

K-STATE

Research and Extension

Sunflower Extension District #6



February 2023

Online! Newsletter

www.sunflower.ksu.edu

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February 2023

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

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KNOWLEDGE AT NOON PROGRAMS FOR 2023

The following programs will be coming soon in the Sunflower Extension District in Wallace, Sherman and Cheyenne Counties. They will be held in each county's office meeting rooms. If we get more people attending we will move to a larger area.

In February, the program will be **"Who Gets Grandma's Yellow Pie Plate?"**
Passing on personal possessions is a process that occurs for almost every person in every kind of family. Across the generations, objects have meaning and carry history for each individual.

Please join me to learn more about the process.

Wallace County on February 14th, 12:00 to 1:00 p.m. (M.T.)

Sherman County on February 15th, 12:00 to 1:00 p.m. (M.T.)

Cheyenne County on February 16th, 12:00 to 1:00 p.m. (C.T.)

Please let us know if you are planning to join me! Call 785-852-4285

I would like to have at least 5-6 persons present.

Two other programs will be on Arthritis & Men's Health, and Cooking with Herbs.

****Stay Strong, Stay Healthy will be starting up in St. Francis in February****

****Format Change****

We have combined the individual county 4-H pages into district pages. Please note the single calendar page lists 4-H and other extension programs occurring in the Sunflower Extension District with SH, CN, and WA notation designating where the program is being held.



4-H Club Days and Talent Night Basics!



Find more Information, Tips, Score Sheets

<https://www.sunflower.k-state.edu/4-h/countyclubdays.html>

Sherman County: Sign up by February 10; 4-H Day and Talent Night—March 10

Wallace County: Sign up by March 13; 4-H Day and Talent Night—March 20

Cheyenne County: Sign up by March 3; 4-H Day and Talent Night—March 20

Regional Club Days in Brewster—March 24



4-H Club and Talent Event: Participants have an opportunity to tell others about their 4-H projects and demonstrate their talents and abilities. Presentations such as talks, demonstrations, speeches, skits, music, and dance are judged and awarded ribbons.

4-H Age: Junior 7—9; Intermediate 10—13; Senior 14 and up

Speaking

Demonstration: A public presentation that teaches by showing how. (Jr—up to 10 minutes, Inter—up to 10 minutes, Sr—up to 15 minutes)

Illustrated Talk: A public presentation that teaches by telling how. (Jr—up to 10 minutes, Inter—up to 10 minutes, Sr—up to 15 minutes)

Project Talk: Public presentation about a project that tells about the member's experiences in the project. (7 minutes maximum)

Public Speaking: Seniors—14 and up. The skill of promoting or presenting an issue through a persuasive, entertaining, informational or inspiring speech. (15 minutes maximum)

Talent (Junior, Intermediate, Senior) Teams will be evaluated in the division of the oldest team member.

Reading: 4-H member creatively explores and develops a previously published work of literature for performance. (5 minutes maximum)

Vocal Solo (1 number memorized), Duet (1 number memorized), Ensemble (3—15 members; 1 number), or Chorus (16 + members; 1 number): Individual or group of 4-H members performing with use of their voice.

Instrumental Solo, Duet, Ensemble (3—15 members), Band or Orchestra (16 + members): Individual or group of 4-H members performing with use of an instrument. (1 number)

Piano Solo (1 number memorized) or Duet (1 number): Individual or group of 4-H members performing with use of a piano.

Dance—square, line, or folk: (5 minutes maximum)

Skit: May be improvisational in nature or may be loosely scripted. (5 minutes maximum)

One-Act Play: Basic principles of staging, blocking, and performing before an audience. (45 minutes maximum)

Novelty/Talent/Other: Creative dramatics or other informal dramatics. Grouping may include acts such as mime, puppets, magic routines, ventriloquist acts, baton routines, stand-up comedy, or other original material. (5 minutes maximum)

Gymnastics: Bring your own mats if needed. (5 minutes maximum)

Model Meeting

Model Meeting: Clubs complete a mock 4-H club meeting. (Check with your county extension office for county date/schedule.) One club per county moves on to Regionals. (35 minute maximum)

Other

4-H Promotional Poster: Create a 14" X 22" poster to promote 4-H. Will be displayed at the fair. (County contest only.)

