

WALNUT CREEK DISTRICT

EXTENSION NEWSLETTER



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Leadership Learning Opportunities

Are you 7th grade and older, if you are then leadership should be on your mind. Stepping up and being a role model is an important part of growing up in 4-H. Your club needs you to be a leader, leadership looks good at 4-H events, you need leadership to truly participate in the record book realm of 4-H. So, as we begin a New 4-H year in October, **REMEMBER** to enroll in the leadership project, as well as, plan to attend some great leadership opportunities to teach you how to be a GREAT leader.

SAVE THE DATE AND BE ON THE LOOK OUT FOR EMAILS THAT WILL GIVE YOU REGISTRATION AND MORE DETAILS

- **Saturday, November 5 Western Regional Leadership Forum – Scott City, the theme is Unearthing Possibilities for youth 12-18, some transportation will be available.**
- **Saturday/Sunday, November 19-20 Kansas Youth Leadership Forum- Take Flight with Leadership – Rock Springs Ranch for youth 14-18 by January 1, 2023; KYLF will feature leadership workshops, Youth Council Elections, and opportunities to learn and have fun. Registration will be open sometime in September. Registration deadline is October 15, 2022 for both events. There will also be an option for coming in Friday evening and having breakfast Saturday morning for those coming from a distance.**
- **The Youth Council Application and National 4-H Conference Application will be combined again this year, With applicants indicating if they are applying for one or both opportunities. Any Kansas 4-H member between the ages of 14 and 18 before January 1, 2023 may apply as a Council Rep and those 15-18 before January 1, 2023 may apply for National Conference. This year's KYLF delegation will elect representatives from the four extension program areas (NE, NW, SE, SW) for one year terms on council. Up to 6 National Conference Delegates will be selected through an interview process and they serve a two year term on council. The deadline will be October 1, 2022.**

866-755-1654
Fax: 620-397-2597



Community Service



"I pledge my hands to larger service", this is part of our National 4-H Pledge. With that being said October is the month that we start the new 4-H year and celebrate National 4-H week. Part of 4-H Week in Kansas 4-H is the 48 hours of 4-H Project, where Kansas 4-H members and 4-H Clubs are encouraged to complete Community Service projects within your local communities on October 8-9, 2022.

If you have a Community Service project that you need help with or have a suggestion of a project that an individual 4-Her, a 4-H Family or a 4-H Club could take on and see it to its completion, please let us know. The project can be BIG or small, take one hour or several, but the ultimate goal is to make a difference in our communities. It's time to make plans for your club, group or family to participate. We ask that you register your event with your local Extension Office so that we can count our hours and make a Kansas 4-H Impact!

Understanding 4-H

In 4 H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us. We are America's largest youth development organization—empowering nearly six million young people across the United States, over 74,000 youth in Kansas and 205 youth enrolled in 4-H in Walnut Creek District (Lane, Ness and Rush Counties) with the skills to lead for a lifetime.

It's a research-based experience that includes a mentor, hands-on projects, and a meaningful leadership opportunity. Based on their interests and guided by adult volunteers, youth develop their own pathway in 4 H.



Kansas 4-H is a vibrant youth development program for K-State Research and Extension. In 4-H, we are committed to providing positive dynamic learning experiences for as many young people as possible. This is achieved through traditional clubs, after school programs, camping and special interest clubs.

Youth ages 7-18 can participate in the traditional 4-H program, youth that are 5 and 6 can participate in a non-competitive aspect of 4-H called Cloverbuds. 4-H focuses on the Essential needs of youth such as belonging, mastery, independence and generosity.

4-H clubs generally meet monthly, and nearly every community in Kansas has one. 4-H club meetings give youth opportunities to share their project work, plan community service activities, and practice running meetings. For specialized projects like shooting sports, dog and horse many counties have county-wide project clubs that operate in a similar fashion.

Undertake projects.

Members choose from a wide range of individual projects, based on their interests and the availability of a knowledgeable adult in the community to serve as a mentor. Through these projects, members set goals, learn the skills needed to achieve goals, and exhibit or demonstrate their skills at events like county fairs, 4-H Club days and other competitions.

