

## Sunflower Extension District #6



January 2022

Online! Newsletter

[www.sunflower.ksu.edu](http://www.sunflower.ksu.edu)

### Sunflower Extension District

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## January 2022

Go to [www.sunflower.ksu.edu](http://www.sunflower.ksu.edu) for more details on these programs.

### Inside Your Newsletter...

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## Sunflower Extension District Appreciation Awards



Above: Wanda Schritter. Sherman County. Camp bus driver and adult camp volunteer for more than 20 years.



Above: Mary Lou Douthit. Cheyenne County. Long time 4-H Project leader and fair superintendent and fair supporter.



Left: Virgil and Peggy Fischer. Wallace County. Long time 4-H supporters, Project Leaders, Club Leaders, fair superintendents, and volunteering time with her great photos.



**Uncertain** times?  
 Learn how to get the  
 most from your  
 fertilizer \$



## K-State Soil Fertility Management Meeting January 12

Sherman County 4-H  
 Building

9:00 a.m. to Noon

Also in northwest KS:

Hoxie

January 12

3:00 p.m. to 6:00 p.m.

4-H Building at Sheridan Co. Fairgrounds

Join us to learn about optimizing your  
 fertilizer applications especially with  
 the high cost and limited availability!

Topics:

Application timing and methods

Storage methods

Maximum rate of return for N

"Growing N" with manure

KSU Research updates.

NO COST to attend, but please register

**January 10**

[www.sunflower.ksu.edu/agronomy](http://www.sunflower.ksu.edu/agronomy)

Or call the K-State Extension Office in  
 Goodland at 785-890-4880

3 CCA credits applied for



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Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Sandra L. Wick, Post Rock Extension District, Crop Production Agent, 785-282-6823.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
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## Best Practices for Artificial Insemination Success

Artificial insemination (AI) is often seen as costly, but the investment of time, labor and money may be worth the trouble. Not only does AI give access to superior genetics in the form of higher quality sires, a more uniform calf crop can result. To help quantify financial benefits, a study by Ringer and colleagues (2009) found that operations that implement artificial insemination may increase annual per cow net income by \$22.35. However, implementation and profitability of AI is dependent on many factors. Facilities, labor, operational costs, and the breeding program all will have an impact on the best reproductive practices to use for an operation. Since the practice requires time and resources, a producer interested in experimenting with AI needs to be committed. Outlined below are some of the best practices to consider during the whole AI process.

### Semen Storage and Handling

The quality of purchased semen is dependent on the fertility of the bull and the company that preserved the sample. Once it shipped from the origin company it is up to the producer, inseminator or keeper of the semen to ensure that its quality is maintained and the genetic material is kept at a temperature below negative 112°F. Once semen is exposed to temperatures warmer than negative 112°F, irreversible damage may occur. To minimize harm, ensure the semen tank is functioning properly, undamaged, not stored in direct sunlight, near a furnace, or cold air draft, and levels of liquid nitrogen are maintained. These practices should maintain semen quality until it comes time to breed.

When retrieving semen, minimize the risk of thermal damage by not lifting the semen canister above the frost line in the neck of the tank. As quickly as possible, grasp the desired straw of semen using tweezers and transfer it into the water bath that is maintained at a temperature recommended by the semen company that processed it. When loading the gun, be careful not to expose the sample to sunlight or let water into the straw as these can kill sperm. The process of retrieving, thawing, loading and depositing the semen into the cow should take no more than 15 minutes.

### Estrus Synchronization

Timing is a very important component of a successful AI program. Through research, optimum timing has been determined to maximize conceptions for both administering hormones and insemination. Estrus synchronization protocols have been developed to have very specific timing requirements. Because of this manipulation of the reproductive cycle, it is best to straddle running females through the facilities to receive/remove their CIDR, injections, or whatever it may be around the protocol's specific timing. This approach will minimize any failed conceptions due to sloppiness in the synchronization protocol. For ease of use, look at the protocol as well as the timed AI (TAI) beforehand and understand when each step needs to be taken and ensure that there will be labor and facilities to carry out the process.

### Insemination Technique

In general, insemination is most successful when the semen is deposited at the optimum time, in the correct location, and in a quick, clean and least harmful way as possible. If breeding on heats, it is important to breed using the "12 hour rule" to maximize female fertility at the time of insemination. This is where diligent observation comes into play. If a female is in "standing heat," meaning she will stand to be ridden by other cows, she by rule of thumb should be inseminated 12 hours after. Heat detecting aids like patches and chalks, can help identify which females should be bred, however they do not entirely replace spending time observing female behavior. When it is determined that a female needs to be bred, follow good hygiene limiting the amount of contamination being introduced into the reproductive tract and deposit the semen slowly just on the front end of the cervix (cervical os). A clean, careful, and accurate process is key to success.

