



NEWSLETTER



From the Director's Desk

From one extreme to next, Mother Nature has sure given us a taste of the weather extremes. After our recent warm weather, I am ready for those warm spring days to stay! With any weather season, potential adversity and danger exist. The ongoing fires in Oklahoma and Texas, as I write this article, brings all the feels of a disaster. From the Starbuck Fire to the Four County Fire here in Kansas in recent years, we know all too well the toll wildfires take on property, livestock, responders and their departments and families. While all disasters are not preventable and there are certainly some events that no matter, how hard we try or what we do, we can never fully prepare for or prevent from happening. On the other hand, there are tasks that we can do to help ourselves and our family.

Severe Weather Awareness Week is March 4th – 8th, 2024. Now is a great time to review plans, know what to look for and develop and have a to go kit ready. All of these items are applicable to any disaster. While reading through my Facebook, a friend in Oklahoma was in the direct path of the wildfires, posted a picture of her to go kit. They knew evacuation was possible so they had the necessities should they have to jump and leave, and they did! Learning how and what to put in a “to go kit” is important! If you have pets, you need to make kits for them as well. A flyer is available in this newsletter to talk about go kits. You can also go to <https://www.ready.gov/kit>. A great resource for pets can be found at: <https://www.cdc.gov/healthypets/resources/disaster-prep-pet-emergency-checklist.pdf>. Colorado State University Extension has an excellent document on **Caring for Livestock During a Disaster**. That resource can be found at: <https://extension.colostate.edu/docs/pubs/livestk/01815.pdf>

I would be remiss if I didn't share the Severe Weather Awareness Week (SWAW) information. You can find all the information for SWAW at: <https://www.weather.gov/ict/swaw>. I also highly recommend that you attend a storm safety weather presentation: <https://www.weather.gov/ict/spottertalks>. These are designed for the public to attend and learn what to look for and how to stay safe. We have one right here in Butler County on March 7th, 6:30 p.m. at *The Pointes Event Center* in Augusta.

We all know the tried and true saying, it's not a matter of “if” but a matter of “when”. Butler County is no stranger to disasters and has experienced a broad spectrum from tornadoes, large hail, flood and lightning to wildfires, winter storms and blizzards. Each and every event has an impact. It's important that you know what you can do to help protect yourself and your family, and in the event of something beyond our control, what you can do to lessen the impact and make it just a bit more manageable. Being knowledgeable and prepared helps not only you and your family, but responders and the community as well. I challenge you to build an emergency kit to help you in times of disaster. While I hope you never have to use them, you will be thankful you have one if you do!

~Charlene

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Upcoming Events

<h2>March</h2>						
					①	② Jr. Beef Producer Day Gardening Basics Class - Rose Hill Library 10 a.m.
③	④	⑤ Extension Council Board Meeting 6:30 p.m.	⑥ Garden Hour Zoom 12 p.m.	⑦	⑧	⑨
⑩	⑪	⑫ 4-H YQCA Training Plant Story Time 10:30 a.m. Seed Exchange 5:30 p.m.	⑬ Living Well Wednesday Zoom 12 p.m.	⑭ Youth Lawn Mowing Clinic 9:30 a.m.	⑮	⑯ Jr. Sheep Producer Day
⑰	⑱	⑲ Families Eating Smart and Saving More - El Dorado Library 12 p.m. STEAM Time at the Library - El Dorado 4 p.m. Kokedama Class 7 p.m.	⑳ Grant Writing Workshop - Arkansas City 9:30 a.m.	㉑	㉒	㉓ 4-H Super Saturday Judging Contest
㉔	㉕	㉖ Med Instead of Meds - Douglass Sr. Center 11 a.m. Families Eating Smart and Saving More - El Dorado Library 12 p.m.	㉗	㉘	㉙	㉚
㉛	㉜	㉝	㉞	㉟	㊱	㊲

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, April 12th from 7:45-9:00 a.m.
 Save the Dates : June 28th and October 11th

<h2>April</h2>						
	①	② Families Eating Smart and Saving More - El Dorado Library 12 p.m. Extension Council Board Meeting 6:30 p.m.	③ Garden Hour Zoom 12 p.m.	④	⑤	⑥
⑦	⑧	⑨ Families Eating Smart and Saving More - El Dorado Library 12 p.m.	⑩ Living Well Wednesday Zoom 12 p.m.	⑪	⑫ Mug Mingle 7:45 a.m.	⑬ Regional 4-H Day Grow and Bloom Lawn and Garden Show
⑭ Grow and Bloom Lawn and Garden Show	⑮	⑯ 4-H Fitting Clinic	⑰	⑱	⑲	⑳
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㉘	㉙	㉚				

Upcoming Events

ANDOVER PUBLIC LIBRARY PRESENTS
PLANTING SEEDS OF CHANGE:
5 ECO-FRIENDLY GARDENING EVENTS

FEBRUARY - MAY, 2024



GARDEN MAGIC UNVEILED
Feb. 10th, 10-11:30am



SPECIAL STORY TIME, SEED BOMBS
March 12th, 10:30am



SEED EXCHANGE
March 12th, 5:30-7:00pm



PLANT EXCHANGE EVENT
May 16th, 5:30-7:00pm

FREE FOR ALL AGES!

To register, please email: tlarsen@andoverlibrary.org

EARTH DAY VIDEO CONTEST
Submission April 19th
Screening: April 26th, 6pm

Special Storytime

Learn how to make **SEED BOMBS** with K-State Horticulture Agent **Calla Edwards!**



TUESDAY, MARCH 12TH
10:30 A.M.
IN THE STORY LABORATORY
AGES: 3-8 YRS.
FAMILIES WELCOME!