Projects cover a wide range of topics from Agriculture and Natural Resources, Livestock, Creative Arts, Family Consumer Science, Personal Development and Science & Technology, Plant Science, Meat Goats, Visual Arts, Health and Wellness, Reading, Geology and Wood Science are just a few of the projects available for youth to choose from.

Become a volunteer.

The Kansas 4-H Youth Development Program depends on adult and youth volunteers to help youth gain the five Kansas 4-H Life Skills of a positive self-concept, an inquiring mind, a concern for the community, healthy interpersonal relationships and sound decision making.

The main roles for local volunteers are Community Club Leader, Project Leader or Activity Leader. There are many more roles for volunteers, check with your local club and/or Extension Office for more information. I would love to talk to you about enrolling your youth or becoming a volunteer.

Reading With Your Children



As a parent and/or primary caregiver, you have within your reach THE KEY to helping your children be smarter, happier and have a bright future. That key is language.

Talking, reading, singing with your child from the very start helps the brain develop. Even before your child is able to talk, they are learning from you continuously - and all your words now will help them become a capable reader later on.

The key is to start at birth. Immersing a child in abundant, rich language can be a stronger predictor of literacy and academic achievement than family income or a parent's level of education.

You can start with:

Talking - as you go about your everyday activities talk to your child. Tell them what you're doing, comment on what you're seeing as you drive the car, or shop for groceries. Ask questions as you go along and if your child is too young to respond, you can answer for them.

Reading - there's nothing more comforting than cuddling together with a book. You can do so much more than simply read the words. Talk about the pictures while pointing to them, use funny voices for the different characters, ask questions about the story. Most importantly, get into the habit of reading together every day.

Reading aloud to young children is not only one of the best activities to stimulate language and cognitive skills; it also builds motivation, curiosity, and memory. Children who are read to at least three times a week by a family member are almost twice as likely to score in the top 25% in reading compared to children who are read to less than 3 times a week.

Singing/Rhyming - affects the brain in a way that helps prepare it for language. Songs and rhymes develop listening and thinking skills and provide a great foundation for literacy development.

The more words a child hears, the larger the child's vocabulary, and the larger the child's vocabulary, the more likely the child will be a proficient reader. Children's academic successes at ages 9 and 10 can be attributed to the amount of talk they hear from birth through age 3. The single most significant factor influencing a child's early educational success is an introduction to books and being read to at home prior to beginning school. So find time in your busy schedule to read with your children and encourage them to read to you when they can! For more help or ideas on child literacy, contact your local Extension Office.

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800-460-9079
Fax: 785-222-2843

Upcoming 4-H Events



September

9-18 Kansas State Fair

12 Rush County Community Leaders Meeting

19 Walnut Creek District Board Meeting and Program
Development Committee Gathering

26 Ness County 4-H Council

28 Record Books due to your local office

30 Record Book Judging

October

1 Happy 4-H NEW YEAR

2-8 National 4-H Week

8-9 48 Hours of 4-H

15 Ness County Harvest Festival

18-20 All Agents at Annual Conference, Manhattan

23 Rush County Achievement Banquet, 2:00pm

30 Ness County Achievement Banquet, 2:00pm

November

6 Lane County Achievement Banquet

Animal Science



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INSURANCE, Insurance, and more insurance

While I believe that we can over insure ourselves, there are two additional things that I believe producers and families of producers need to evaluate or re-adjust on their farm's total coverage.

First is the cow herd itself, crop insurance has become a farm management standard. Farm programs have even transitioned to using the hard numbers that come from crop insurance as compared to the surveys of past.

Anyone who owns livestock has an inborn dread of snowdrifts, but at this point, we'll take whatever moisture we can get. Yes we've had some bitter cold the last couple winters, but largely we've had relatively mild, open winters. I have no idea what to expect this year, but those who do make those predictions seem to think it might be rough.

Regardless, if the cow herd has enough value and income potential to hold the operating note, make sure it has some protection for those catastrophic events that can and do happen. Coverage for critters can be far reaching: life insurance for the new bull, transportation, RMA (revenue) on a set of feeder calves, etc, etc, but knowing the cow herd is covered against the perils of weather is not necessarily common amongst producers, but worth looking into.

