

Meadowlark District

K-STATE RESEARCH AND EXTENSION NEWS

meadowlark.ksu.edu

March
2023

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District Office Hours:

Open Monday-Friday
8:00 AM-noon, 12:30-4:30 PM

Closed for designated
holidays

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Pond Management Meeting

There is no cost to attend, but we do request RSVP by **March 15** to Ross Mosteller, Meadowlark Extension District Livestock and Natural Resources Agent, at 785-336-2184 or rmostell@ksu.edu.



Speakers:

Joe Gerken, Fisheries and Aquatic Extension Specialist and
Will Boyer, K-State Extension Watershed Specialist

Topics:

- In's and Out's of Pond Management
- Blue Green Algae information
- Using Ponds for Livestock Water Developments

Bring your pond questions and ask the experts!

Opportunities for a private pond visit will be available on a first come, first serve basis for the morning. Contact Ross Mosteller, District Livestock/Natural Resource Agent, at 785-336-2184 or rmostell@ksu.edu by March 15.

K-STATE
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K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. Reasonable accommodations for persons with disabilities may be requested by contacting Meadowlark District at 785-336.2184. Notify staff of accommodations needs as early as possible. K-State Research and Extension is an equal opportunity provider and employer.



David Key, *Extension Agent/Director*

New Board Member Resource—A Checklist for Success!

Public participation is important for positive change in communities. A community can increase the level of public participation by making sure their participation will truly make a difference. Many people choose to participate and stay with a community project to the very end when they feel empowered through active participation.

Consider obstacles that may prevent or make it hard for people to participate. There are also some basic meeting logistics that should always be followed as well.

1. Create a list of key people to invite. Be sure to identify and include:
 - a) Individuals from each geographic area of the community.
 - b) Make sure your list is representative of your entire community in terms of race, ethnicity, age, culture and economic income levels.
 - c) Make sure all possible viewpoints are represented.
2. Send a formal invitation
 - a) Promote opportunities for public participation with one on one contact. Meet with civic organizations, special interest groups or advocacy organizations to personally explain what the project is, why it is important, and extend a personal invitation to participate.

3. Poll participants to select the meeting dates and times that are convenient for them for the first meeting. Offer several dates and ask them for feedback. Consider using one of the popular scheduling web sites like Doodle poll (<http://doodle.com>) to select a date.

- a) Try to include future meeting dates and times in your communications. Be aware of the subtle message being conveyed when one cannot even let go of the decision to set the meeting dates.
- b) Stick to the selected dates and times. Changing dates without consulting others raises concerns about the group decision process.
- c) Take into account what times people work in a community and when other major community events are occurring. Consider regular recurring meeting dates and be respectful that people have busy calendars and they need to know dates far ahead to hold them on their calendar.
- d) Send out a “save the date” reminder to all members. Do not assume those at the meeting wrote the date down.

4. Once the first meeting is established, communicate again to confirm attendance. It is important to know for planning and meeting room set up.

5. Set a goal to send out your agenda with any reading or other work to be prepared for the meeting far enough in advance of the meeting that attendees have adequate time to prepare. This might be combined with your attendance confirmation.

6. For the actual meeting consider logistics like child care, barrier free and ADA compliance, translators and sign language interpreters.

7. Try to never cancel a meeting. If critical work has not happened, provide an update with a revised timeline for completion. Carefully consider cancelations due to weather. Weather related closures should be considered when retail or governmental offices close. Options for remote or online meetings should be considered and discussed with all members of the group before that option is offered. Group members should be familiar with and have the ability to participate in a remote meeting before that option is utilized.

8. Have a meeting sign-in sheet for attendance. Review attendance to ensure representation from your entire community.

9. Consider using smaller group meetings with neighborhood groups, special interest groups or citizen committees instead of large planning meetings.

10. Provide timely, clear and accurate information at all times. It is very important to be highly organized. This conveys a sense of “success” and people like to join and participate in successful projects.

Adapted from a news article first published by Michigan State University Extension

In Person Board Leadership Training Offered

Does your group or organization have an interest in onsite training? The Meadowlark Extension District offers training on the following topics: how organized groups function, duties and responsibilities of non-profit board members, organizing and leading effective groups, financial responsibilities, ethics and strategic planning. Sessions offered are free of charge. Depending on the topic can be done in two hours or less. Contact David Key at either 785-336-2184 or dkey@ksu.edu.



David Hallauer, *Extension Agent*

Planting Windows Close

Late February moisture is a great thing – unless you're trying to get fescue, brome, or red clover seeded. Our recommended spring planting dates for cool season grasses is February 15 to March 15 with red clover plantings suggested until mid-March as well. So what do you do if you have everything in place – but are outside the planting window?