FUN NIGHT TUESDAY FRIENDS
ANDOVER PUBLIC LIBRARY

A Gardeners' Get-Together, where seeds are the currency of connection!

SEED EXCHANGE
Organized by Master Gardeners & Friends of the Library

Tuesday 5:30 PM
March 12th 7:00 PM
2024

Bring a variety of seeds - vegetables, flowers, trees - in small, clearly labeled bags. Also, bring extra bags and markers for labeling the seeds you collect and trade with others. Let's make this exchange diverse and organized!

FOR MORE INFORMATION CONTACT: tlarsen@andoverlibrary.org

YOUTH LAWN MOWING CLINIC

Thursday, March 14th, 2024
Butler Community Building
200 N. Griffith - El Dorado, KS
Registration Begins at 9:20 a.m. Clinic Will Be 9:30 - 11:30 a.m.

You Will Learn:

- ✓ Lawn Mower Safety
- ✓ Lawn Mower Maintenance
- ✓ Proper Care for Various Types of Turfgrass
- ✓ Business Skills Necessary to Run Your Own Lawn Mowing Business

PRE-REGISTRATION IS REQUIRED
CLINIC COST IS \$10

This clinic is designed for youth in 5th through 9th grade

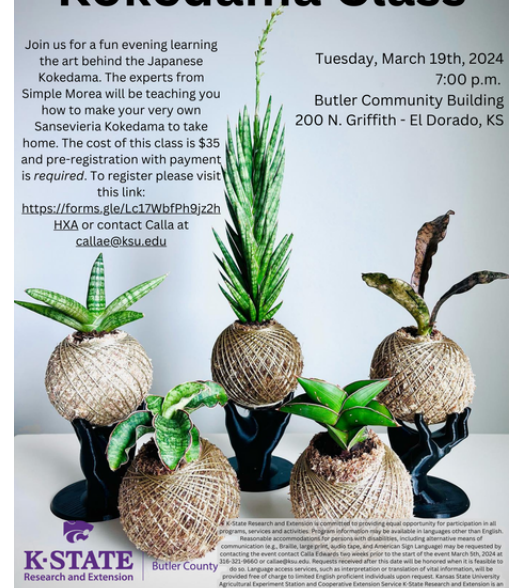
REGISTER NOW
310-321-9680
colloe@ksu.edu

K-STATE Research and Extension
Butler County
Master Gardener

Kokedama Class

Join us for a fun evening learning the art behind the Japanese Kokedama. The experts from Simple Morea will be teaching you how to make your very own Sansiveria Kokedama to take home. The cost of this class is \$35 and pre-registration with payment is required. To register please visit this link:
<https://forms.gle/Lc17WbFh9jz2h>
HXA or contact Calla at callae@ksu.edu

Tuesday, March 19th, 2024
7:00 p.m.
Butler Community Building
200 N. Griffith - El Dorado, KS



Garden Hour Webinars

- **March 6th - Selecting and Planting Fruit Trees**
- **April 3rd - Companion Plants in the Garden**
- **May 1st - Understanding Water Sources for the Garden**
- **June 5th - Growing Cut Flowers for Home & Farmer's Markets**

These class are offered online via Zoom at Noon. For more information on the Garden Hour series or to register visit here:
<https://hnr.k-state.edu/extension/consumer-horticulture/garden-hour/>

Upcoming Events

KANSAS SNAP-ED

Families Eating Smart and Saving More Join us!



Learn how to:

- eat more meals at home
- eat healthy when eating out
- move more every day

Series of 4 lessons:

- Plan: Know What's for Dinner
- Shop: Get the Best for Less
- Shop for Value, Check the Facts
- Fix It Fast, Eat at Home

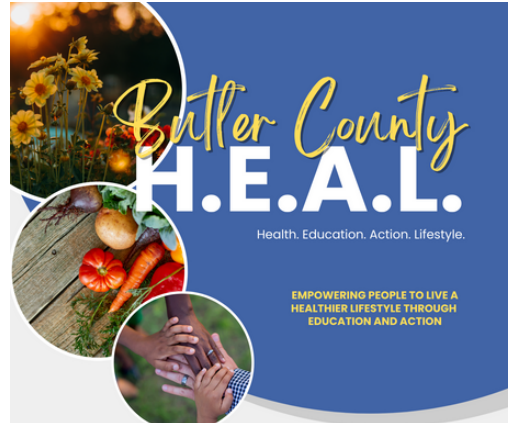
Where: Bradford Memorial Library
611 S. Washington St.
El Dorado, KS 67042

When: March 19, 26, April 2, 9
12:00 pm - 1:00 pm

Contact: Sarah McAllister
Phone: 620-221-5450
Email: smcallister@ksu.edu

Classes are FREE. All are welcome. Join us for class discussion, recipe samples, and more!

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Butler County H.E.A.L.
Health. Education. Action. Lifestyle.

EMPOWERING PEOPLE TO LIVE A HEALTHIER LIFESTYLE THROUGH EDUCATION AND ACTION

PROMOTING HOLISTIC HEALTH BY INCORPORATING RESEARCH BASED EDUCATION INTO PRACTICAL DAILY LIVING.