Some things to consider before putting AI into practice include; access to adequate facilities and labor to synchronize estrus and breed on heats or during timed AI (TAI), and the knowledge and technique to properly handle and thaw semen and inseminate females for an acceptable level of success. To learn more about artificial insemination and best practices to maximize success, make sure to attend the *AI Refresh* program. The program is free to attend and will include a presentation on best practices for success, and breakout sessions with hands on learning. This event is perfect for anyone needing to review, relearn, or just interested in the processes such as estrus synchronization, semen handling and thawing, and insemination using reproductive tracts. Please RSVP through the QR code below, or by calling the Cheyenne County Extension Office.

**For more information on artificial insemination, 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*.**

## AI Refresh

February 26, 2022 @ 3 p.m.

Fair Building  
St. Francis, KS

This free program will cover best practices for artificial insemination (AI) success and will include hands on breakout sessions covering:

- Estrus synchronization
- Semen handling and thawing
- Insemination using reproductive tracts



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Register Here by 2/23

just scan with your smartphone's camera



## *Living the Best Life*

Happiness studies show that the aspects of life that give meaning and satisfaction can be summarized by four factors:

- Strong, trusting relationship with one or more people
- Healthy body and mind
- Enough money to live comfortably without constant financial concerns
- Knowing oneself and how to nurture and care for oneself

When these factors get out of balance, life is not as satisfying as an individual would like it to be. A lifestyle characterized by constant busyness can foster:

- Irritability
- poor decision-making
- Negative health consequences
- Weakened relationships
- Expedient rather than thoughtful parenting
- Inability to cope with everyday events, and many other conditions.

Individuals may discover they are “hurrying more and enjoying life less.”

How does this apply to me? You may sense that your life is out of control and not headed in the direction you desire.

Being constantly on the go allows little time for reflection, long-term planning, and enjoying the present. Choosing how best to live life is a personal decision that requires taking a holistic look at life. Living the best life is a journey toward a life lived to the fullest and without regrets.

To some who are older, it may seem their younger lives were spent making a living, but now are spending their older years trying to regain their health. Are your current eating, physical activity, and other health-related habits likely to contribute to a long, healthy life?

Are there changes you could make that would allow you to make a living, yet protect your health? What benefits would you expect to have from good physical health and financial security, now and long into the future?

New Year’s resolutions often include eating better, being wiser about using money, exercising more, and paying more attention to important relationships. By the end of January, the resolve to achieve those goals often wanes.

What kind of event might occur that would increase your motivation to stick to your resolutions? Would it take a serious illness or accident, extreme financial distress, or the disruption of a valued relationship to trigger change? What resolutions do you make year after year? What would need to change to make your resolutions a reality?

Why, and how, could you live the best life by making some lifestyle changes? Could you eliminate or reduce to lighten your load? Which activities are most satisfying and which ones give less satisfaction? Why do you often say “yes” when you want to say “no”?

Have you made a “**bucket list**”? If not, write down at least three to five lifetime goals.

What is on your list? What could you do right now to achieve the items on your list?



# GOALS



- What do you want to accomplish in 4-H this year?
  - What help do you need to reach your goals?
    - Who can help you reach your goals?
- How can you make sure you accomplish your goals on time?

Because it is nearly impossible to accomplish something without a plan  
—it is time to develop your ...

### Personal Goals

- Improve my public speaking skills by doing a project demonstration.
- Attend all club meetings.
- Try out a new project.
- Start on my projects and project record forms early in the year.

### Learning Experience Goals

- Attend a project meeting, self-study, or take a class to learn more about my projects.
- Identify a skill you want to learn or improve.

### Citizenship Goals

- Identify a need in my community and do something about it.
- Help someone or an organization in my community in my project area.  
(i.e. donate something you make to a person or organization)

### Leadership Goals

- Teach one other person in a project area learn something I already know.
- Take on a leadership role in my 4-H club to plan, teach, or organize something.

### Kansas 4-H Project Goal Form

Project goals help you think about what you want to do, make, and learn in your projects this year.  
They help you decide when you need to get started so you finish your projects on time!  
There are 3 parts: the action (how you will do it), the result (what you will do), the timetable (when will do it?)

<https://bookstore.ksre.ksu.edu/pubs/4H1100.pdf> (Fillable sheet)

#### Contact:

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

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**Horse Panorama**

When: January 28-30, 2022  
Registration: Due January 9

Where: Rock Springs Ranch  
Who: 4-H Members ages 9-18 and adult volunteers. Horse Panorama is a compilation of various contests related to the Horse Project. Contests include: quiz bowl, hippology, public speaking presentations, photography and educational posters.  
\*\*\*\*Hybrid Entry Submission (no fees) Due January 23

**January 2022:**

- 21: NW Area KPRF Screening in Hays
- 23: 4-H & KSU Women Basketball
- 28: Horse Panorama