Recommended planting dates are in place to give us some 'direction'. It's not that a planting outside of that window won't work, it's just that it might be compromised by different factors.

For example, planting a cool season grass in April may work out, but as summer sets in, soil moisture levels, particularly in the surface, tend to go down quickly. A seedling with a less established root system will tend to struggle to a greater degree than one seeded earlier with more root mass underneath it.

Bottom line: the planting window is always open – it just might be at a greater risk – proceed with caution.

NPIC

Need information on topics ranging from pesticide labels to what to do in case of a spill? Check out the National Pesticide Information Center at: <http://npic.orst.edu/>. It's a great resource to help answer pesticide questions.

Brown Recluse Spider



One of the more feared spiders in Kansas is the Brown

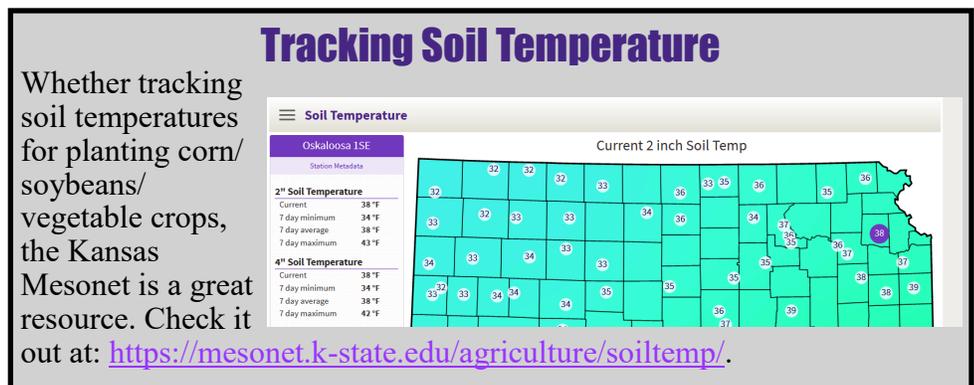
Recluse Spider – and with good reason. While all spiders are venomous, the venom of a brown recluse spider is what's termed hemotoxic. In other words, the wounds it produces can be ulcerous and bleeding (even though you likely didn't feel the initial bite...), take a long time to heal, and in the meantime can be prone to secondary infection. So while they aren't necessarily known as a spider that is going to 'attack', if trapped against skin, they will bite in defense – and that's where problems can begin.

Brown recluse spiders are excellent at making their environment work for them. They like dark, undisturbed areas. They feed on insects and other spiders and they don't take time to construct intricate web systems like other spiders. They can move around to feed and hide, and if it has to go without food/water, it can do so for up to 12 months.

While they aren't a household pest you want to live with if you don't have to, eliminating them will take some effort. An integrated management program will be key:

- Remove clutter, particularly in low traffic areas. Clean frequently and exclude spiders by sealing interior and exterior cracks whenever possible.
- Sticky traps and glue boards are good for monitoring populations, and can also be good at helping to reduce established infestations as well. There isn't necessarily anything special about a glue trap, but they *should* be set in places where the spiders like to travel: under furniture, along walls, and in closets.
- What about insecticides labeled for home use? Effectiveness has been mixed at best in most trials, requiring spiders to come in contact with damp, treated surfaces to do much good. Insecticides do have some efficacy on spider prey, but consumption of treated prey does not harm brown recluse spiders, either.

It will take a little effort, but you *can* do some good against brown recluse spiders by taking a multi-faceted control approach. For additional information, check out Kansas Structural Pests publication MF3133 – *Brown Recluse Spiders* available upon request from any District Office or online at: <https://bookstore.ksre.ksu.edu/pubs/mf3133.pdf>.





Ross Mosteller, *Extension Agent*

Sand Hill's Calving System

Calf diarrhea (scours) causes more financial loss to cow-calf producers than any other disease related problem. Most often calf scours is not a disease, but a symptom of a disease that has many causes. Short term stress such as a weather change or problems with nursing patterns are some of the major causes that enhance the problem of disease organism pressure. Viruses such as BVD, Corona-virus, Rotavirus, and bacteria agents like E. Coli, Clostridial Perfringens or Samonella and even protozoa, can result in serious calf scour losses.

Preventive vaccination of the cow herd (and/or the calf), proper intake of colostrum at birth, and minimization of stresses all play a role in minimizing performance losses, medication cost and death loss. Even if all of the above conditions are met, Mother Nature can offer a period of high stress to the cows and calves, resulting in reduced vigor or death. Dehydration resulting from the scours, is usually the last nail in the coffin, so to speak, bringing death to the calf.