K-STATE Research and Extension Butler County

south central mental health
HELPING TO SHAPE PROMISING FUTURES

206 N Griffith, Suite A
El Dorado, KS 67042
(316) 321-9660

221 King St. Andover, KS 67002
524 N Main St. El Dorado, KS 67042
2821 N Brookside Dr. Augusta, KS 67010
(316) 733-5047 ext 515 OR 528

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for more happily, ever afters...



The Strong Couples Project

- ✓ Participate in a 6-session online program scientifically shown to strengthen relationships
- ✓ Video calls with trained coach to help maximize program impact
- ✓ No cost to enroll and chance to win \$25 Amazon gift card for completing program surveys

To learn more and enroll, please visit gaillinois.edu/StrongCouples

Illinois Extension **K-STATE** Research and Extension

LIVING WELL WEDNESDAY
K-State Research and Extension Webinar Series

Navigating Diets, Supplements, and Women's Health in a Confusing World

Wednesday, March 13th
12:10 - 1:00pm CST



With so much information on health, it's hard to know what is true. This session will cover the keys to a healthy and balanced diet, discuss when and how to use supplements, and explore wellness tips for women. We'll cut through the confusion of trendy diets and focus on science-backed advice for sustainable nutrition. We will discuss whether medications that facilitate weight loss work for long-term wellness. Join us to learn simple, effective ways to enhance your well-being and embrace a balanced lifestyle.

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

Priscilla Brenes
MPH, Ph.D
Extension Assistant
Professor, State Extension Specialist
Department of Food, Nutrition Dietetics, and Health

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Agricultural Experiment Station
and Cooperative Extension Service
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Grant Writing Workshop

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

March 20, 2024
9:30 am to 3:30 pm
Brown Center, 215 S Second St
Arkansas City, KS
Registration Fee: \$60 (includes lunch)

What you will learn:

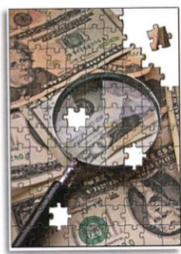
- Sources of data for community needs.
- Where to find grants.
- Elements of a great grant proposal.
- Practicing the grant elements.

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


To register or for more information:
Becky Reid, breid@ksu.edu
620-221-5450

Make checks payable to Cowley County Extension
Registration Deadline is March 8, 2024

Program Partners: **LEGACY** LEGACY COMMUNITY FOUNDATION **K-STATE** Research and Extension



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 files, and American Sign Language), may be requested by contacting the event contact. Braille files are available prior to the start of the event (March 8, 2024 at 2:00 PM CST 620-221-5450). @2024KState. Research received after this date will be reviewed after a transfer to the next. Language access services, such as interpretation or translation of oral information, will be provided free of charge to limited English proficient individuals upon request. Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.



Clipping Clinic


Butler County 4-H and the Butler Community College Livestock Judging Team are coming together to provide a Livestock Clipping Clinic. Hands on experience makes this a great learning opportunity. Breeding Does included this year!

Pizza will be provided. Cost is \$5 per person for non-Butler County 4-H Members

Tuesday, March 19, 2024
6:00 - 8:00 p.m.
Butler Community College
Agriculture Complex
2510 SW 20th, El Dorado, KS

RSVP Here: <https://forms.gle/U7DDiuDgavKzDKAR6>

Butler Community College **K-STATE** Research and Extension



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Ag Talk

Charlene Miller

Director/Agriculture Agent

cmmiller1@ksu.edu

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

The following article was adapted from the Colorado State University Extension. For the full article, visit <https://extension.colostate.edu/docs/pubs/livestk/O1815.pdf>

Caring for Livestock During Disaster

Many people in the United States are moving back to rural communities. For many reasons, these new rural residents often desire a lifestyle that includes owning horses, cattle, goats, chickens, ducks, sheep, llamas, alpacas and others. As people move closer to their natural resources, they also move farther from the protection offered by urban and suburban infrastructure. It can be argued that rural living offers improved aesthetics, lower noise levels, and the feel of more “elbow room.” These characteristics come with the responsibility of handling a larger share of emergencies that are often encountered in rural areas.

In most cases, the response time and resources in rural areas are greatly reduced. Handling disasters, those catastrophic events which stretch the capacity of communities, can only be approached with preparedness, pre-planned reaction and post-event mitigation. During a disaster event, rural residents often find their personal safety a large enough challenge without the added burden of caring for livestock. This fact sheet discusses some basic realities of livestock management during disasters. Please refer to fact sheets 1.814, Caring for Livestock Before Disaster; and 1.816, Caring for Livestock After Disaster for more information on this topic.

During a Disaster

A disaster is considered an incident that is beyond the scope where individual, local and community resources can deal with the event as an emergency. This usually indicates the event either happens very rapidly, there is no mitigating control, or both. This is why emergency service responders use the idiom “You respond to emergencies—you recover from a disaster.”

Normally, the response time for disaster is extremely limited. If you are not aware of pre-existing conditions, you will have even less time to respond. It’s important to develop a priority system for safety efforts. The accepted sequence for safety and evacuation is people first, then pets, then livestock, then property. Your personal priority system may vary but you should always put the safety of people far ahead of other concerns. Understand that your desires to address pets, livestock, and property will not precede the personal safety of everyone in the disaster affected area.

Ag Talk

Caring for Livestock During Disaster Cont.

There are differences in the speed, characteristics, risks, and response protocols for different types of disasters. Identify which disasters have a better chance of happening in your area and address those risks first.

