January 2021

Go to www.sunflower.ksu.edu for more details on these programs.

Inside Your Newsletter...

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Important Extension News.......

Between now and at least March 31, 2021, K-State Research and Extension requires that agents complete a face-to-face meeting necessity form for any meetings or activity that will held in person including 4-H club meetings. Per Gregg Hadley, “meeting virtually must be our preferred method of meeting with our collaborators and the people we serve during our COVID-19 challenge. It is the only way to zero out the risk of a participant, volunteer, or extension professional from contracting the disease during an extension meeting. Our face-to-face meeting protocols help reduce the chance of contracting/spreading the virus. Those face-to-face meeting protocols do not eliminate that risk and should only be considered for good technological or strategic reasons.”

The District Extension Offices will be closed from December 24th-January 3rd, 2021
Residual Weed Control with Preemergence Herbicides in Grain Sorghum

This is an excerpt from the Southwest Research and Extension Report of Progress by Randy Currie and Pat Geier. The whole report can be accessed: https://bit.ly/2WrX2YZ

Summary
In this study, herbicides were tested to compare preemergence (PRE) application for weed control in grain herbicides. All herbicides controlled quinoa and crabgrass similarly, as well as Russian thistle late in the season. Halex GT at either rate with atrazine as well as Bicep Lite II Magnum controlled Palmer amaranth less than 90% late in the season. Similarly, these herbicides along with Degree Xtra provided less than 90% kochia control late. Grain yields did not differ between herbicide-treated and non-treated sorghum.

Experimental Procedures
An experiment was conducted at the Kansas State University Southwest Research-Extension Center near Garden City, KS, to compare various preemergence herbicides for residual weed control in grain sorghum. All herbicides were applied using a tractor-mounted, compressed CO2 sprayer delivering 19.4 GPA at 4.1 mph and 30 psi. Application, environmental, and weed information are shown in Table 1. Plots were 10 by 35 feet and arranged in a randomized complete block design with four replications. Soil was a Ulysses silt loam with pH of 7.9 and organic matter of 3.4%. Visual weed control estimates were made on July 16 and August 9, 2019. These dates were 7 and 31 days after the postemergence treatment (DA-B), respectively. Sorghum yields were determined on October 15, 2019, by mechanically harvesting the center two rows of each plot and adjusting grain weights to 14.0% moisture.

Results and Discussion
All herbicides controlled quinoa 88% or more at 7 DA-B and 95% or more at 50 DA-B, and did not differ between treatments. Similarly, crabgrass control was 95% or more regardless of herbicide treatment or rating date (data not shown). Kochia control at 7 DA-B was 93% or more with all herbicides except Halex GT (S-metolachlor/glyphosate/mesotrione) at 64 oz/a plus atrazine PRE or Degree Xtra (acetochlor/atrazine) 2PRE (Table 2). These treatments, along with Halex GT at 80 oz/a plus atrazine PRE and Bicep Lite II Magnum (atrazine/S-metolachlor) PRE controlled kochia less than 90% at 50 DA-B. Lumax EZ and Lexar EZ (both S-metolachlor/atrazine/mesotrione) PRE were the only treatments to control Russian thistle more than 80% at 7 DA-B. However, no differences between herbicide treatments occurred for Russian thistle control at 50 DA-B. Palmer amaranth control was similar among herbicides at 7 DA-B. At 50 DA-B, Halex GT at 64 or 80 oz/a plus atrazine PRE and Bicep Lite II Magnum PRE provided less than 90% Palmer amaranth control. Grain yields were 88 to 106 bu/a from herbicide-treated sorghum plots, but did not differ from sorghum receiving no herbicide treatment (83 bu/a) (data not shown).

Table 1. Application Information

<table>
<thead>
<tr>
<th>Applicating timing</th>
<th>Preemergence planting</th>
<th>Date</th>
<th>Air Temp/Humidity</th>
<th>Wind mph</th>
<th>Soil Moisture</th>
<th>Grain Sorghum</th>
<th>Kochia</th>
<th>Russian Thistle</th>
<th>Quinoa</th>
<th>Palmer amaranth</th>
<th>Crabgrass</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 days after planting</td>
<td></td>
<td>6/14/2019</td>
<td>96°/41%</td>
<td>2.5</td>
<td>Fair</td>
<td>2-3&quot; with 1 leaf</td>
<td>2-4&quot;</td>
<td>2-4&quot;</td>
<td>2-4&quot;</td>
<td>2-3&quot;</td>
<td>0&quot;</td>
</tr>
<tr>
<td>7/7/2019</td>
<td></td>
<td>74°/73%</td>
<td>4-7</td>
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</table>