Favorite Food Show and Sherman County Creative Tables: Select and prepare a favorite recipe, plan a menu, and design a table setting theme. (County contest only.)



Handling Cold-Stressed Calves

Calving in the winter and spring, there is risk that calves will be born into less than ideal weather. The unluckiest newborn calves are born into the frigid cold, wet and have an inability to regulate their body temperature very well. A real go-getter heifer or cow can work on drying them off, stimulating them and up for their first meal. However, there are many occasions where human intervention is needed to make sure the calf is brought back to proper temperature, dry and fed its first meal.

Hypothermia occurs when the body temperature falls to an abnormally low temperature. Facing cold temperatures, newborn calves try to battle hypothermia in two ways; shivering and blood shunting (Arnold, n.d.). As a calf's body temperature falls below normal (~100 degrees F), shivering is the first strategy to increase muscle heat and stay warm. As shivering continues, the heart rate typically increases as well as the respiratory rate. Without intervention and as the body temperature continues to fall, cold nostrils and pale, cold hooves are the early signs that blood shunting is taking place. In an attempt to prioritize the major organs, the calf's body will shunt blood away from the extremities and body surface resulting in the pale and cold nostrils and hooves. In cases of extreme hypothermia (body temp. below 94 degrees F), the decreased circulation throughout the body creates a buildup of waste products from the muscles and extremities (Arnold, n.d.). Once the calf stops shivering, the muscles will become rigid in response and the pulse and respiration rates decrease. Below the core temperature of 94 degrees F, the internal organs will begin to cool, eventually cooling the brain and causing impaired brain function. The calf slips into a coma-like state, and eventually likely will die of heart failure if conditions are not improved.

One study conducted by Canadian animal scientists compared warming methods on cold-stressed hypothermic calves to understand more about bringing calves back to proper temperature. There are a variety of methods to bring calves back to normal body temperature. Some are listed below and include things to consider so the method best suited to an operation can be utilized.

Warming Box

A warming box is common and effective way to warm up calves suffering from signs of hypothermia. To avoid shocking the calf's system, gradually increase the temperature and do not let the temperature get so high that the calf will then be in a heat stress situation. A negative of the warming box is it's ability to dehydrate the calf that is already under stress as warm air flowing over the body can take away moisture. Air temperature beyond 78 degrees Fahrenheit cause calves to use extra energy to fight off heat stress.

Water Submersion

Submerging a cold-stressed calf in warm water is the quickest way to bring a calf back up to temperature with minimal metabolic effort according to the study. Compared to the warming box, water submersion does not dehydrate the calf. It does how-

ever, require the calf's head to be held above the water to prevent drowning and once warm the calf needs to be kept in a warm environment until dry. Furthermore, calves should not be submerged in water that is far warmer than their current body temperature as shock may set in. Ideally warm (up to 100°F) water can be added to the tank/tub to gradually increase the calf's temperature bringing it back up to the target body temperature.

Floor Board

The floor board of a pickup is often the first place the calf ends up when found suffering from cold stress. Its an effective, but slow way to bring calves back to body temperature and provide them with a dry hair coat. In many cases, this method is enough to get calves dry, going, and with enough of an appetite that they can be turned back out to their dam. If able, monitor the calf from a distance to ensure they receive colostrum and that the heifer or cow has begun or continued the bonding process.

Heat Lamps

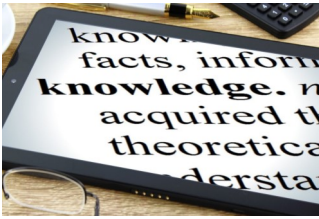
A heat lamp with a good guard on it can be used to provide low steady warmth to a cold calf. However even with a guard, there is fire danger if left unattended. In the Canadian study, they found that the use of heat lamps took 92 minutes to return a hypothermic calf with an 86°F internal temperature back to normal body temperature compared to 59 minutes with water submersion.

Once a calf is back to a normal body temperature and ideally it's suckle reflux has returned, it should be provided with a good colostrum. The calf should nurse from its own dam, or a good quality colostrum product should be provided as soon as possible preferably with the first 1-2 hours after birth.