Flash Floods

Flash floods usually occur in areas where the landscape cannot absorb all the water during excessive precipitation events, in steep gradient landscapes, or in zones that have been recently affected by drought or wildfire. Living downstream from a significant precipitation event is a danger zone. Knowing if you are actually downstream may not necessarily be apparent since many flash floods happen in arid states such as New Mexico, Arizona and Texas. Livestock have a natural move away instinct to flash flood waters. They generally seek higher ground if possible. When purchasing or designing your livestock operation, it is important to allow livestock a way to reach high ground in each pasture. Without access, livestock will fight fences and be at a greater risk of drowning. Livestock will initially panic during flash floods. This complicates livestock handling.

Large Floods

Since large-scale floods are more predictable and usually slower to develop than flash floods, you may have more response time. Livestock will move gradually away from rising floodwaters to higher ground. Unfortunately, the higher ground may not be high enough to compensate for the final flood level of largescale floods. In southeastern states, floods caused by tropical storms have actually left floating dairy cattle suspended in trees when the waters receded. If you live in large flood regions, it may be useful to invest in a good boat to help manage your livestock under disastrous conditions.

Tornadoes

Tornadoes have extreme intensity, wind speeds 2 to 3 times that of a hurricane, but they have a very short duration. Livestock hear and sense impending tornadoes. If your family or home is at risk, the livestock will be a non-issue. If your personal safety is not an issue, you may only have time to relocate your livestock. Do not cut your safety margin short since tornadoes can veer, change speed and change footprint width very quickly. Relocate your livestock, if you must, and then exit the area in a tangent direction away from the expected path of the twister.

Wildfires

Although the surface speeds of wildfires vary from 5 to 40 miles per hour, all wildfires generate smoke, heat and sound. Livestock are very sensitive and responsive to wildfire anywhere within their sensory range. Normal reactions vary from nervousness, to panic, to aggressive and resistive escape attempts.

Ag Talk

Caring for Livestock During Disaster Cont.

Livestock are often injured or killed by fleeing from a wildfire into fences, barriers and other fire risks. Once the flight syndrome kicks in, it is retained long after the smoke, heat and noise stimuli are removed. Some animal species such as alpacas, llamas and especially horses become virtually unmanageable in the face of oncoming wildfire. In situations like this, experienced handlers (as many as possible), proper equipment, and a firm and prompt evacuation approach is needed. In the case of a fast moving fire, some landowners spray paint their phone numbers on the sides of livestock or others attach identification tags to animals. If you choose to leave a halter on your animal, consider attaching identification—such as a luggage tag.

Drought

Drought is a silent disaster (along with famine and pestilence) because it has a slow onset period that does not encourage monitoring because of its discomfort. The key elements to managing animals in drought disaster are food, water and shelter. The lack of any of these factors, or a scarcity of one or more, can lead to a slow death for livestock. Animal reaction to drought is slow and vague until at critical health levels. Of all the disaster types, drought has the greatest potential to affect the widest area, often impacting multi-state regions at the same time.

Difficulties You May Experience

If you have time to address the safety of livestock, you may notice the following difficulties.

- **Animal reactions when under duress.** As previously mentioned, animals can be resistant in disasters that are annoying, but not frightening, such as blizzards and slow floods. During disasters that stimulate nervous reactions, such as flashflood, wildfire and tornadoes, animal owners may see a behavioral pattern from their livestock that they are both unprepared and unable to handle. This is one reason why emergency disaster management directors limit how much time owners can have to address livestock. This delay may imperil the residents and secondarily first responders. The local emergency system may have an organized predetermined group of volunteers who are trained, equipped and coordinated to move into disaster areas to deal with livestock evacuation. These County Animal Response teams (CART) likely include local stockmen associations, rodeo contractors and animal control professionals. They operate in coordination and under the direction of the disaster team. They are also trained in incident command system protocols and specific disaster risks and safety practices.
- **Access and transportation difficulties.** Traditionally, livestock producers have the equipment, resources, experience and practice to move livestock under a variety of conditions. Newer rural residents may lack livestock movement equipment, or enough equipment to handle their livestock

Ag Talk

Caring for Livestock During Disaster Cont.

population. This often stems from an operational philosophy. Producers expect the need to move large animals between forage sites and then off site to a market on a regular basis. Many new residents are only concerned about getting the livestock to the premises. Often acquisitions are made gradually and sequentially with limited equipment. The result can be a bottleneck for evacuation purposes. Animal evacuation from a disaster area must occur in a coordinated manner under the direction of the incident command team to allow success without impeding handling of the disaster and while protecting public safety.

- **Equipment and facility design risks.** Any livestock handler will tell you that when stress and an emergency combine while moving livestock is when you will find every hole in the fence, every sharp edge on the equipment and every loose board on the trailer. Having properly designed and effectively maintained equipment and facilities are critical during disasters. Remember, you will be handling agitated livestock with an extremely limited time frame.
- **Losing focus on the disaster event.** The large amounts of stimuli and tension generated during disasters affect both humans and animals. Because people get so focused on 1 to 3 objectives they often fail to look around and notice the other things that are going on around them. Emergency responders get better at avoiding this problem with experience and training. Usually they follow a response guideline that reminds them to take in all the other factors. Although it's not desirable for livestock owners to face so many disasters that they also develop this broad focus, there is one key approach that helps enhance safety in tense situations— teamwork. Take help and designate one person to keep watching for additional oncoming hazards.

Ag Talk

Are you and your family prepared for a disaster?

