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Leavenworth County

K-State Research and Extension News

*Knowledge
for Life*

1st Quarter 2018

Leavenworth County

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www.ksre.ksu.edu

Dear Leavenworth County friends and neighbors,

We welcomed a chilly start to 2018 and we hope you are staying warm and healthy thus far. As a Leavenworth County Extension staff, we have decided that this year is one to grow more, to educate better, and to expand our services to what you as a community need the most from us.

K-State Research and Extension (KSRE) is a statewide network of educators sharing unbiased, research-based information and expertise on issues important to Kansas. We pride ourselves at having the best, most up-to-date information on topics of all kinds. Extension has established local, state, regional, national, and international partnerships. KSRE is dedicated to a safe, sustainable, competitive food and fiber system and to strong, healthy communities, families, and youth through integrated research, analysis and education. With 130 years of research and 100 years of extension, KSRE has been improving the quality of life and standard of living for Kansans for a century. This integrated system connects the university to all 105 counties through locally based educators who serve as sources of objective information.

Too often, we are mistaken for Manhattan folks when we share that we work for K-State Research and Extension. Our Leavenworth County agents include Brenda Taxeras, 4-H Youth Development, Karol Lohman, Agriculture and Natural Resources, and myself, Chelsi Myer, Family and Consumer Sciences. Our focus areas are broad and we continue to learn as we cater to each new question you bring to us. Our office could not function without the hard work and support of our office professionals, Tina Packard and Sonya Murphy. Please stop by and meet us if you have yet to connect a face to a name. Our office is located in Lansing at 613 Holiday Plaza, near the post office. Our hours are 8:00am until 5:00pm, Monday through Friday. In this day and age of digital services and internet connecting everyone near and far, we do enjoy visitors popping in.

As a service-focused and community-based organization, KSRE provides information and services for Kansans related to: adult development and aging, community development, crop production, family and child development, family resource management, farm management, horticulture, livestock production, natural resources, youth development, nutrition, food safety, and health. We delegate each area into our agent specializations and find great joy and passion providing answers to you.

KSRE is a partnership between Kansas State University and the federal, state, and county governments. Research completed is used by extension agents and others to help solve community issues. State-wide, KSRE is working to address grand challenges facing the state including: global food systems, water, health, developing tomorrow's leaders, and community vitality.

Sincerely,

Chelsi Myer, County Director

If you would be interested in receiving this newsletter via email, you can call our office at 913-364-5700 or send an email to: sonyam@ksu.edu.



Agriculture and Natural Resources

Karol Lohman

Agriculture is the largest employer in Kansas and contributes almost 40 percent of the state's gross regional product. Farmers and agribusinesses exported \$2.6 billion worth of goods in 2013. For almost 130 years, K-State Research and Extension has helped fuel the state's agricultural production. Innovations discovered at Kansas State University have led to greatly improved crop, fruit, and vegetable varieties; livestock traits and handling systems; and pest control.

Leavenworth County Research and Extension is proud to support our community with research based information for all your farm and ranch management needs. Along with research based solutions, we also offer soil testing, plant pathology, and entomology id services. Water test kits and radon test kits are also available at our office.

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Master Gardener

K-State Extension Master Gardeners of Leavenworth County... Providing research based horticulture education to our local communities!

The Leavenworth County Master Gardeners were recently awarded the KSU Extension Council Appreciation Award for their outstanding community involvement!

The Master Gardeners have seven gardens throughout the county for community education and enjoyment. They provide three library's with monthly programs along with various school special programs. They are also responsible for the beautiful plantings in downtown Leavenworth on Delaware street and the Riverfront center. From April through September the Master Gardeners are available for public questions through a "hot-line" at the Extension office.

Are you interested in getting involved with the Master Gardeners? Contact the Leavenworth Extension Office for more information about this fun, educational, horticulture group! You can reach us at 913-364-5700.

Conservation Tree and Shrubs

Kansas Forest Service offers low-cost tree and shrub seedlings for conservation plantings. These plants are 1 or 2 years old and vary from 12 to 18 inches tall. The minimum order is 25 seedlings. Spring ordering season begins December and goes through the first Monday in May. Spring order shipments begins in mid-March weather permitting. To order you can call #1-888-740-8733, or, you can pick up an order form at the Extension Office. Forms and more information is also available at www.kansasforests.org.



Master Gardeners Penny Horne, Melony Lutz, Duane Horne, Charlotte VanWormer, Candy Dials, Gloria Sturgis & Robin Bednarek (Not Pictured) accepting the Extension Appreciation Awards. Barn Quilts will be displayed at their community gardens and registered on the Glacial Hills Barn Quilt Trail.