Handling cold stressed calves starts with prevention. While the weather cannot be controlled, measures can be taken to reduce the risk of having cold-stressed calves. Frequent checking through cold weather and providing relief from the weather conditions is a good start. Even with prevention, some calves decide to come when the weather is its worse. In these cases, consider the state of the calf and the available equipment or facilities to determine the best method for returning calves to normal body temperature. The above outlines recommendations based on various scientific research. Consult with your veterinarian for specific cold-stressed calf care.



For more information on calving season, please visit or call the Cheyenne County Extension Office at (785)332-3171.



KNOWLEDGE AT NOON

Programs for 2023



In the past, the Family & Consumer Science Agents in our area have done the Knowledge at Noon programs in our communities. I am bringing them back to the Sunflower Extension District counties.

The following programs will be held in Wallace, Sherman and Cheyenne County Offices.

I will be presenting the first one in the Sunflower Extension District Office in Cheyenne and Sherman Counties. I have already presented in Wallace County. If we get a good group coming to the programs we might change to a location that seats more persons.

I am excited about the programs that are listed below and hope that we can get more people to attend.



Parkinson's Disease

Living Your Best Life

Every person's Parkinson's disease (PD) journey is unique. No two people have exactly the same symptoms or progression, let alone lifestyle and genetics.

- What is Parkinson's Disease?
- Understanding Parkinson's
- Learn about the 10 Early Signs of Parkinson's Disease
- How to share your diagnosis with others.

Knowledge at Noon

This program will be held at the Sunflower Extension District Office Assembly Room in the Sherman County Courthouse from 12:00 -1:00 p.m. (M.T.) on January 19, 2023
Bring your lunch with you.

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

Presented by Melinda Daily, Sunflower Extension District

This program was given in Wallace County and will be given in Sherman and Cheyenne Counties.

If you missed out on this programs and would like it presented in these counties again, please let me know. If you would like the program, please contact others to join you in the program. I would like to have at least 6 participants or more.

This program has been very beneficial for those that have relatives with Parkinson's and for those that would like to learn more about Parkinson's.

Who Gets Grandma's Yellow Pie Plate?

This will be the next program coming in February, 2023.

Passing on personal possessions is a process that occurs for almost every person in every kind of family. Across the generations, objects have meaning and carry history—for individuals, for groups, for families. Every person and every family is different. The experiences they have when making decisions about who gets what, and why, are also very different. You will receive a workbook that provides a step-by-step guide to passing on personal possessions.

Programs offered will be held at the Sunflower Extension District Offices in all three counties.

- Wallace County on February 14th, 12:00-1:00 p.m. (M.T.) RSVP by February 10th.
- Sherman County on February 15th, 12:00-1:00 p.m. (M.T.) RSVP by February 13th.
- Cheyenne County on February 16th, 12:00-1:00 p.m. (C.T.) RSVP by February 14th.

Remember I would like to have at least 5-6 attending or more.

March & April programs same time, same place.

Topics: Men's Health and Cooking with Herbs.

Please join us for these programs.



K-State Junior Swine Producer Day

Date – Saturday, March 11, 2023

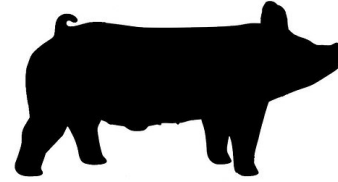
Registration Deadline – February 15

Cost - \$20/person by February 15 (\$25/person after February 15)

*Registration must be RECEIVED by February 15 to receive a t-shirt.

**Both youth and adults attending need to register.

Online Registration - <https://commerce.cashnet.com/KSUASIND>



K-State Junior Meat Goat Producer Day

Date – Saturday, March 18, 2023

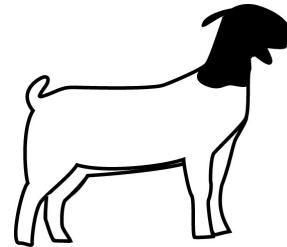
Registration Deadline – February 22

Cost - \$20/person by February 22 (\$25/person after February 22)

*Registration must be RECEIVED by February 22 to receive a t-shirt.

**Both youth and adults attending need to register.

Online Registration - <https://commerce.cashnet.com/KSUASIND>



2023 Citizenship In Action

February 19-20, 2023

Topeka, KS

Youth 13-18 years old by Jan 1st current year

Deadline: February 1st

The purpose of the event is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process.