Find more information on building an emergency kit here

<https://www.ready.gov/kit>

Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food, water and supplies for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a portable waterproof container
- Cash and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies, personal hygiene items and hand sanitizer
- Mess kits, Paper cups, plates and disposable utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

Ready
Prepare. Plan. Stay Informed. ®

Emergency Supply List

 **FEMA**

www.ready.gov

Recommended Items to Include in a Basic Emergency Supply Kit:

- Water and non-perishable food for several days
- Extra cell phone battery or charger
- Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Non-sparking wrench or pliers to turn off utilities
- Can opener (if kit contains canned food)
- Local maps

FEMA's Ready Campaign educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including those from natural hazards and man-made disasters. Ready asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and appropriate responses. Everyone should have some basic supplies on hand in order to survive several days if an emergency occurs. This list of emergency supply kit items is only a starting point. It is important that individuals review this list and consider the unique needs of their family, including pets, for items to include. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Ready.  

Federal Emergency Management Agency
Washington, DC 20472

Have pets?

Make sure that your pets are ready if you need to evacuate your home.

Find more information here <https://www.cdc.gov/healthypets/resources/disaster-prep-pet-emergency-checklist.pdf>

Ag Talk

Charlene Miller

Director/Agriculture Agent

cmmiller1@ksu.edu

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

K-State Agricultural Economics presents

Finances and the Farm: An online class to enhance your farm management skills

An applied approach to developing and using farm financial statements for management decision-making for farmers and ranchers of all types

This is a self-paced course you can take when it is convenient for you!

This course can be taken for education only or to fulfill FSA borrower's requirements.

Seven Lessons: Recordkeeping, Balance Sheet, Income Statement, Enterprise Budgets, Cash Flow, Goal Setting and Managing Family Living Expenses

Participants will:

- Understand the structure of a balance sheet, income statement, enterprise budgets, and cash flow
- Choose either Cattle & Crops or CSA & Farmers Market case farm to complete quizzes to check understanding and practice using these financial statements in a real-world setting
- Be prepared to use financial management techniques for their own operation
- Set goals for their operation

- Learn how to make changes to avoid financial difficulties

Registration Fee:

- \$300 for FSA credit class
- \$100 for education only



Approved for FSA Borrower's Training Financial & Production Credits

Taught by Robin Reid, K-State Extension Farm Economist, and LaVell Winsor, K-State Farm Analyst

Register online for FSA Credit or Education Only:
www.AgManager.info/Events

KANSAS STATE
Agricultural Economics

K-STATE
Research and Extension

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K-State Agricultural Economics Presents: Risk Management on the Farm

Online, on-demand course to take when it is convenient for you.
Taught by Robin Reid, Extension Farm Economist, and LaVell Winsor, K-State Farm Analyst

Five Lessons: Determining Cost of Production, Crop Insurance, Crop Marketing, Farm Programs (ARC/PLC), and Beef Cow/Calf Risk Management

Register online by using the link below:

www.AgManager.info/Events

Course Description:

- Learn principles of determining cost of production, developing a marketing plan, evaluating crop insurance options, and participating in farm programs (ARC/PLC)
- Participants will work with a case farm to apply these topics to a real-world farming operation through hands-on activities.
- The goal of this class is to acquire risk management skills that can be applied directly to a farming operation.
- The bulk of the course focuses on risk management for row-crop farming operations but also includes principles for beef cow/calf operations.

Special Topics:

- Managing stress and being resilient in tough times
- Communicating effectively with family members

Registration Fees:

- \$100 education only

Other information:

- Have 6 months from registration to complete
- This course is a replica of the 5-part Risk Management Series delivered by KSRE in 28 locations across the state from January-February 2022 in which 340 producers participated in-person

KANSAS STATE
Agricultural Economics

K-STATE
Research and Extension

Just the FCS

Bonnie Brewer

Family & Consumer Sciences Agent

bjbrewer@ksu.edu

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



Each year about this time, I get very excited about a program that rallies thousands of Kansans and their friends to have fun and improve their mental and physical health. It is a program I have participated in since I was in the 8th grade, and am excited to implement this year in Butler County. This program is called Walk Kansas.

Walk Kansas is a team-based challenge that encourages people to walk, jog, run, bike, swim or move their body however they prefer, to live more healthfully. The program will kick off on March 26 and will run eight weeks through May 20. Registration is available online beginning March 1st, and cost per person is \$10.

Sharolyn Jackson, K-State Research and Extension's state leader for the Walk Kansas program, shares that the program was founded on the principle that if teams of six people would meet the minimum guidelines for physical activity over eight weeks, they could collectively and virtually walk across the state of Kansas, which is 423 miles. The minimum guidelines are those recommended by the U.S. Center for Disease Control and Prevention that individuals should aim for at least 150 minutes of moderate to vigorous physical activity each week – or about 30 minutes a day, five days a week.

Walk Kansas is an adaptable program where you can participate as a team or solo. You can choose between different challenges, and set personal goals for fruit, vegetable, and water consumption. Participants are also encouraged to add in some type of strength exercise. Throughout the program, tips, tricks, and instructions are shared each week with participants in a newsletter.

This year there is the additional benefit that will be offered from April 2 through May 14 where organizers will offer a weekly webinar on healthy eating. The course is called 'Med' rather than 'meds,' to reflect the goal to help participants learn ways to potentially replace medications with healthy eating.

Holistically, Walk Kansas is a chronic disease prevention program, and a way to delay the onset of chronic disease. The reality is that two-thirds of chronic diseases can be prevented or delayed by the lifestyle changes demonstrated in the Walk Kansas program.

So, gather your team, tie on your sneakers, and register at www.walkkansas.org to start your journey to better health this March!