Checklist for calving season:

- Balance cow rations for adequate protein and energy for increased third trimester and subsequent lactation requirements. Group and feed cows by body condition and age to the degree possible. Target body condition for first calf heifers at calving of 5.5 to 6 and 5 to 5.5 for mature cows.
- Develop sound vaccination program to prepare the cow to produce high quality colostrum.
- Control lice and internal parasites.
- Plan for recording calving data and consider ways to backup records.
- Make sure calving facilities are clean and in good repair
- Plan for ear tags, tattoos, scale or weight tape, banding or castration.
- Check flashlights and other quality portable light sources.

not uncommon. Plan for correcting calf hypothermia. Calf shelters should be in good repair, bedding on hand. Plans for portable windbreaks and calf shelters are available from your local extension office.

- Shift feeding to dusk or later to promote daytime calving one week before anticipated start of calving season.

Develop standard operation procedures for calving and providing assistance. Include list and contact information for individuals who can provide more expertise or assistance as required. The following are suggestions on when to intervene.

- You suspect cow has been in Stage 1 over 8 hours. Stage 1 characteristics; restlessness, pain, lies down and gets up frequently, seeks isolation (signs more apparent in first-calf heifers than mature cows).
 - STAGE 2: Water sack visible for 2 hours and cow is not trying
 - Cow trying for over 30 minutes and no progress is being made
 - Cow has quit trying for over 15-20 minutes after a period of progress
 - Cow or calf showing excessive fatigue or stress (swollen tongue or excessive bleeding)
- You can observe the calf presentation is other than two front feet and head first.

Check-list for calving assistance:

- OB chains, calf puller, OB gloves, OB lube (non-detergent soap & water is one option), non-irritant antiseptic (Betadine or Nolvasan), flank rope to lay cow down
- A cooler can be used to keep warm water in calving barn if no other source available.
- Old towels or similar
- Review basic treatment plans with local veterinarian for retained placenta, calf scours, colostrum supplements and ensure necessary treatments and supplies are on hand or readily available. Include a functional thermometer.
- Have on hand at least 2 clean and functional esophageal tube feeders, clearly marked, one for healthy calves, one only used for sick calves.
- Plan and watch for opportunities to collect colostrum from within the herd. Date and freeze in quart sized plastic bags for future use.
- If replacement calves are obtained from outside the herd, plan for their isolation and testing before exposing to entire herd.
- Plan for severe weather; wind, freezing rain and blizzards are

When Calves Arrive



- Calves should have colostrum within first 2 hours of life, if calf can't get colostrum from dam, take steps to give colostrum within 4-6 hrs of birth.
- Colostrum intake should be 10% of calf's body weight, 0.5 – 1 gallon. If supplementing colostrum, don't over feed to encourage calf to nurse on its own. A 1.5 quart dose is a good starting point.
- Handle healthy calves before sick calves and avoid exposing newborns to contaminants on clothing or materials used on sick calves.
- If a cow is brought in for any amount of calving assistance, make sure she leaves with a clean udder.

Work towards developing a notebook that has all the standard operating procedures for your operation. Include things like yearly vaccination plans, treatment protocols, calving and calving assistance protocols, euthanasia protocols, drought management plans and weather emergency plans. This will be a valuable resource when communicating with employees new and old, when reviewing what needs to be improved for the next year or if a health emergency forces someone else to take care of the herd.



4-H Youth Development

Brenda Taxeras

What is 4-H Youth Development?

Kansas 4-H is the youth development program for K-State Research and Extension. It is available in all 105 counties in the state. Leavenworth County has 9 community clubs throughout the county. Through 4-H's educational mission, we help youth to learn by doing. There are over 30 projects youth can select from for their 4-H experience. 4-H helps youth to learn life skills and to reach their full potential in becoming engaged adults who make valuable social and economic contributions in their communities.

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National 4-H Congress 2017

National 4-H Congress is a five-day event that engages high school aged 4-H members in leadership, citizenship, global awareness, and inclusion. Participants not only have the opportunity to participate in state-of-the-art educational workshops and hear from world-renowned speakers, they also have the opportunity to network with other 4-H members from across the United States. Delegates for National 4-H Congress are selected through their respective state 4-H Programs. Each state determines the number of youth that can attend and selection process.

The state of Kansas selects delegates three different ways. The first way a participant is selected is if they are a project area winner at the state level. The second way is through the Standard of Excellence Award, which is made up of Key Award recipients across the state. The centennial delegate, selected by each county, is the third way. The project winner delegate as well as the Standard of Excellence delegate receive a scholarship from the Kansas 4-H Foundation to help with cost.