Research from the Sand Hills of Nebraska has studied sanitation, scours, animal health, and performance, leading to the Sand Hills Calving System. This system outlines a method to lower, and in some cases, eliminate calf scour problems. This system can be "outside of the box" thinking to traditional calving, but the changes and

planning should provide results well worth the time and effort. It may not be appropriate in all cases, but should be a consideration to many.

The objective of this system is to move pregnant cows away from pairs every two or three weeks instead of keeping the cows in a "calving pasture/lot" and moving pairs away from that site. The first obstacle, maybe the biggest, is a need for several clean pastures with facilities to handle calving problems. The number of new pastures depends on the length of the calving season. A sixty-day calving season would require four pastures. Longer calving seasons mean more pastures. This is just another example of the benefits of tightening up a calving season.

Logic behind this system is simple, yet logical. There is always a low level of disease organisms being shed by cows. The calves can handle this low level, but because of their lower level of resistance, calves are multipliers of the disease organisms. This theory can be supported by simple observation. It usually is not the first-born calves that get sick in a group, but due to the multiplier effect, the calves born three weeks or more into the season do. These later born calves are hit with a level of contamination that overwhelms their initial antibody level.

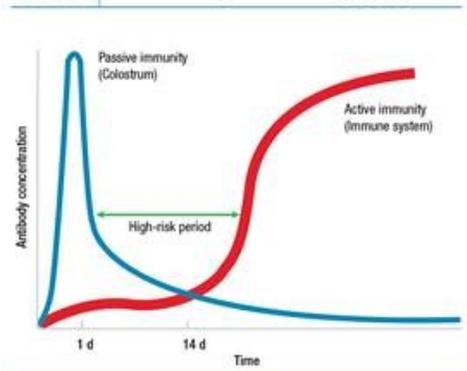
Moving the pregnant cows every two weeks results in contamination levels returning to a lower level in the new calving pasture. If there is an outbreak of scours, it will usually be confined to the pasture calving group. Another advantage is that the calves are grouped by age, if that is a desirable quality for the producer to have. If not, the herd can be regrouped after the youngest calf is four weeks old.

Month old calves begin to build their own level of antibody resistance and become more equipped to fight off disease pressure.

Sounds like a major hassle, right? Consider the cost of a scours outbreak, both in terms of dollars and labor time involved in monitoring and treatment. Results from Nebraska have been phenomenal. An example is of a 400 head herd that lost 28 and 48 calves in 1999 and 2000 respectively. The above system was implemented in 2001 and the loss dropped to 8 and in 2002 dropped to 5. That level of reduction in death loss can pay for a lot of hassle.

Keep in mind that a watchful eye and careful management needs to be a necessity in any operation. If a calf comes down with scours, a vaccination alone will not turn it around. Fluids need to be pumped into the calf, until it can make it to the road to recovery. A good way to test the level of dehydration is to pull at the calf's eyelid and see if it snaps back rapidly (within a second or so). If not, the calf is probably dealing with dehydration. Of course, in any case where one is not sure, consult your veterinarian for more treatment advise. Challenge yourself to become creative in making the Sand Hills Calving System work for your operation.

FIGURE 2 Passive immunity vs. active immunity in young calves





Clay Roland, *Extension Agent*

Register for 4-H Camp!

4-H Camp will look much like it did last year. For those of you who did not attend camp last year, this will give you an overview of how it is structured.

The 4-H camp model has shifted from a couple years ago, but the same quality overnight camping experience will be available to all youth across Kansas. The major changes are how campers register for camp, shift to adult staff counselors for campers, removal of local Extension staff from program delivery at camp and the added opportunities for all youth ages 8-17. In addition to this, Rock Springs Ranch (RSR) plans to offer pick-up points across the state for youth.

“County Camps” are no longer happening. Rock Springs Ranch will be organizing and coordinating all aspects of the 4-H overnight camping experience. This means that those of you who are used to “Pioneer Trails” 4-H camp, will not see that as an option and we will not be collecting camp registration as in the past.