Table 2. Weed control and grain yield with preemergence herbicides in grain sorghum

<table>
<thead>
<tr>
<th>Treatment1</th>
<th>Rate oz/a</th>
<th>Timing2</th>
<th>7 DA-B3</th>
<th>50 DA-B4</th>
<th>7 DA-B5</th>
<th>50 DA-B6</th>
<th>7 DA-B7</th>
<th>50 DA-B8</th>
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<th>50 DA-B10</th>
<th>7 DA-B11</th>
<th>50 DA-B12</th>
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</thead>
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<tr>
<td>Lumax EZ</td>
<td>86</td>
<td>PRE</td>
<td>98</td>
<td>95</td>
<td>85</td>
<td>83</td>
<td>100</td>
<td>98</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lexar EZ</td>
<td>96</td>
<td>PRE</td>
<td>100</td>
<td>98</td>
<td>90</td>
<td>83</td>
<td>95</td>
<td>95</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Halex GT</td>
<td>64</td>
<td>PRE</td>
<td>91</td>
<td>88</td>
<td>73</td>
<td>78</td>
<td>93</td>
<td>80</td>
<td></td>
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</tr>
<tr>
<td>Atrazine</td>
<td>21</td>
<td>PRE</td>
<td>93</td>
<td>85</td>
<td>70</td>
<td>80</td>
<td>93</td>
<td>85</td>
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<tr>
<td>Halex GT</td>
<td>80</td>
<td>PRE</td>
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<tr>
<td>Bicep Lite II Magnum</td>
<td>48</td>
<td>PRE</td>
<td>94</td>
<td>85</td>
<td>80</td>
<td>80</td>
<td>85</td>
<td>78</td>
<td></td>
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<tr>
<td>Atrazine</td>
<td>21</td>
<td>PRE</td>
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</tr>
<tr>
<td>Degree Xtra</td>
<td>72</td>
<td>POST</td>
<td>85</td>
<td>83</td>
<td>80</td>
<td>78</td>
<td>93</td>
<td>90</td>
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<td>Verdict</td>
<td>10</td>
<td>PRE</td>
<td>96</td>
<td>100</td>
<td>75</td>
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<td>98</td>
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<tr>
<td>Outlook</td>
<td>10</td>
<td>PRE</td>
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<td>LSD (0.05)</td>
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<td>8</td>
<td>10</td>
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<td>NS</td>
<td>NS</td>
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1 NIS = nonionic surfactant. AMS = ammonium sulfate.
2 PRE = preemergence. POST = 25 days after planting.
3 DA-B = days after the postemergence treatment.
Improve Record Keeping with the New Calf Crop

Record keeping is defined as the act of creating and storing the history of someone or something’s activities. This includes keeping track of livestock performance whether that be on a whole herd or individual basis. Nearly every livestock producer has some sort of method for tracking animal or herd performance, thus offering them information to make decisions. With calving season right around the corner, the best time to improve record keeping strategies is with the new calf crop. The more information available on individuals or the whole herd can aid in making more educated decisions when it comes to selection, culling, and management. For example, instead of selecting replacement heifers based on looks alone, a producer can evaluate their records to make more informed decisions. With adequate records, one can differentiate between heifers in terms of growth, maternal characteristics, and other performance traits. Considering long term benefits, making more informed decisions will likely lead to accelerated genetic progress, and therefore higher quality animals that better fit what one considers ideal.

There are however, two methods of record keeping that may be used. The first is whole herd record keeping which allows one to evaluate the herd as a group to better understand productivity and performance. The other method requiring more in-depth records is individual animal record keeping. With this method, each animal has a record of their own data such as birthweight, calving ease, age of dam and any other characteristic that can be measured.

Whole-Herd Record Keeping

This form of record keeping allows a producer to evaluate the herd’s productivity as a whole. Things such as pregnancy, calving, and weaning percentages can be calculated, as well as pounds weaned per cow exposed. These values help producers identify the fertility, death loss, and productivity of their livestock. An example of common data that is recorded on a whole herd basis and the method of their calculations can be found in Table 1. If a problem is identified in any of their values, producers can evaluate the problem from a whole herd basis. The downfall, however, is that individuals cannot always be recognized as poor producers as easily. For instance, possible reasoning for poor calf performance such as a poor udder of the dam cannot always be pinpointed. Instead poor quality calves if tagged must be traced back to their dams to identify which cows could be potentially culled. If individual records are kept, information of dams is linked to that of their calves, can be easily identified and the records of either can be used to evaluate the other. The whole herd approach is best used for producers that do not have the capability of tagging and collecting data on individuals due to inadequate labor, facilities, or equipment.