Just the FCS



WALK KANSAS

AN 8-WEEK HEALTHY LIFESTYLE CHALLENGE!

March 31 - May 25, 2024

Gather your team of six or go solo this year.

Register online at WalkKansas.org or by contacting the Butler County K-State Research and Extension office.

Registration Opens March 4th!

K-STATE
Research and Extension

Walk Kansas



K-STATE
Research and Extension

Butler County

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

Garden Gossip

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Horticulture Agent

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

Importance of Soil Temperatures

February is almost over and the itch to start gardening is upon us. Many people plan to get in the vegetable garden starting St. Patrick's weekend which, is the traditional time to plant potatoes in Kansas. While March 17th has been the historical start to the gardening season, it's far more important to go off of soil temperatures rather than using a date on the calendar. We all know that our weather doesn't understand how a calendar works, check this week's beautiful weather, and every gardening year is different from the one before. It's best to use a digital meat thermometer to check the soil in your vegetable garden prior to planting to ensure that the seed or potato you put into the ground will grow. If the



temperatures are too cold and the soil is wet, you may have just wasted your time and money with rotting seeds. The easiest way to check the soil temperature is to use a digital thermometer (check that the temperature goes low enough) and check the soil temperature at two and four inches in the ground in several spots in your garden. Check the temperature over several days to a week to see what the average is before planting. You can also use the KS Mesonet system (Add a little bit of body text) to get an idea of how soil temperatures are fluctuating across the area. Check the soil temperature for those early plants but also check for those warm-season vegetables as well.

While the trusty potato is often thought of as the first plant to go into the garden several plants can go in the ground when the soil temperatures are even colder. You could be planting in your garden right now with our current soil temperatures if you wanted to. Below are some of the soil temperatures at which various vegetables can be planted and successfully grown.

- **40 Degrees Fahrenheit Group**- arugula, beet, broccoli*, Brussel sprout*, cauliflower*, kale, lettuce, pak choi*, parsnips, peas, radicchio, radishes, and spinach seed. (* indicates transplants, not seeds)
- **50 Degrees Fahrenheit Group**- Chinese cabbage, leeks, onions, swiss chard, potatoes, turnips, and cilantro.
- **60 Degrees Fahrenheit Group**- Beans, corn, cucumber, eggplant*, pepper*, and *tomato. (*indicates plants to transplant outside)
- **70 Degrees Fahrenheit Group**- Basil, okra, melons, pumpkin, squash, and sweet potato.

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Pruning Fruit Trees



There is nothing better than eating a peach or cherry picked straight from the tree in the summer. Growing up my family had a small orchard of apple, peach, plum, and cherry trees that we would pick from to freeze so we could enjoy that fresh summer taste all year round. While growing fruit on trees sounds like it should be easy, there are some important steps and care that we have to do every year to prevent diseases and keep our trees as healthy as possible. One of the most important of those steps is to prune your fruit trees regularly. Early February through March is the best time to do some maintenance pruning on our fruit trees.

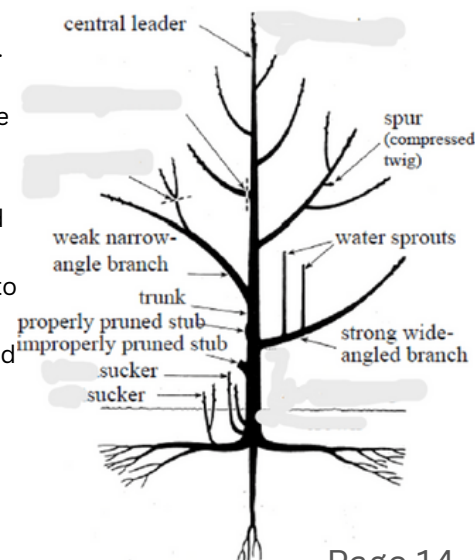
One of the most important tips for keeping your fruit trees healthy and

productive is to prune them yearly. Make sure to prune them when the branches are warm rather than frozen. You can damage your tree by pruning frozen wood. Some of our fruit trees such as pears or plums will need little pruning while others such as peaches will require regular pruning to maintain the strong structure needed to support fruit. When pruning it is important to remember what your goals are:

- The first goal is to develop a strong branch structure to support the fruit. Trees with a weak structure are likely to break with heavy fruit loads or ice storms.
- The second goal is to allow light and airflow into the tree canopy. Sunlight is needed to set fruiting buds for the next year while airflow through the canopy helps to reduce the chances of disease in your trees.
- The third goal is to control the tree size. Smaller trees are easier to prune, pick fruit from, and spray for diseases and bugs. Many fruit trees you can purchase now are dwarf varieties but it's still important to keep fruit trees the size you want and can maintain.
- The final goal is to remove diseased, dead, or broken branches. High winds, ice storms, diseases, heavy fruit loads, insects, and wind storms can all damage the trees. Removing those broken branches can help speed up the healing process and prevent future problems.

When pruning fruit trees there are some general recommendations that we make. With any pruning cut you make, be sure to prune back to the collar of the branch or a bud so you don't leave a stub. The stubs will eventually fall off but you have lengthened the healing time needed for that plant.

