



January 2024

4-H & Youth Development

What is the 4-H Pledge?

We share on 4-H but a common misconception is that 4-H is only about the County Fair. 4-H'ers attend monthly meetings. At each meeting they recite the Pledge of Allegiance and the 4-H Pledge. What is the 4-H Pledge and what does it mean?

"I pledge my HEAD to clearer thinking, my HEART to greater loyalty, my HANDS to larger service, and my HEALTH to better living, for my club, my community, my country, and my world."

- **Head** stands for decision making, planning, organizing, problem solving and using knowledge throughout life.
- **Heart** stands for strong personal values, positive self-concept, concern for others, cooperation and communication.
- **Hands** stands for volunteering, community service, preparing for the world of work, science and technology literacy, and useful skills.
- **Health** stands for healthy lifestyles, character, ethics, stress management and disease prevention.

The Fair is simply a way for 4-H'ers to showcase their work throughout the year. 4-H is a year round activity shaping and raising youth for the future!

Family Consumer Sciences

January is Kansas Radon Action Month!

It is important that you know your risks when it comes to radon. Radon is a naturally occurring radioactive gas released in rock, soil and water that can build up to dangerous levels inside any home; this means new and old homes, well-sealed and drafty homes, and homes with or without a basement.

Breathing radon can increase your risk of lung cancer and is the number one cause of lung cancer among people who do not smoke. Homes with high levels of radon have been found in every state. In fact, radon levels can vary greatly from home to home--even levels next door can be very different.

Radon gas is odorless and invisible, and the only way to know if your home has a radon problem is to test for it.

Take action today by visiting the Butler County Extension Office to purchase your radon test, and encourage your friends and family members to do the same!

Agriculture

Sheep & Goats Parasite Control

Sheep and goats are becoming a common site around the county. They make great brush and weed control, in addition to being a pet! However, owning goats and sheep doesn't mean you can just turn them out and forget about them. If you have not already established a VCPR (veterinary client patient relationship) with your vet, I strongly encourage you to do so. Additionally, small animal ruminants are known to have worms. If you have small ruminants, you should be checking their Famancha score. Not familiar with the famancha score – the American consortium for small animal parasite control is a wonderful place to learn how to do the Famancha along with learning about the worms and parasite control. www.wormx.info

If you have other questions, don't hesitate to reach out to me at cmmiller1@ksu.edu

Horticulture

Feeding the birds is a favorite activity for about 57 million people in the United States. A common question I find circulating social media is feeding birds oats soaked in bacon grease. Please help stop this unsafe practice. Birds should only eat rendered suet. Rendered suet won't turn rancid or melt as quickly in hot weather. Soft fats and oils can transfer onto the bird's feathers and interfere with their ability to utilize them for insulation and flight. Salt, as would be found in most cooking grease, is bad for birds for birds.

According to the Cornell Lab of Ornithology, "bacon drippings are animal fat just like suet, and many birds will eat it. But bacon virtually always has detectable amounts of nitrosamines, carcinogenic compounds formed from some of the preservatives used in bacon. In particular, the very high cooking temperatures used to fry bacon are conducive to nitrosamine formation. So even though birds love it, bacon and bacon fat pose too much of a risk to the long-term health of birds to warrant using it."

The colder the weather, the more attractive suet becomes to many species of birds, including Brown Thrashers and Northern Mockingbirds. Raw suet can be purchased online or you can contact local packing plants to see if they have it for sale.

Contact us:

Phone: (316) 321-9660

Facebook: @ksrebutlerco

Web: Butler.K-State.Edu

Twitter: @ButlerExtension

Address: 206 N Griffith St, Ste. El Dorado, KS 67042

See our full Newsletter at <https://www.butler.k-state.edu/newsletter.html>

For KSRE publications and information,
visit www.ksre.ksu.edu

KANSAS 4-H SUMMER INTERNSHIP OPPORTUNITY

- MAY 28 - AUG 9, 2024
- PAID INTERNSHIP
- UP TO 40 HOURS/WEEK
- 12 WEEK INTERNSHIP
- MULTIPLE LOCATIONS
ACROSS THE STATE

For best consideration apply by
January 21, 2024. Apply here:



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LIVING WELL WEDNESDAY

K-State Research and Extension Webinar Series

Sleep is a Superpower

Wednesday, Jan. 10th
12:10 - 1:00pm CST



You might think that nothing really happens while you sleep. You couldn't be more wrong. Sleep directly affects our relationships, our life expectancy, our libido, weight gain, cardiovascular health and our immune system. Science is understanding the value of sleep and it is important for us to leverage this superpower. Michelle Lane is the senior director for Community Wellness and Corporate Health at North Kansas City Hospital.



Michelle Lane
RN, MSN, CMSRN, CHC, NE-BC
Sr Director Community Health
and Wellness

Register online at bit.ly/47WAPoN
or by scanning the QR Code



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LAWN & LANDSCAPE CARE FOR NEW HOMEBUYERS

Buying a home can be overwhelming and that is without factoring in that you now have a yard to care for. While we can't help with the house maintenance we can help you figure out what to do outside of the house. This class is designed to help you figure out the basics of lawn and landscape care, determine what plants are currently growing around your home, and how to maintain them or create a whole new landscape. This program is free of charge



TOPICS

- Basic Lawn Care
- Low Maintenance Lawn Care
- Basic Landscape Design
- Plant Identification
- Resources for picking out plants



**TUESDAY,
JANUARY 24, 2024
7:00 P.M.**



**BUTLER COUNTY
COMMUNITY/4-H BUILDING
200 North Griffith Street
El Dorado, KS 67042**



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Calving School

Thursday, January 18, 2024

West Elk School -- Howard

Supper at 5:30 p.m.

Program starts at 6:00 p.m.

Program presented by: A.J. Tarpoff, K-State Research & Extension Beef Veterinarian

TOPICS

- **Building a Proper Calving Kit**
- **Stages of the Normal Calving Process**
- **Proper Technique in Pulling and Manipulating Calves**
- **When and How to Intervene or Assist the Cow or Heifer**
- **Demonstrate Proper Use of Calving Equipment on a Life-Size Cow and Calf Model**



No Cost to Attend. RSVP by Friday, January 12 to the Rolling Prairie District Howard Extension Office at 620-374-2174 or rfechter@ksu.edu

Meal Sponsored by Farm Credit Services -- Frontier Farm Credit and American Ag Credit



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 Richard Fechter.

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