In 2017, Leavenworth Co sent two delegates to National 4-H Congress. Catie Larson had the opportunity to be a delegate at congress because she was the state winner for

the poultry project. Her experiences at National Congress included listening to Mr. Sonny Purdue, Secretary of Agriculture, Dr. Eugen Schoenfeld, Miss America, and President of American Farm Bureau speak as well as attending different workshops. She attended a "Dough Sculpting" workshop where she learned to make different shaped

bread. She also attended a teambuilding workshop where each delegate practiced their communication skills, as well as a "Dancing with the Stars" workshop where she learned to swing dance. She had the opportunity to attend a Healthy Gourmet workshop where she learned to make Chicken and Curry with the hotel's head chef. Along with workshops, Catie had the opportunity to mingle with other delegates from all across the United States as well do some community service at the Dumbar Elementary school in their art classes. She was able to visit the Atlanta Zoo, eat at the Hard Rock Café, and dance at a Gala. Although she says it was short, National Congress was very educational and informational.



Mable Mestagh was our second delegate to attend congress in 2017. She attended as Leavenworth County's Centennial Delegate.

My Experience at National 4-H Congress

2017: Mable Mestagh

For over 95 years, National 4-H Congress has been a premiere opportunity for 4-H members across the United States and in November 2017, I had the honor to go. This congress is a five day trip in Atlanta, Georgia and engages teens in citizenship, leadership, global awareness, and inclusion. During my time at National 4-H Congress I had the opportunity to make friends, make memorable experiences, and learn from inspirational speakers. Two of the most memorable speakers I was able to experience were Secretary of Agriculture, Sonny Perdue, and Holocaust survivor, Eugen Schoenfeld. Mr. Perdue spoke about the importance of agriculture and what the delegates, as youth, can do to make an impact. He also spoke about what he does for agriculture on a daily basis. Mr. Schoenfeld spoke to the delegates with an inspirational plan, rather than educational like Mr. Perdue. Mr. Schoenfeld told us of his experiences in the concentration camps and how he made it out. He spoke to us about being better people and treating everyone as they are, a person. He encouraged us to view each and every person as one and to stop letting social stereotypes hold us back. While at National Congress I also



learned a vast amount of history within Atlanta, at the Atlanta History Center. Also, through several workshops I was able to better my leadership abilities and work within a team, bettering my teamwork skills. Before attending the 4-H National Congress, I was hesitant and could not figure out my need to go. After returning home and looking back, I realize I am a stronger leader and a better person

overall, thanks to Congress. If I could go again, I would. National 4-H Congress is a once in a lifetime opportunity and I am eternally grateful for the experience I had.

LV County Youth Leaders

Leavenworth County 4-H Youth Leaders

completed two projects for December. They decorated doors at the nursing home and collected cookies to fill tins for Food Baskets. Over 66 dozen



cookies were collected with 5 clubs participating the evening they filled tins. This met all the food basket needs of the Good Shepard Assistance program and there were around 17 tins of cookies donated to the Basehor-Linwood



Assistance Society holiday food basket program. Part of the 4-H experience is learning how to give back to your community and becoming an active member in that community.

Youth Volunteerism

Youth contribute more than 1.3 billion hours of community service each year. The youth volunteer rate has been increasing steadily for the past decade and



the benefits are reaped by almost everyone involved. Being involved in 4-H programs promotes volunteerism. Volunteerism has important implications for positive youth development. It encourages a sense of service and responsibility towards others, provides a way to develop skills and relationships, and facilitates the development of various social skills such as empathy, and a strong sense of identity. Youth who volunteer are also more likely to do better in school, and be active in their communities as adults. Maria de Guzman, Adolescent Development Specialist for the University of Nebraska-Lincoln, pointed out that the essence of volunteering is really to provide service without rewards. Youth may also gain skills that might improve their marketability and enhance their resumes. These benefits might make them more attractive to future employers or colleges.



Family and Consumer Sciences

Chelsi Myer

Family and Consumer Sciences is a collection of health, nutrition, wellness, aging, finance management, parenting topics and more. My areas of specialty revolve around food, family, finances and aging. There are a collection of programs that I strive to refine each year. Allow me to highlight my programs so that I can better serve you.

Nutrition and Food Safety: I have a passion for these topics because we all eat and I believe that a safety prepared and balanced diet can be preventative of chronic disease and lead to a longer, happier, healthier life.

SHICK: Senior Healthy Insurance Counseling for Kansas is a free program offering Kansans an opportunity to talk with a trained, community volunteer (me) and get answers to questions about Medicare and other insurance issues.