Individual Animal Record Keeping

Solid individual record keeping starts with a good identification and tagging system that establishes a permanent record for each calf and contributes to the evaluation of their parents. Keeping simple records of a calf’s birthdate, birthweight, calving ease, who the dam is, and weaning weight can provide a significant amount of information for the producer to make decisions with. This information can help both in the selection of replacement heifers and the culling process. Beyond simple decision making, if excellent records are kept along with the creation of a pedigree, a producer would then have the ability to calculate expected progeny differences (EPD). That producer could then base decisions on actual performance of the individual and its ancestors, as well as the predictions of how it and its progeny will perform. Alternatively, when poor records are kept, consistently poor performing cows may be kept year after year even though she is failing to meet producer standards. An example of simple records that may be kept to provide information of calf and cow performance can be found in Table 2. With records kept for birthweight, weaning weight (then adjusted), and dam information, the weaning weight ratio can be calculated to determine which calves are above average for growth (above 100) and those that are not (below 100) compared to their own sex. This would aid a producer in identifying cows that consistently produce poor performing calves year after year.

<p>| Table 2. Example of Calf Birthweight and Adjusted Weaning Weight to Determine Under Performing Calf |
|----------------|----------------|---------------|----------------|</p>
<table>
<thead>
<tr>
<th>Calf ID</th>
<th>Dam ID</th>
<th>Birth Weight</th>
<th>205 Adjusted Weaning Weight</th>
<th>Weaning Weight Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>0156</td>
<td>7567</td>
<td>72</td>
<td>501</td>
<td>0.85</td>
</tr>
<tr>
<td>0157</td>
<td>7514</td>
<td>76</td>
<td>589</td>
<td>1.15</td>
</tr>
<tr>
<td>0158</td>
<td>7620</td>
<td>84</td>
<td>550</td>
<td>1.01</td>
</tr>
</tbody>
</table>

Tagging Tip: Consider using a four digit numbering system instead of a three digit system if you are not already doing so. While you most likely can differentiate the difference between a 3-year-old cow numbered “815” and a 13-year-old cow numbered “850”, this may become complicated when looking at records alone. Instead one can use the last digit of the year as the first digit of the tag followed by a three digit number starting at zero or 500 alternating with the decade. Continuing with the cows in the previous example, the three year old would be numbered “8015” and the 13-year-old would be numbered “8550.” This would also eliminate the possibility of any duplicates in the herd.

While record keeping is a useful tool, selection decisions should not be made based on records alone. During the selection process, one should also evaluate the animal based on their structure, demeanor, and anything else that they find important to their operation. If keeping detailed records is not possible, it is at least recommended to keep inventories of cows, calves and bulls. This will come in handy when determining pasture and feed resources throughout the year.

For more information or resources for livestock record keeping, please visit or call the Cheyenne County Extension Office at (785) 332-3171.

For more resources and event announcements, please follow us on Facebook at K-State Research and Extension Sunflower District.
**Everyday Mindfulness**

Let’s begin the new year trying to bring on some good things.

The term “mindfulness” seems to be everywhere—it’s touted as the new yoga, the answer to stress or the alternative to prescription drugs. But beyond the buzz, do you understand the concepts of “mindfulness”?

Mindfulness has many definitions.

- Living in the present moment/awareness of the present moment—paying close attention to thoughts, physical sensations and our surroundings.
- Observing personal experiences of mindfulness, being completely focused on a project—reading a book, doing a hobby, or playing a sport. This heightened awareness is mindfulness.
- Taking a few deep breaths—becoming fully aware of the present moment.
- Having nonjudgmental awareness in which each thought, feeling, and sensation is acknowledged and accepted in their present state. This steady and non-reactive attention usually differs from the way people normally operate in the world.
- Paying attention, precisely, to the present moment without judgment.

A common concern of people relates to a misperception that “mindfulness” ties to particular religions. Remember, meditation has its origin dating back thousands of years and may be included in religious practice. At the same time, “mindfulness” sits comfortably in secular circles.

Does mindfulness have to be a spiritual practice?
Certainly not. The fact that many traditions—religious and secular, spiritual and philosophical—come back to these fundamental practices of compassion and awareness suggests that mindfulness remains part of the human experience.

