with your vet, I strongly encourage you to do so. Additionally, small animal ruminants are known to have worms. If you have small ruminants, you should be checking their FAMACHA score. Not familiar with the FAMACHA score – the American Consortium for Small Animal Parasite Control is a wonderful place to learn how to do the FAMACHA along with learning about the worms and parasite control. www.wormx.info

If you have other questions, don't hesitate to reach out to me at cmmiller1@ksu.edu



Ag Talk

Charlene Miller

Director/Agriculture Agent

cmmiller1@ksu.edu

<https://www.butler.k-state.edu/agriculture/>

The digital version of the 2024 Chemical Weed Control book is now available! We will have hard copies in our office after the first of the year. In the meantime, you can check it out online at <https://bookstore.ksre.ksu.edu/pubs/SRP1183.pdf> or by scanning the QR Code below.:



If you need to get a private pesticide applicator license, you can do that through our office. Give us a call or stop in and we can get you the information you need!



Just the FCS

Bonnie Brewer

Family & Consumer Sciences Agent

bjbrewer@ksu.edu

<https://www.butler.k-state.edu/fcs/>

January is Kansas Radon Action Month!

It is important that you know your risks when it comes to radon.

Radon is a naturally occurring radioactive gas released in rock, soil and water that can build up to dangerous levels inside any home; this means

new and old homes, well-sealed and drafty homes, and homes with or without a basement.

Breathing radon can increase your risk of lung cancer and is the number one cause of lung cancer among people who do not smoke. Homes with high levels of radon have been found in every state. In fact, radon levels can vary greatly from home to home--even levels next door can be very different.

Radon gas is odorless and invisible, and the only way to know if your home has a radon problem is to test for it.

Protect Your Family from Radon

Radon is a gas that you can't see, smell, or taste – but it can be dangerous. It's the second leading cause of lung cancer in the U.S.

1 out of 15 homes have high radon levels

Radon is in the ground naturally. But sometimes it gets into homes through cracks in the floors or walls.

Radon and Smoking: A Dangerous Combination

If you live in a home with high radon levels, smoking raises your risk of lung cancer by **10 times**.

Take the First Step

There's good news – you can protect your family by testing your home for radon.

Learn more by calling the National Radon Hotline: **1-800-SOS-RADON**

Centers for Disease Control and Prevention
National Center for Environmental Health

Source: U.S. Environmental Protection Agency

Take action today by visiting the Butler County Extension Office to purchase your radon test, and encourage your friends and family members to do the

same!

Just the FCS

Bonnie Brewer

Family & Consumer Sciences Agent

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<https://www.butler.k-state.edu/fcs/>

Potato Soup



1 (30 oz. bag) frozen diced potatoes

2 (14 oz. cans) chicken broth

1 (10.75 oz.) cream of chicken soup

½ c. chopped yellow onion

¼ tsp. ground black pepper

1 (8 oz) package of cream cheese

Optional Toppings: cheese, bacon, sliced green onions

- In slow cooker combine the first 5 ingredients. Cover and cook on low for 5-6 hours.
- Add the cream cheese and cook 30 more minutes or until the cream cheese is melted, stirring occasionally, until combined.
- Top with cheese, bacon, or sliced green onion, if desired.

Note: Can speed up cooking process by doing over the stove.

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Family & Consumer Sciences

For more information contact:

K-State Research and Extension Butler County
206 N Griffith, Suite A
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Cooperative Extension Service.
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Garden Gossip

Calla Edwards

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<https://www.butler.k-state.edu/horticulture/>

Making Homemade Suet Cakes

Feeding the birds is a favorite activity for about 57 million people in the United States. A common question I find circulating social media is feeding birds oats soaked in bacon grease. Please help stop this unsafe practice. Birds should only eat rendered suet. Rendered suet won't turn rancid or melt as quickly in hot weather. Soft fats and oils can transfer onto the bird's feathers and interfere with their ability to utilize them for insulation and flight. Salt, as would be found in most cooking grease, is bad for birds for birds.



According to the Cornell Lab of Ornithology, "bacon drippings are animal fat just like suet, and many birds will eat it. But bacon virtually always has detectable amounts of nitrosamines, carcinogenic compounds formed from some of the preservatives used in bacon. In particular, the very high cooking temperatures used to fry bacon are conducive to nitrosamine formation. So even though birds love it, bacon and bacon fat pose too much of a risk to the long-term health of birds to warrant using it." Here are some recipes for you to make homemade suet this winter. (In the following recipes please do not substitute hardened vegetable products for lard or suet).