Those new to Medicare are welcome, including all Medicare beneficiaries during the open enrollment season of October 15 through December 7. Your Part D plan should be evaluated annually! SHICK provides you with many resources

that will help you with your questions about Medicare. Basically, I find joy in saving you money.

Walk Kansas: This 8-week initiative focuses on developing an active lifestyle with a team of six members. The 2018 Walk Kansas begins March 18 through May 12.

Registration opens soon so be sure to check our www.leavenworth.ksu.edu website or our K-State Research and Extension—Leavenworth County Facebook. Tracking minutes of physical activity, fruits, vegetables, and water consumed motivates everyone, not to mention an edge of competition with other county teams.

Did you know?

1. Less than 1/2 of Kansas adults meet minimum recommendations for physical activity.
2. Just 19% of Kansans eat enough fruits and vegetables.
3. Chronic disease, including obesity, is responsible for more than 70% of health care costs.

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Walk Kansas 5K FOR THE FIGHT

Also, the third annual Walk Kansas 5K for the Fight and Family Fun Walk will be held May 5, 2018 on the beautiful K-State campus in Manhattan! Check www.walkkansas.org for more information.

Stay Strong, Stay Healthy



Stay Strong Stay Healthy: A new and exciting program I am offering this year, Stay Strong, Stay Healthy (SSSH) is an evidenced based eight-week program for older adults that meets the recommendation for healthy muscle strength. The program's goal is to improve health and quality of life.

Knowledge @ Noon

Held from 12-1 pm at the Leavenworth Public Library

Feb 2, 2018—Vitamin D: Sunshine to Supplements

Vitamin D, the “sunshine vitamin,” is known for its role in building and maintaining strong bones. But nutrition science is still unfolding, and many studies are now looking at vitamin D’s role in health and disease prevention.

Mar 2, 2018—Keys to Embracing Aging: Eating Smart

Food also has an impact on overall health. Nutritious foods help maintain a healthy body and protect against various illnesses, disorders, and chronic diseases.

Apr 6, 2018—Emotional Eating: Food and Mood Connection

Emotional eating can get the best of anyone and can contribute to overeating, which can lead to obesity later in life.

4-H Partnership: Every year we have the joy of participating in the Leavenworth County Fair. Projects like foods, clothing, crafts, and fashion revue are all areas that I am honored to oversee. I look forward to working with many of your 4-H families this coming summer.

Calendar

February 2018

- 01 4-H Registration Deadline
- 02 Knowledge @ Noon, Leavenworth Public Library 12-1:00pm
- 03 LV CO 4-H Club Days (4-H Members Only)
- 03 Learn Like a MFV Cooking Styles Class, 10-11:30am
- 05 LV CO Extension Executive Board Meeting 6:00pm
- 13 LV CO Livestock Committee Meeting 7:00pm
- 18 Walk Kansas Registration Opens
- 19 **Extension Office Closed** in Observance of President's Day

March 2018

- 02 Knowledge @ Noon, Leavenworth Public Library 12-1:00pm
- 05 LV CO Extension Executive Board Meeting 6:00pm
- 13 LV CO Livestock Committee Meeting 7:00pm
- 18 Walk Kansas Begins

April 2018

- 05-08 Kansas 4-H Shooting Sports Instructor Certification Training
- 06 Knowledge @ Noon, Leavenworth Public Library 12-1:00pm
- 07 Learn Like a MFV Table Etiquette Class, 10-11:30am
- 10 LV CO Livestock Committee Meeting 7:00pm

Extension Agents

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We want to hear from you.....

Your feedback is important to us. Please chose one of the following options to complete our survey.

Option 1: Please fill out the short survey on the back of this page and return it to Leavenworth County K-State Research and Extension office.

Option 2: Visit our website at www.leavenworth.ksu.edu and complete the survey online.

Thank you for your feedback!!



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Check out our website at
www.leavenworth.ksu.edu

Or Like Us On



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, or a dietary restriction please contact Chelsi Myer at 913-364-5700.



2018 K-State Research and Extension Quarterly Newsletter Survey

Which range includes your age? ☐18 or Younger ☐19-35 ☐36-45 ☐46-64 ☐65 and Older

Rank each section of the newsletter in order of importance to you. 1 = most important

- ☐Agriculture & Natural Resources ☐Family & Consumer Sciences
☐4-H Youth Development

On a scale of 1 to 10, rank the usefulness of our Quarterly Newsletter. 10 being most useful.

1 2 3 4 5 6 7 8 9 10

Please provide any suggestions on how we can improve our newsletter.

We appreciate your feedback. Please return your completed survey either by person or by mail to the
Leavenworth County K-State Research and Extension Office.

613 Holiday Plaza · Lansing, KS 66043