**February 2022:**

- 19: Citizenship in Action

**March 2022:**

- 1: State 4-H Scholarship Applications Due
- 1: State KPRF's Due
- 4: Club Day Entries Due
- 5: Junior Beef Day
- 6: Beef Weigh-In 2:00-3:00 pm
- 19: Junior Sheep Producer Day
- 21: County Club Day
- 20-24: National 4-H Conference
- 30: CN County 4-H Scholarship Due

**April 2022:**

- 27: Small Livestock Weigh-In 6-7:00 pm



**ZSUITES**

**YOUR PORTAL FOR 4-H ENROLLMENT, TRAINING, RECORD BOOKS AND MUCH MORE!**

To learn more about ZSuites and the 4-H programs we serve please visit <https://www.zsuite.org/>



# January

## Cheyenne County

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 
2	3 Lawn Ridge	4	5 Pleasant Hill	6	7	8
9	10	11	12	13	14	15
16	17 Closed Martin Luther King Day	18	19	20	21 NW Region Record Book Judging	22
23 4-H Day with KSU Women Basketball	24	25	26	27	28 Horse Panorama 	29
30	31 4-H Council 6:30 pm					



# Happy New Year



## Important Dates

- January 1 .....Happy New Year
- January 4.....JR Leader Meeting (Time to TBA, pending sports practice)
- January 5 .....Level II Foods
- January 7.....KPRF going to the NW Area Screening due in the office
- January 9.....Ruleton Eager Beavers
- January 9.....Prairie Dale
- January 15.....Cloverbuds
- January 16.....Sunflower 4-H Club
- January 17.....Country Clover
- January 17.....Martin Luther King/Extension Office closed
- January 21.....NWKS Record Book Judging
- January 28-30.....[Horse Panorama](#)



Sherman County

## Upcoming Events

It's not too early to start thinking about **Spring Events** which include:  
**4-H Club Days & Talent Night, Project Talks, Demonstrations, Creative Tables, Promotional Posters, and Model Meetings.**

### 4-H Days and Talent Night

Registration Due: February 11, 2022  
 Friday, March 11, 2022

### Creative Tables

Registration Due: February 11, 2022  
 Friday, March 11, 2022

**F.Y.I. Your creative food table could also be a talk!!!**

### Promotional Posters

Registration Due: February 11, 2022

Please get in touch with the office for your **Club Model Meeting** to schedule your time with Karen.

If you need information on **Project Talks, Demonstrations or Public Speaking** stop by or call the Extension Office at **785-890-4880.**



**Qualifying Regional Kansas Project Report Forms**

Caleb Dechant  
 Sheep  
 Jarek Crow  
 Shooting Sports

### Horse Panorama

The State Horse Panorama for adults and youth will be at Rock Springs on **January 28-30, 2022**  
 Registration closes:  
 TBA



# Sherman January 2022

## Happy New Year



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.  <b>HAPPY NEWYEAR</b>
2.	3.	4.  <b>JR Leader Meeting</b> (Time TBA, pending sports practice)	5.  <b>Foods</b> 3:30 –5:00 PM 4-H Building	6.	7.  <b>KPRF Books</b> are due to the <b>Extension Office</b> by 10:00 AM	8.
9.  <b>Ruleton Eager Beavers</b> 3:00 PM Prairie Dale 5:00 PM 4-H Building	10.	11.	12.	13.	14.	15.  <b>Cloverbuds</b> 10:00 AM 4-H Building
16.  <b>Sunflower 4-H</b> 3:00 PM 4-H Building	17.  <b>Country Clover</b> 7:00 PM 4-H Building  	<b>Extension Closed</b> January 17, 2022		19.	20.	21.  <b>NWKS Regional KPRF Books Judging</b>
23.	24	25	26.	27.	28.	29.
30.	31.					



**Dates to Remember**

January

- 10- 4-H Council Mtg—Sharon Springs
- 17- Record Books due to office
- 21- KAP Judging—Hays

February

- 6- Large Animal Weigh-in
- 21- Office Closed

March

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



4-H Council Meeting will be held at  
the Extension Office January 10 @  
6:30 p.m.

Wallace County

**HAPPY NEW YEAR  
2022!**



Large animal weigh in will  
be Feb. 6 from  
2:00 –4:00 p.m.



**Qualifying KAPs**

**Beef**

Calley Stubbs

**Leadership**

Claire Helsel

Record books that are going on to  
regionals, are due in the  
Extension Office by January 17.

**HAPPY  
NEW YEAR**

# January 2022

## Wallace County

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**Sun**

**Mon**

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**Thu**

**Fri**

**Sat**

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4-H Council Mtg—  
Sharon Springs

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KAP Books due in  
office

Regional KAP  
Judging— Hays

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23

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29

Conservation Mtg

---

30

31



**Sunflower Extension District #6**  
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**Sharon Springs Office**

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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 physical, vision or hearing disability, or a dietary restriction please contact Karen Nelson at (785)890-4880.