- Remove branches that have narrow attachment angles, less than 45 degrees, to the tree. These branches are likely to break from the weight of fruit or ice. Cherry trees are notorious for having brittle branches and narrow crotch angles so it's important to prune those trees when they are young to develop a strong structure.
- Remove water sprouts, the branches that grow straight up inside the middle of the tree, and suckers that grow from the base of the tree. These branches won't produce fruit and simply clutter up the tree.
- If two branches rub together, remove one of them. Those wounds open the tree up to disease and insect issues.
- Remove branches growing back into the tree. These could rub against other branches and they clog up the tree's canopy reducing the airflow.
- Remove a maximum of 30% of the tree's canopy a year. Pruning back too severely can lead to an increased number of water sprouts and reduce the amount of fruit that you will get. If you have a very overgrown tree it's best to trim it back over several years rather than all at once.



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Pruning Fruit Trees Cont.

Each type of fruit tree has a different growth pattern and needs different pruning techniques. See these recommendations from Ward Upham below:

- **Peach and Nectarine:** Peach and nectarine require more pruning than any other fruit trees because they bear fruit on growth from the previous year. Not pruning regularly results in fruit being borne further and further from the center of the tree allowing a heavy fruit crop to break major branches from to the extra weight. Prune long branches back to a shorter side branch to prevent this breakage.
- **Apple:** Apples tend to become overgrown if not pruned regularly. Trees that are not pruned often become biennial bearers where they have a huge crop one year and none the next year. This type of bearing is not ideal when we want fruit consistently. Though pruning helps, fruit often needs to be thinned as well. The goal is an apple about every 6 inches. Spacing can vary as long as the average is about every 6 inches.
- **Cherry, Pear, Plum:** Light pruning is usually all that is needed. Simply remove branches that are causing or will cause a problem according to the general recommendations above. You can use “spreaders” on young branches to improve the crotch angle for a stronger tree.

It's best to start pruning fruit trees right after they are planted to develop a strong support system and to keep the trees to a manageable size. If you are starting with an older, overgrown fruit tree you can still bring it back to a manageable state. It's important to remember that it will take several years of pruning to get the tree back into shape since we can remove no more than 30% of the tree at a time (excluding dead wood). The first step before doing any pruning is to ask if the tree is healthy and sound enough to justify the time and effort. If you decide to keep the tree, use the following steps to renovate the tree over three to four years.



- During the first year, work to shorten the overall height and width of the tree to make it easier to work with. Cut the main scaffold limbs back to a strong, well-positioned side shoot or riser. Thin out the upper third of the tree by removing dead branches, crossing limbs, and hanging branches to allow better light and air movement into the tree. Stop when you hit 30% of the tree being removed.
- For the second year, remove most of the large, vigorous new shoots that are at the top of the tree to keep the height down. This year you will determine the final height of the tree and prune down to that height. Thin out shoots on the upper half of the tree and try to space out the main limbs to distribute the new fruiting wood uniformly. If you haven't hit the 30% mark yet you can shorten the limbs around the outside of the tree to allow better light exposure to the lowest limbs.
- For the third year, return to the top of the tree and remove about half of the new shoots near your heaviest pruning cuts. Thin out the inner branches to allow adequate air movement and sunlight penetration into the tree. Continue to work with the branches to spread the fruiting wood evenly over the entire tree from the bottom to the top. This will help prevent the tree from leaning or falling over during storms. After this year you should be able to prune the tree as recommended above to maintain the shape you created.

Pruning fruit trees can be intimidating if you have never done it, especially if you have an older or overgrown tree, but the benefits to your orchard and fruit trees in terms of fruit production and reduction in disease or insect issues will be noticeable. Remember you don't need to apply anything to the wounds of your fruit trees, research has found that actually slows the healing process rather than helping. If you have any questions please contact the Extension office.

4-H

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

4-H'ers Learn Life Skills at 4-H Day

Butler County 4-H held their annual 4-H Day on February 25th, 2024 at Butler Community College. 4-H Day offers youth the opportunity to participate in a wide variety of events including vocal, instrumental, piano, skits, project talks, demonstrations, public speaking, impromptu presentations and an event called Crunch Time/Pickle Power. These events give youth the opportunity to learn and enhance life skills.

Project Talks are intended for youth up to 12 years of age and help them gain confidence in expressing themselves before an audience. Demonstrations are defined as a “show-how” process involving doing or making something while giving an explanation to a judge and audience. Illustrated talks are a “tell-how” process. Visuals such as equipment, supplies, posters, graphs, charts, etc. can all be used to help the youth present the information.

Public speaking and impromptu presentation are designed specifically for older and more experienced 4-H'ers. The purpose of these presentations are to assist the older 4-H'ers as they further develop confidence and skills in speaking before an audience. Youth participating in impromptu presentation selects a topic and then has 7 minutes to prepare a speech and then present it. The topic reflects upon current events and/or a 4-H topic. Youth learn the importance of the introduction, body and conclusion parts of a speech.

Crunch Time/Pickle Power is an event that youth really enjoy. This event is open to all 4-H'ers from 7 to 18 years of age. Youth are given two different age specific, ethical topics to review and then choose one to tell about to a judge. They analyze the problem and present alternatives and a solution. The skits, vocal, dance, piano and instrumental events allow youth to learn these skills and exhibit their talents in front of a judge and audience. They learn poise, confidence, and how to perform in front of a group. Some of these also require the memorization of music.

Youth participants also have the opportunity to participate and show their knowledge in judging contests: Horticulture, Family and Consumer Science and Livestock Skill-a-thon. Youth have to work through scenarios and identify different items related to the three judging areas.

4-H Day is just one of the many educational strategies and opportunities for youth and adults to work in partnership as they develop life skills. The top youth in the speaking and gavel games divisions earned the right to represent Butler County at Regional 4-H Day in April.