Youth/Families can now select the time frame to attend 4-H Camp at the time that works best for you. You can register and pay for 4-H Camp directly at www.rockspringsranch4hcamp.org. The three-night and six-night options are available. Other options for camp outside of the “traditional” camper ages follow:

- **Explorers – Ages 8-10** (Rising 3rd-5th graders) This is the youngest campers. They will work on gaining their independence, making new friends and discovering the larger world around them. While at camp they will enjoy archery, swimming, intro to horses, BBs, Corcls, the giant swing and many other fun activities. This group will also have the highest staff to camper ratios.
- **Trailblazers – Ages 11-13** (Rising 6th-8th graders) This group has greater access to activities and will spend time with more campers in their age group and work on skills development. Activities include aerial archery, swimming, horses, rifles, canoes, climbing wall and more.
- **Adventurers – Ages 14-17** (Rising 9th-12th graders) The oldest group in or “traditional” camp. Adventurers spend most of their time at activities they choose along with other campers in their group. Activities are at the top tier of RSR offerings including 3D archery, swimming, horses, trap shooting, kayaks, high ropes and zip line.
- **Leaders-In-Training – Ages 14-16** (Rising sophomores and juniors) This immersive experience empowers youth to find their voice and transition into leaders ready to serve their communities. Teens participate in camp activities and challenges while also learning leadership development and civic engagement skill. During the week teens bond and find a sense of belonging through teambuilding, leadership skill development, and generosity.
- **Counselors-In-Training – Ages 16-17** (Rising HS seniors) They will be given responsibility over a group of younger campers from breakfast to bedtime. These teens will receive camper care training and counselor experience, but they will also have “camp” time with their peers built into each day. The CIT program is a fun and wonderful way to explore what it means to be a beginning leader and a mentor and is a good fit for young people who may want to explore a career in education, early childhood care or other related fields. The program also covers important skills such as learning how to give and receive feedback, set and achieve goals, resolve conflict, plan and lead activities and build confidence. Time in this program also looks good on college applications.

Benefits of Camp are Lifelong

Summer camp takes kids out of the traditional learning environment and allows them to explore what it means to be connected to humanity, to develop a sense of wonder and grace. Campers return home more confident, independent, compassionate, and resilient. They have greater respect for the natural environment, more enthusiasm for learning and problem-solving and are more community minded. Summer camp has been shown to accelerate learning not just for campers but for staff-in training and even paid staff. The benefits are immersive and lifelong.



Cindy Williams, *Extension Agent*

The Food We Waste

What food do you have on hand? Have you shopped your refrigerator or cabinets before going to the grocery store? As you prepare for any holidays, what is your plan for food? While we don't want to run out of food, think about what you will do with the leftovers.

In almost 32% of average households, that leftover food, along with forgotten food, is wasted. Of all of the sources of wasted food, residential homes make up 37.2% of surplus food wasted. What can be done?

Here are some ideas to help reduce waste of food:

- Go back to basic consumer skills. During the height of the pandemic, consumers wasted less food. Now that we have resumed many normal activities, that amount of waste has surged. Take a look at your kitchen management plan.
- Make a shopping list before going to the grocery store. Create a meal plan to utilize what you have before you buy more food.
- Preparing meals at home can help reduce food waste. Freeze leftovers to use later.
- Decide about the consequences of wasting food at home. Challenge family members with incentives to help encourage smart food use.

History of Local Foods

The term local foods have gained a lot of popularity recently with the consumer demand of buying foods from local farmers and ranchers. But this concept is not new and dates back at least 100 years.

Roadside stands and farmers markets have stood the test of time in their popularity. Passers-by simply stop and purchase fresh produce or other items. From simple roadside signs of products for sale, to established buildings with tables or shelves, this form of sales still functions today.

When the mail service expanded to rural communities in the early 1900s, the ability to ship items from the producer to consumer opened the channels of commerce without other merchants or private shipping companies. This was the beginning of the farm-to-table or farm-to-city initiative.

Money Matters

- You choose! **(1)** Next time you got to a grocery store, take a thoughtfully planned list and stick to it, **OR (2)** Try grocery pickup and eliminate going into the store entirely. This will help decrease money spent on impulse buys and also help you remember everything you need so you can get it all in one trip.
- Contact your baking institution and set up one or more named savings accounts specific to the financial goals you are currently working toward. Some examples might be Christmas fund, travel fund, emergency fund, new car fund, or down payment fund. Set up a direct deposit into each account every time you get paid or on a monthly basis.

- Plan to use a percentage of your tax return to pay down debt, boost savings, and/or give to someone in need. For example, you may choose to allocate 25% to high interest debt, 25% to savings and 10% to someone in need or a cause you care about. Whatever you decide, make your money work for you.
- Create a financial binder to organize and track your expenses, receipts, financial goals, and tax information throughout the year. Having your documents all in one place (whether in print or digitally) can be helpful during an emergency or when you need to quickly access your financial information.