Anyone checked the value of feed lately? I say this knowing full well that the prices that bales are trading for is as high as I've ever seen and don't think that this will subside anytime soon. Hay of all types is in high demand and throughout the district we've baled everything from CRP to the corn and there is some grain sorghum that will likely get rolled up too. That said, each winter we have fought numerous fires in varying capacities, but as dry as it is there will be more. Please consider what that investment in hay (bales) looks like and consider some coverage on them as well. The chances of finding their replacements is bleak to say the least, but coverage on hay has been nominal considering the value in the feed itself.

As always if we can assist with bale probes, nitrate testing, feed analysis, or figuring out how to dilute high nitrate forages, give us a call, text, or email to the Walnut Creek District offices.



Pasture, Rangeland and Forage Insurance:

This program from the Risk Management Agency from the USDA is not new, but is not widely used. Our ongoing drought has brought on a renewed interest in looking at options to mitigate this risk. First and foremost, if this program is of interest or fits your operation, keep in mind that the sign-up deadline is December 1st for the 2023 year.

The closest source of information regarding this program is from your crop insurance agent. The Pasture, Rangeland, Forage (PRF) Insurance Program is designed to provide insurance coverage on your pasture, rangeland, or forage acres grown for the intended use of grazing by livestock or haying. This program is designed to give you the ability to buy insurance protection for losses of forage produced for grazing or harvested for hay, which result in increased costs for feed, destocking, depopulating, or other actions. The PRF program utilizes a rainfall index to determine precipitation for coverage purposes, and does not measure production or loss of products themselves (ProAg.com).

I feel the most detailed and confusing part of this program is how rainfall is measured. Again, the ProAg website has about the easiest explanation to follow. The Rainfall Index uses National Oceanic and Atmospheric Administration Climate Prediction Center (NOAA CPC) data and each grid covers an area equal to .25° in latitude by .25° in longitude, or about 17 miles by 13 miles. Acres will be assigned to one or more grids based on the location to be insured. A producer must select at least two, 2-month periods where precipitation is important to their operation. These periods are called index intervals. It is important for ranchers and farmers to understand that payments are not based on individual rain gauges on their farm or a single weather station, but the interpolated data for the entire NOAA CPC grid which may not be traced back to a single reporting station.

The Pasture, Rangeland, and Forage insurance was designed to help protect a producer's operation from the risks of forage loss due to the lack of precipitation. It is not designed to insure against ongoing or severe drought, as the coverage is based on precipitation expected during specific intervals only.

For more information please visit:

<https://www.rma.usda.gov/en/News-Room/Frequently-Asked-Questions/Pasture-Rangeland-Forage>

A decision tool to help with the economics can be found at:

<https://prodwebnlb.rma.usda.gov/apps/prf>

Family and Consumer Wellness

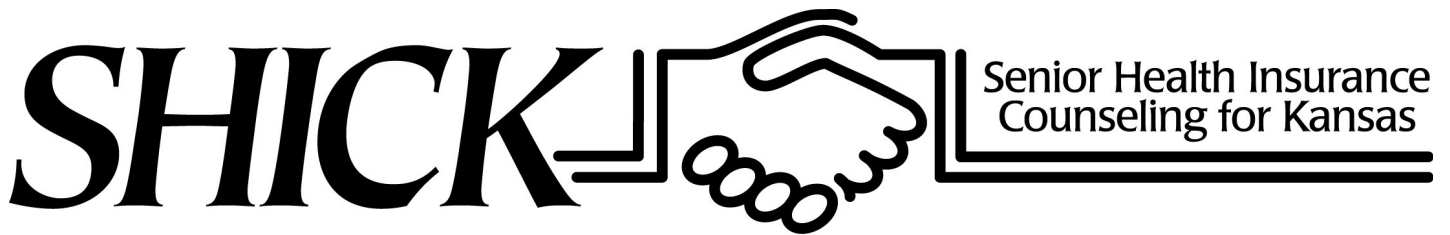


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Storage Times for the Refrigerator and Freezer

These short but safe time limits for the home-refrigerated foods will keep them from spoiling or becoming dangerous to eat. The guidelines for freezer storage are for quality only. Frozen foods remain safe indefinitely.