4-H Ambassador and 4-H Communication Training

February 24-25, 2023

Rock Springs 4-H Ranch

Youth 13-18 before Jan 1st current year

Deadline: February 1st

This will support young people in performing their role as 4-H Ambassadors in their local 4-H Program.

Training will consist of workshops, speakers and opportunities to practice public relations skills.

They will also offer training for young people who are not currently 4-H Ambassadors, but want to improve and practice their communication skills through a variety of lessons, speakers and activities.



NW 4-H
Judging Event
Super Saturday

Contest Included:
**Entomology | Photography | Crops | Life Skills |
Horticulture | Livestock**

Afternoon Project Workshops available for those who wish to not participate in Livestock Judging

**Registration Coming
SOON!**

Open to All youth ages 7-18

Saturday | March 25 | 9:00 am- Finish

Same Great Event | NEW LOCATION **Colby Community College**



K-State, County Extension Districts, and U.S. Department of Agriculture Cooperating. K-state Research & Extension is an equal opportunity provider and employer



4-H Scholarships

Kansas 4-H Scholarships applications are online and must be submitted online.

The **deadline** to complete the applications and submit recommendation letters or references is **March 1, 2023**

4-H Scholarship Links:

<https://www.kansas4-h.org/resources/awards-and-recognition/scholarships.html>



Larry Morgan 4-H Scholarship due to the SH Extension Office by March 3, 2023.

<https://www.usd352.org/o/gjsh/documents/local-scholarships/137448>



Wallace County Beef Weigh-In

February 5, 2023

from 2:00-4:00 p.m. MT

@ Smoky River Ranch

4-H members must be enrolled in the project to weigh-in an animal

Sherman County Beef Weigh-In

Saturday, March 4, 2023

from 9:00 - 10:00 a.m. MT (**weather permitting**)

For any questions about the beef project, please contact:

Clay Schilling Beef Project Leader

@ (785) 694-4589

4-H members must be enrolled in the project prior to the weigh-in date, or the project will show in open class.

Cheyenne County Beef Weigh-In

March 5, 2023

From 2:00-3:00 p.m. CT

@ the St. Francis Sale Barn

4-H members must be enrolled in the project to weigh-in an animal

County Club Days

Sherman County 4-H Days & Talent Night

March 10, 2023

Project Talks/ Demonstrations* Talent

Creative Foods Table Educational Posters

- **Registration Forms Due:**

February 10, 2023

Cheyenne County 4-H Club Day

March 20, 2023

Entry Deadline is March 3rd

Save The Date!

4-H Club Day is the time to showcase your talent or skills. There is a variety of ways you or your club can participate. Join the fun!

If you have any question about 4-H Club Day please contact the Extension Office at 785-332-3171

Wallace County Club Days

When: March 20, 2023

4:00-6:00 p.m. MT Demonstrations and Talks

6:00-8:00 p.m. MT Talent

It's not too early to start thinking about 4-H County Club Days. Now would be a good time to visit with your parents and leaders to get ideas and themes together.

Watch for mailings or emails with more information.



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<http://www.facebook.com/sunflowerwallace>

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Sunflower District



February 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SH—Sherman CN—Cheyenne WA—Wallace			1 SH—The Power of Negotiation & Communication SH—Foods Project mtg	2	3	4
5 WA—Large Animal Weigh in	6	7 SH— Bankers Award Wolak Bldg. CN—Stay Strong, Stay Healthy	8 SH—The Power of Negotiation & Communication	9 CN—Stay Strong, Stay Healthy	10 SH - 4-H Days & Talent Night Registration Due	11
12	13	14 CN—Stay Strong, Stay Healthy WA—Grandma's Pie Plate 	15 SH—Grandma's Pie Plate WA—Weeds School –CAB	16 CN—Stay Strong, Stay Healthy CN—Grandma's Pie Plate	17	18
19 SH—Sports Fishing Mtg Citizenship in Action—Topeka	20 Extension Closed 	21 CN—Stay Strong, Stay Healthy	22	23 CN—Stay Strong, Stay Healthy	24 4-H Ambassador and Communication Training—Rock Springs	25
26	27	28 CN—Stay Strong, Stay Healthy	<div> **Please call the local office a particular event is being held for additional information** </div>			



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K-State Northwest Research and Extension Center - Colby

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