**Seven Principles of Mindfulness**

Seven principles serve as the basis for mindfulness. Each can help you act skillfully and not emotionally in stress situations:

- **Non-judging**: Be a neutral observer to each experience.
- **Patience**: Allow each experience to emerge at its own pace.
- **Beginner’s mind**: Avoid bringing in what you know to the current moment and try experiencing it as if it is the first time.
- **Trust**: Believe in your intuition and your ability to set things in a new way.
- **Non-striving**: Avoid the need for winning or losing or striving for a purpose—it is about “being” and “non-doing.”
- **Acceptance**: See things as they are in the present moment.
- **Letting go**: Take the time to detach from your usual feelings and thoughts.

Mindfulness helps to improve work-life balance. Many people look for relief from their worries. Sometimes this stress presents physically, such as a stiff neck or headache. When it comes to everyday mindfulness, remember to practice, practice, practice!
VIRTUAL 4-H MEETING IDEAS TO TRY!

4-H Volunteers Can go Virtual—Maine 4-H
https://extension.umaine.edu/plugged-in/program-volunteer-resources/4h/go-virtual/
- Tips for Hosting a Virtual 4-H Club Meeting
- Ice-Breaker Ideas for Virtual 4-H Club Meetings
- 4-Hing at a Distance Activity Ideas

Use the Chat Box and Supersize Your Roll Call
- If you could visit anywhere in the world, where would you go and why?
- If you could pick one superpower, what would it be?
- What I would do with $100.
- If you could be any animal what would it be and why?

K-State 4-H 2021 Communication Project Activities from the binders each club received.
The lessons are posted under the Club Leaders Page on the Sunflower District Website. https://www.sunflower.k-state.edu/4-h/Club%20Leaders.html

Virtual Escape Room – Attack of the Zombie Cows
https://docs.google.com/forms/d/e/1FAIpQLSefcGBOQQfAqenETHddbpOOtxsLVzb_HClkuCOE0WWoH-U7mw/viewform?
fbclid=IwAR2BJs1PnzbFye1fp6jKDAtusCkNGrqMrqMy72870Xz2Hn2Hg0kW7Pk
Virtual Escape Room – A Spy and a Codebreaker
https://docs.google.com/forms/d/e/1FAIpQLSeRaRs6_6Ku008V_qxZu2f8Kpyyk97p8vwdxQuOZW5
wLPUQaFA/viewform?
fbclid=IwAR1tKHYAGm7hIqytdG08TkGLO2erR2MeYT6ft
MkeV8n6WfjniULwtlIRIOY

What are your club members curious about? Where would they like to visit?
Take a Virtual Tour somewhere by sharing your screen, play a video ...
- How are M&Ms made? https://www.youtube-nocookie.com/embed/GtfkemNzG_i?controls=0
- Commercial Tomato Harvesting. https://www.youtube.com/watch?v=t-ko5RjUjKU
- How are paperclips made? https://www.youtube.com/watch?v=xRGu9nZ1BY
- How are cookie cutters made? https://www.youtube.com/watch?v=k86f9xttggF
- How Bananas are Grown. https://www.youtube.com/watch?v=7yDmdH-Bk
- Visit the Grand Canyon. https://govalleykids.com/virtual-field-trips/
- Journey Behind Niagara Falls. https://www.youtube.com/watch?v=_BZDULCmhAM

Virtual 4-H Club Officers – Learn to use these platforms to do something fun at your virtual club meeting!
Create a Quizlet to review 4-H information. https://quizlet.com/
Use Kahoot (game based learning) Who can answer questions about 4-H and your club the fastest? https://kahoot.com/

Have each family do a Steve Spangler Science Experiment at the same time!
Compare your results!
https://www.stevespanglerscience.com/lab/experiment-library/

Judge 4 Apples or paper airplanes or ???
Provide 4 apples with a number assigned to each. Have each family “judge” the apples and share their ranking with the group and their reasons for their placings.

Virtual Team Building Activities
By Michelle Cummings
https://extension.purdue.edu/4h/Documents/Virtual%20Team%20Building%20Activities.pdf

Contact:
Karen Nelson, 4-H Youth Development Agent
Sunflower District—785.890.4880
karennelson@ksu.edu

K-State Research and Extension is an equal opportunity provider and employer.
Junior Producer Days to be held Virtually

The Kansas Junior Producer Days will be hosted in February and March 2021 as a virtual series over the course of a week. The Junior Swine Producer Week will be February 15-20. Presentations will be provided a couple of days during the week, with the final sessions and discussions being on Saturday morning. All of the sessions will be recorded and shared with those who register. Junior Meat Goat Producer Week will follow a similar format March 15-20.