March is National Nutrition Month®

It's the 50th anniversary of National Nutrition Month® held annually in March. The purpose is to learn how to make informed food choices and take steps to improved physical activity and healthful eating.

The Academy of Nutrition and Dietetics chose the theme of "Fuel for the Future." This emphasizes sustainable healthy habits and protecting the environment. Many ideas are available to improve your health at home, work, school, grocery store, and more.





Teresa Hatfield, *Extension Agent*

Operation Red File

What would happen if first responders showed up at your house and you were found unresponsive? Would they know your health conditions or what medications you are taking? Operation Red File is a way to provide this vital information to first responders. The program allows access to your pertinent medical information in an emergency. If first responders know your medications and health conditions, they will be better able to treat you in an emergency.

The Red File is a large red folder attached to your refrigerator. In the file, you will enclose any information you believe first responders need to know. Information can include:

- Medication list
- Any health conditions that you have
- A recent photograph of yourself
- A copy of any Advance Healthcare Directive like; a Power of Attorney for healthcare, living will, or a Do Not Resuscitate (DNR).

First responders and emergency staff can use this information to:

- Immediately access your medical information in an emergency
- Avoid delays if you are confused or unresponsive
- Enable quick notification of your family members or emergency contact

Operation Red File isn't only for older adults; it is helpful for anyone with a health condition. If you have children or teenagers with a health condition or are an adult with a health condition, consider utilizing a Red File.

The Meadowlark Extension District is currently distributing the Red File at our offices. Stop by to pick up a file. If you have questions about the Red File, please get in touch with Teresa Hatfield at 785-364-4125 or thatfield@ksu.edu.

Why Do You Need A Durable Power of Attorney for Healthcare?

Are you concerned about what would happen if you could not speak for yourself during a healthcare crisis? Who then decides what care you would receive?

You have the right to make your own decisions about your healthcare, and you also have the right to choose someone to speak on your behalf if you cannot do so. There are documents called advance directives to help you make your wishes known.

Advance directives are legal forms you complete in advance healthcare planning. These legal documents allow you to voice your wishes regarding future medical care and treatment if you cannot do so for yourself. Only one-quarter of U.S. adults have an advance directive in place.

One of the best documents for everyone to have is a Durable Power of Attorney for Healthcare. With this document, you can appoint someone to speak for you if you are incapacitated. This person is called your "health care agent" or "proxy." This person can decide what kind of treatment you receive, who is treating you,

make decisions regarding organ donation, and what to do with your body after death.

The person you appoint as your proxy should be someone you trust, as they will be expected to fulfill your healthcare wishes.

Communicating your healthcare wishes with the person you designate is extremely important. This person needs to be someone you know well and will follow through with your wishes, even if it is not something they would want for themselves. Kansas law states that this person must be at least 18 or older and cognitively competent. This person cannot be your healthcare provider, an employee, owner, or director of your treating healthcare provider unless that person is related to you by blood, marriage, or adoption.

Appointing your agent is easy. The state of Kansas offers a fill-in-the-blank form. Complete the form and have the document signed by a notary or two witnesses. Witnesses must be 18, cannot be related to you, are entitled to your estate, and have direct financial responsibility for your health care.

Store your documents in inaccessible places. Keep a copy in your house. Be sure to provide a copy to your doctor and the person you have assigned as your healthcare agent. DO NOT store your document in a safe deposit box at your local bank. If no one can get to the form, it is useless.

If you haven't completed a Durable Power of Attorney for Healthcare, you can find the documents on the Meadowlark Extension District website at <https://www.meadowlark.k-state.edu/family-community-wellness/index.html> or the Meadowlark Extension District offices.

Meadowlark Extension District

114 W 5th St.
Holton, KS 66436

Address Service Requested

Publications and Resources For Sale

Family Account Book
Farm Account Book
Radon Kits
Predator Calls

IMR Calving Books
Pesticide Manuals

Geo Textile Fabric (12 1/2' wide - sold per linear ft.)

Neutroleum Alpha®
Mosquito Briquets

Soil Tests - Crop, Pasture, Lawn & Garden

Water Test Kits (pay SDK Labs, not us)

Field Record Books (free)

Items to Check Out

Soil & Hay Probes

Ear Taggers

Mole Trap

Freeze Branding Irons

Pesticide Manuals

Buzzers

Job Postings

Any upcoming job positions are posted on
the following sites:

- <https://www.meadowlark.k-state.edu/>
- <https://www.facebook.com/Meadowlarkextensiondistrict>

Would you like some extra cash???

Our offices are looking for temporary help for when
our Office Professionals need to be gone.

If interested, contact your local extension office.