Category	Food	Refrigerator (40°F or below)	Freezer (0°F or below)
Salads	Egg, chicken, ham, tuna, and macaroni salads	3-5 days	Does not freeze well
Hot Dogs	Opened package Unopened package	1 week 2 weeks	1-2 months 1-2 months
Luncheon Meat	Open package or deli sliced Unopened package	3-5 days 2 weeks	1-2 months 1-2 months
Bacon and Sausage	Bacon Sausage, raw – from Chicken, turkey, pork, beef	7 days 1-2 days	1 month 1-2 months
Hamburger and Other ground meats	Hamburger, ground beef, Turkey, veal, pork, lamb and mixtures of these	1-2 days	3-4 months
Fresh beef, veal, lamb and pork	Steaks Chops Roasts	3-5 days 3-5 days 3-5 days	6-12 months 4-6 months 4-12 months
Fresh poultry	Chicken or turkey, whole Chicken or turkey pieces	1-2 days 1-2 days	1 year
Soups & Stews	Vegetable or meat added	3-4 days	9 months
Leftovers	Cooked meat or poultry Chicken nuggets or patties Pizza	3-4 days 3-4 days 3-4 days	2-6 months 1-3 months 1-2 months



Medicare Part D (Prescription) Open Enrollment

Weekdays beginning
October 25th—December 7th
Lane, Ness, and Rush County
Extension Offices
9:00 a.m.—4:00 p.m.

Contact the Walnut Creek Extension District—620-397-2806

*Not all days available in each county, some evening appts will be available

****Please bring your Medicare card and a list of your prescription drugs to the appointment!****

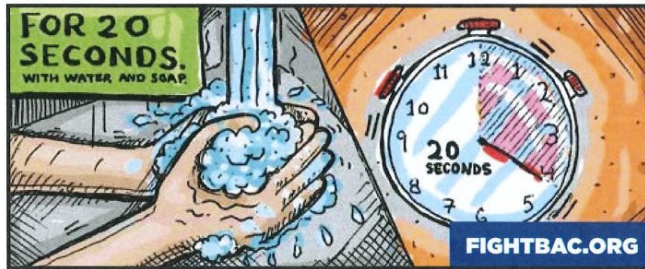
Remember each year, insurance companies have the opportunity to change the monthly premium price and renegotiate the drugs they choose to cover and the prices of those drugs with the pharmacy. It is always a good idea to visit with a SHICK Counselor to see how your plan might be changing in the upcoming year.



K-State Research and Extension is an equal opportunity provider and employer. K-State Research and Extension is committed to making its services, activities, and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, let our office know when you call to

Wash Hands and Surfaces Often

Foodborne bacteria can't be seen, tasted or smelled. These microorganisms can make you sick if ingested, and they spread through contact with cutting boards, utensils, countertops and food - so ready, set, CLEAN!



How?

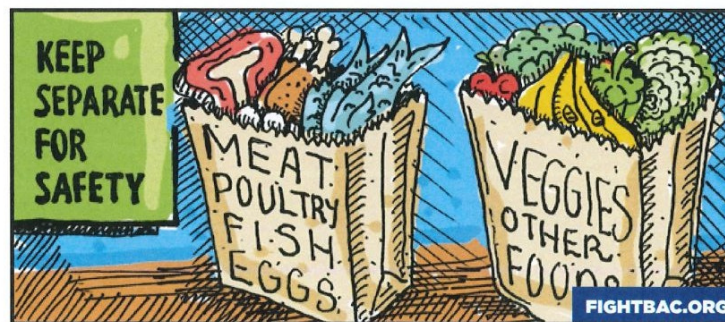
- Wet your hands with warm running water and apply soap.
- Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers and under your nails.
- Continue rubbing hands for at least 20 seconds - about the time it takes to sing the "Happy Birthday" song twice
- Rinse your hands well under running water.
- Dry your hands using a clean cloth or paper towel.

When?

- Before eating food.
- Before, during and after preparing food
- Before and after caring for someone who is sick.
- After handling uncooked eggs or raw meat, poultry or seafood (or their juices).
- After blowing your nose, coughing or sneezing
- After touching an animal or animal waste.
- After touching garbage.
- After using the toilet.