All youth, parents, leaders and extension agents are invited to participate in these educational experiences. K-State faculty members, graduate students, veterinarians, extension agents, guest speakers, and specialists will speak about various topics related to project management specific to each species. Tentative topics include selection, nutrition, meat science, health, and showmanship. More details and registration information will be released in the coming weeks. Please watch the youth livestock program website and Facebook page for updated information and a link to register.

Cupcake Showdown

The 2021 Cupcake Showdown has been cancelled. The health and safety of all 4-H members, volunteers, parents and guests is the top priority of Kansas 4-H. To help reduce the risks associated with the spread of COVID-19 we will not be holding this event. Thank you for your consideration.
# January

**Cheyenne County**

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<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
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<th>Thu</th>
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<tbody>
<tr>
<td></td>
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<td></td>
<td></td>
<td>1 <strong>HAPPY NEW YEAR</strong></td>
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<tr>
<td>3 Go-Getters</td>
<td>4</td>
<td>5</td>
<td>6 (Lawn Ridge, Pleasant Hill, Plum Creek)</td>
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<tr>
<td>17</td>
<td>18 Closed</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22 (Regional KAP Judging)</td>
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<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30 Cupcake Showdown CANCELLED</td>
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Important Dates

January 1..........HAPPY NEW YEAR
    Extension Office Closed
January 6.........Foods TBA
January 8.........KAP’s Due to the Extension Office
January 10........Ruleton Eager Beaver TBA
January 13........Kids A Cookin’ TBA
January 17........Sunflower 4-H Club ZOOM
January 17........Prairie Dale TBA
January 18........Country Clovers Zoom
January 18........Martin Luther King/Extension Closed
January 22........Regional KAP Judging
January 25........4-H Scholarships Due
January 30........Cupcake Showdown Cancelled

Qualifying Regional KAP’s

Dog
Ryan Berls

Sheep
Caleb Dechant

Shooting Sports
Jarek Crow

Winter & Spring Upcoming Events

Face-to-Face Meetings canceled due to COVID -19.
We will inform you of new scheduling and virtual information as it comes in.

COVID - 19 Regulations for all Face-to-Face Meetings.

Between now and at least March 31, 2021, K-State Research and Extension requires that agents complete a face-to-face meeting necessity form for any meetings or activity held in person, including 4-H Club Meetings. Per Gregg Hadley. (K-State Dean)

Please submit your request form to Karen at the Extension Office for submission to KSRE.
LINK TO FORM:
https://www.sunflower.k-state.edu/news/12_20december/Face%20to%20Face%20Meeting%20Necessity%20Form.pdf

Project Leaders, if you would like to provide a video in your project area for the 4-H Youth, call the Extension Office, and we can help you.

Call the Extension Office for more information: 785-890-4880.
<table>
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<th>Sunday</th>
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<td>Communication</td>
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Winter & Spring Upcoming Events
Face-to-Face Meetings canceled due to COVID-19.
We will inform you of new scheduling and virtual information as it comes in.
COVID-19 Regulations for all Face-to-Face Meetings.
Between now and at least March 31, 2021, K-State Research and Extension requires that agents complete a face-to-face meeting necessity form for any meetings or activity held in person, including 4-H Club Meetings. Per Gregg Hadley, (K-State Dean) Please submit your request form to Karen at the Extension Office for submission to KSRE. LINK TO FORM: https://www.sunflower.k-state.edu/news/12_20december/Face%20to%20Face%20Meeting%20Necessity%20Form.pdf
Project Leaders, if you would like to provide a video in your project area for the 4-H Youth, call the Extension Office, and we can help you. Call the Extension Office for more information: 785-890-4880.
Dates to Remember

January
1 – Courthouse Closed
11 – 4-H Council Mtg—Sharon Springs
18 – Record Books due to office
22 – KAP Judging—Hays

February
7 – Large Animal Weigh-in
15 – Office Closed

March
– NW 4-H Judging—Hays—TBD
– County Club Days—TBD
– Regional Club Days—Brewster—TBD

Record books that are going on to regionals, are due in the Extension Office by January 18.

4-H Council Meeting will be held at the Extension Office January 11 @ 6:00 p.m.

Large animal weigh in will be Feb. 7 from 2:00 – 4:00 p.m.

Qualifying KAPs

Beef
Calley Stubbs
Leadership
Blakley Aldridge

K-State Research and Extension is an equal opportunity provider and employer.
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January 2020

Wallace County

- 1 January: Closed
- 4 January: 4-H Council Mtg—Sharon Springs
- 17 January: Regional KAP Judging—Hays
- 20 January: KAP Books due in office