4-H Clubs represented include: Benton Busy Bees (BBB), Cassoday Boosters (CB), El Dorado Boosters (EDB), Flinthills (FH), Hickory Helpers (HH), Lily Lake (LL), North Butler (NB), Purple Heart (PH), Towanda Rustlers (TR)

4-H

2024 BUTLER COUNTY 4-H DAY RESULTS

CloverBud Presentations:

Grant Hadley PH
Kaysen Wiseman HH
Reuben Jurgens EDB

TEAM DEMONSTRATION/ ILLUSTRATED TALK - INTERMEDIATE: KARLY PEAK & KENZIE SOMMERS PH - BLUE

Demonstrations/Illustrated Talks

Juniors:

Lucas Jurgens EDB - Blue
Nolan Peters PH - Blue
Susannah Carter EDB - Red

Intermediate:

Madelynn Ikner PH - Purple
Carson Brackenridge NB - Purple
Julia Amend NB - Purple
Evie Blackston LL - Blue
Karly Peak PH - Blue
Wylie Pierce BBB - Blue
Hannah Carter EDB - Red

Senior:

Cora Brackenridge NB - Purple
Kylee Barlett PH - Purple
Alaxis Jensen BBB - Purple
Jonathon Peak PH - Blue
Mikalyn Peak PH - Red

PROJECT TALKS

JUNIOR:

ALEXANDER NEUHAUS LL - BLUE

INTERMEDIATE:

JACK MYERS BBB - PURPLE
EMMALYNN NELSON BBB - PURPLE
BRAXTON WISEMAN HH - RED
KOOPER WISEMAN HH - RED

MULTI-MEDIA

PRESENTATION:

GRACE RICKE PH - PURPLE

Readings

Juniors:

Susannah Carter EDB - Red
Phinehas Jurgens EDB - Red
Jett Myers BBB - Red

Intermediate:

Brynlie Nichols BBB - Purple
Kennedy Strecker TR - Purple
Justice Milburn LL - Purple
Hope Milburn LL - Blue
Ella Amend NB - Blue
Evie Blackston LL - Blue
Hannah Carter EDB - Blue
Julia Amend NB - Red

Senior:

Molly Fitzgerald PH - Purple
Ellie Nelson BBB - Purple
Jackson Strecker TR - Purple

INSTRUMENTAL SOLOS

INTERMEDIATE:

JUSTICE MILBURN LL - PURPLE
ELLA AMEND NB - PURPLE
WILEY PIERCE BBB - PURPLE
HOPE MILBURN LL - BLUE
LUKE PARKER FH - RED
EVIE BLACKSTON LL - BLUE
EMILY FITZGERALD PH - BLUE

SENIOR:

KYLE PARKER FH - PURPLE
KIERA YARBROUGH NB - PURPLE
KALEB MASHKE LL (DIDGERIDOO) - BLUE
ALAXIS JENSEN BBB - BLUE
KALEB MASHKE LL (TUBA) - BLUE

2024 BUTLER COUNTY 4-H DAY RESULTS CONT.

PIANO SOLOS

JUNIOR:

SARAH MEANS EDB - BLUE

INTERMEDIATE:

VALERIE SOMMERS PH - PURPLE

KARLY PEAK PH - BLUE

KENZIE SOMMERS PH - BLUE

GABRIEL MEANS EDB - BLUE

SENIOR:

MIKALYN PEAK PH - BLUE

CORA BRACKENRIDGE NB - BLUE

HANNAH MEANS EDB - BLUE

Piano Duets

Intermediate:

Hannah & Susannah Carter EDB - Blue

Senior:

Gabriel & Hannah Means EDB - Purple

VOCAL SOLOS

JUNIOR:

ALEXANDER NEUHAUS LL - PURPLE

INTERMEDIATE:

JOHNATHAN NEUHAUS LL - BLUE

SENIOR:

GRACE RICKE PH - PURPLE

RILEY GARCIA CB - PURPLE

KALEB MASHKE LL - BLUE

Livestock Skill-a-Thon Judging

Junior:

First - Kayson Wiseman HH

Second - Jacob Gardner EDB

Third - Nolan Peters PH

Intermediate & Senior:

First - Ellie Nelson BBB

Second - Kyle Parker FH

Third/Tie - Kylee Nichols BBB &

Jackson Strecker TR

Individual Dance

Intermediate:

Valerie Sommers PH - Purple

Kenzie Sommers PH - Purple

Senior:

Brenna Sommers PH - Purple

Kaley Fitzgerald PH - Purple

Riley Garcia CB - Purple

GROUP DANCE:

PURPLE HEART - PURPLE

EL DORADO BOOSTERS - PURPLE

Gavel Games

Intermediate:

Benton Busy Bees - Blue

Purple Heart 2 - Blue

Purple Heart 1 - Red

Senior:

Purple Heart 3 - Blue

FAMILY AND CONSUMER SCIENCE

JUDGING

JUNIOR:

FIRST/TIE - ADDILEE SWARTZ PH &

NOLAN PETERS PH

SECOND - EZEKIEL GUERMONPREZ PH

THIRD - GIAN GUERMONPREZ PH

INTERMEDIATE:

FIRST - ELI CARRUTHERS EDB

SECOND/TIE - ALLISON HOLLIDAY BBB &

RIVER HORNER PH

THIRD - EVIE BLACKSTON LL

SENIOR:

FIRST - JADON GUERMONPREZ PH

SECOND - KYLEE BARLETT PH

THIRD - GRACE RICKE PH