Garden Gossip

Calla Edwards

Horticulture Agent

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<https://www.butler.k-state.edu/horticulture/>

Simple Mix

Take unprocessed suet and heat over low heat until melted. Carefully skim all un-melted materials off the surface of the melted suet. Allow the suet to cool slightly. Fill one-pound margarine tubs 1/2 to 2/3 full of birdseed. Carefully fill the container to fill with melted suet. Allow the suet mixture to harden in a cool location such as an unheated garage.

Remove from container and place in suet feeder.

Soft Mix

- 1 cup suet
- 1 cup peanut butter
- 3 cups yellow cornmeal
- 1/2 cup all-purpose flour

In a saucepan over low heat, melt the suet, add peanut butter, and mix well. Mix cornmeal and flour in a separate bowl and add to the suet/peanut butter mixture after it starts to cool and thicken. Smear this mixture on pine cones or tree bark or pack it into suet baskets

Hard Mix

- 2 cups suet
- 1 cup peanut butter
- 2 cups yellow cornmeal
- 2 cups finely cracked corn

Melt suet, let it cool, then reheat. Add peanut butter, stirring well; mix in dry ingredients. Pour into molds and cool OR pour into a cake pan, cool, and then cut to size for suet feeders.



Basic Mix

- 1 cup melted fat (suet or lard)
- 1 cup peanut butter
- 6 cups cornmeal

Mix this all together and add bird feed, seeds, nuts or raisins, as desired. Pour into molds or pack into feeders.

The colder the weather, the more attractive suet becomes to many species of birds, including Brown Thrashers and Northern Mockingbirds. Raw suet can be purchased online or you can contact local packing plants to see if they have it for sale.

Garden Gossip

Bird Feeding Trouble Shooting Guide

Anyone who has fed the birds has experienced issues with their bird feeders ranging from no birds to sick birds and everything in between. While some of these issues can be simple to fix, others require a little effort and some thinking outside of the box. Let's go through the most common issues people have.

- No birds at the feeder- This one is the most complicated of the issues because there are multiple reasons that birds might not be coming to your feeder. One of the most common reasons birds aren't visiting the bird feeder is the abundance of naturally occurring food. In late fall and early winter, birds have plenty of food available versus late winter when food is buried under snow or gone. In this instance, you just have to wait. Other reasons why birds might not be at the feeders are covered below.
- Predators- Another reason birds might not be coming to your feeders is the presence of cats or birds of prey. The birds will avoid areas where predators are present but will return once they have moved on. Try to provide cover for birds to help them feel safe coming to your feeders. A simple way to provide this is using live Christmas trees tied around feeders to provide shelter. If the cat is yours, try to keep it indoors. It is estimated cats kill approximately 2.4 billion birds a year.
- Not the birds you want- Cardinals, goldfinch, and chickadees are all popular birds everyone wants to see at their feeders, but what if you are only getting sparrows or starlings? The issue likely is you are feeding the wrong kind of food in the wrong feeder. To attract the widest variety of birds a mix of black oil sunflower seed and proso millet is the best option. With birdseed, you get what you pay for. If you can only feed one type of bird seed, stick with black oil sunflower.



- Sick birds- Sanitation is vital when feeding the birds to prevent the spread of diseases among your visitors. Try to clean your feeders every couple of months, even in the winter. Empty all the bird seeds out of the feeders and wash well with soapy water. Follow up with a disinfectant solution of four ounces of chlorine bleach in one gallon of water. If you use wooden feeders, scrub the feeder with the bleach solution and then set the feeder in the sun to dry. The sun will help kill bacteria. If birds that appear ill start to come to your feeders take them down and wash them thoroughly. Leave the feeders down for several days before putting them back up.
- Squirrels- While some people find squirrels funny and entertaining, they can become bullies at the bird feeder, driving birds away and stuffing themselves for hours. Anyone who has tried to keep squirrels away from the feeders, yes, even with the "squirrel-proof" ones, knows how ingenious they can be at overcoming all our ideas. One way to keep squirrels away from your feeders is to feed them elsewhere. Squirrels love corn, provide ears of corn elsewhere in your yard to keep them away from the feeders. Attach the corn cob to a post or a feeder otherwise, it will quickly wander off. Another option is to mix ground chili pepper with your bird seed to discourage squirrels. Birds lack the taste receptors to taste the chili powder so it doesn't bother them.
- Nuisance Animals-While squirrels can be a pain, they are not the only animals you might have issues with. Raccoons, opossums, skunks, and even deer can be a problem with your feeders. Ground chili pepper Raccoons are the most destructive of the critters that might visit your and the most resourceful. One option to prevent raccoons from knocking over the feeders is to bring them inside every night. Raccoons also do not like getting greasy so using lithium grease on the poles or posts should help deter them. Opossums are not as common at bird feeders as other animals but their habit of defecating in the feeders is a problem since the birds won't eat from the feeder till it's cleaned. Luckily they are easy to keep from most hanging feeders. Skunks are usually only attracted to the insects that feed on the seeds left on the ground. Cleaning the seed hulls up regularly should discourage them from visiting your feeders. Deer are typically not an issue but, they can knock over the feeders trying to eat bird seed.