Get it Straight - it's Safer to Separate

Cross-contamination is how bacteria can be spread. Improper handling of raw meat, poultry, seafood and eggs can create an inviting environment for cross-contamination. As a result, harmful bacteria can spread to food and throughout the kitchen.



In the Grocery Store

- Separate raw meat, poultry, seafood and eggs from other foods in your **shopping cart**. Place these products in **separate plastic bags** to prevent juices from getting on other foods.
- If you reusable grocery bags, wash them frequently in the washing machine.

At Home

- Separate raw meat, poultry, seafood and eggs from other foods in the **refrigerator**. Place them in **containers or sealed plastic bags on the bottom shelf** of the refrigerator.
- If you are not planning to use these foods within a few days, freeze them.

Be a ProducePro

- Keep fresh fruits and vegetables, separate from raw meat, poultry, seafood and eggs. for more information on safely handling produce, check out our **ProducePro fact sheet** at fightbac.org

Ag & Natural Resources



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Leaf Scorch on Trees and Shrubs

Leaf scorch is currently commonly seen in a variety of trees across the district. Maple, dogwood, ash, elm, oak, and various other trees and shrubs are affected. Newly planted trees and shrubs are especially prone to leaf scorch during the first two to three years following planting.

Scorch is not a fungus disease but rather a physiological problem associated with damaged roots, limited soil area, or hot, dry winds. Moisture is lost so quickly from the leaves that the roots can't absorb and transfer water quickly enough to replace what is lost.

Scorched leaves turn brown or, in some cases, turn black from the edges and between the major veins. If severe, the leaf may drop. Leaves may be affected over the entire tree or may be affected only on one side.



Some recommendations include minimize competition between the tree and the surrounding turf by killing all grass a minimum of 3 feet from the trunk and then mulch. When watering, make sure water reaches 12 inches deep. If the soil is sandy, watering twice a week may be needed. If it is a heavier soil, water only once a week. Waterlogged soils will force oxygen out of the soil and some tree species may drown.

Fall Soil Sampling

Soil testing provides producers and homeowners important information concerning the fertility status of the soil. This information can help produce better crops and reduce costs by guiding management decisions like the type and amount of fertilizers to apply.

A soil test provides information about basic fertility of soil. It is the starting point for determining how much and which fertilizers to use.

If you would like a soil sample collected and sent to the K-State Soil Testing Laboratory, contact the Walnut Creek District Extension Office. We will collect the sample for you and send it to the K-State Soil Testing Laboratory.



Hosted by K-State Research and Extension horticulture staff across the state of Kansas. Feel free to join on the first Wednesday of each month at noon for some horticultural refreshment and training. Sessions are recorded and posted on the Horticulture and Natural Resources website. Zoom in on the first Wednesday of each month at 12:00pm-1:00pm. For more information visit https://hnr.k-state.edu/extension/info-center/k-state-garden-hour-webinar-series/k_state_garden_hour.html

This program is supported, in part, by the United States Department of Agriculture, National Institute of Food and Agriculture, Crop Protection and Pest Management Program.

Limited Irrigation Corn Management Field Day

K-State Research and Extension is hosting a Limited Irrigation Corn Management Field Day on September 13 at 4:30 pm. Attendees will have the opportunity to hear from specialists from K-State and Colorado State on limited irrigation strategies. Part of the program includes a corn hybrid showcase with seed company representatives and a discussion on grain basis with a K-State agricultural economist. Twenty-eight corn hybrids planted at seeding rates ranging from 12,000 to 28,000 will be on display in plots located southwest of Colby.

Dinner is provided courtesy of the field day sponsors. Please RSVP by September 12. You can register online at www.northwest.ksu.edu/agronomy or call 785-462-628.

Plot location: West of Colby on US24 to Road 15, 8 miles south to Road K, then $\frac{3}{4}$ mile west OR go south of Colby on K25 to Road K, then 4.75 miles west.

If you have any questions, please contact the K-State Northwest Research-Extension Center at 785-462-6281 or email Lucas Haag at lhaag@ksu.edu

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www.walnutcreek.k-state.edu
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OFFICE HOURS

8:00am - 5:00pm
Closed over the Lunch Hour 12:00pm-1:00pm
Monday - Friday