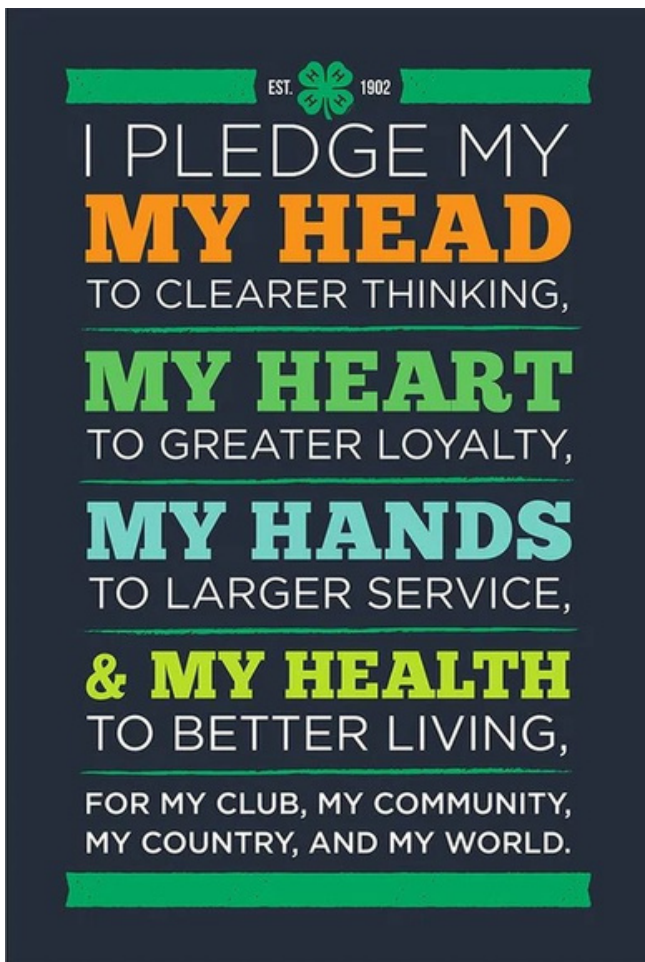
Feeding the birds can be a wonderful experience, just remember that you put out a buffet and invited everyone in the neighborhood to come and visit. Don't be surprised if a few critters you don't want show up from time to time. Luckily most of those problems can be fixed with just a little bit of work.

4-H

<https://www.butler.k-state.edu/4-h/>

What is the 4-H Pledge?

We share on 4-H but a common misconception is that 4-H is only about the County Fair. 4-H'ers attend monthly meetings. At each meeting they recite the Pledge of Allegiance and the 4-H Pledge. What is the 4-H Pledge and what does it mean?



I pledge my HEAD to clearer thinking, my HEART to greater loyalty, my HANDS to larger service, and my HEALTH to better living, for my club, my community, my country, and my world.

- **Head** stands for decision making, planning, organizing, problem solving and using knowledge throughout life.
- **Heart** stands for strong personal values, positive self-concept, concern for others, cooperation and communication.
- **Hands** stands for volunteering, community service, preparing for the world of work, science and technology literacy, and useful skills.
- **Health** stands for healthy lifestyles, character, ethics, stress management and disease prevention.

The Fair is simply a way for 4-H'ers to showcase their work throughout the year. 4-H is a year round activity shaping and raising youth for the future!

4-H

<https://www.butler.k-state.edu/4-h/>

Summer Internships Available

Butler County 4-H is excited to welcome TWO 4-H interns into our office this summer! This will be the 3rd year that Butler County has participated in this program. This is a great opportunity for high school graduates, college students home for the summer, or even teachers!

Submit your applications here:

https://careers.pageuppeople.com/742/cw/en-us/job/516432/4h-youth-development-summer-internships?fbclid=IwAROMvrLx-w9tIHmM2HHsA-ei5Jr6TeC1ez_7nkdgReExQ9pG1ixefBCW4eM

**KANSAS 4-H
SUMMER
INTERNSHIP
OPPORTUNITY**

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

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

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Thank You,
Butler County 4-H
Intern:
Jillian Foes

**Butler
County**

27 Intern organized
summer educational
programming activities

469 youth were
served as a
result

33 Intern dedicated
direct contact
hours serving
Butler County
youth

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Our 2023 Summer Intern, Jillian Foes, made a great impact within our community in the time spent with us this summer.