



January 2023

## Agriculture

Three excellent educational opportunities in and near Butler County you don't want to miss!

- 1) **Pond Cleanout & Restocking Following a Drought** – Date to be announced soon! – Come learn how to clean out and restock ponds following this drought.
- 2) **The Power of Negotiation and Communication: Land Leasing Strategies for Midwestern Ag Women** – While this program is geared towards women, anyone is welcome to attend! El Dorado is a host site! More information here: <https://www.agmanager.info/power-negotiation-communication-land-leasing-strategies-midwestern-ag-women>
- 3) **Local Meat Marketing Workshop** – designed to help small scale meat, poultry and egg producers capitalize on the growing demand for local food. Flyer and registration information found in this newsletter!

## 4-H & Youth Development

Is your child interested in archery? The Butler County Shooting Sports 4-H Club will begin a new Basic Archery session on January 5, 2023 in El Dorado. Project members will have the opportunity to learn proper, safe shooting skills from trained instructors. As they advance, they have the opportunity to compete in local qualifying and state matches. Participants must be enrolled in 4-H prior to the first meeting, and can select any community club, the Shooting Sports club, or both! All clubs hold regular meetings and provide opportunities for youth to develop positive leadership skills. To enroll in 4-H, visit <https://v2.4honline.com/>. For questions and to sign up for class after enrolling online, contact:

Briony Smith at [briony@ksu.edu](mailto:briony@ksu.edu)

## Horticulture

Winter can be hard on birds especially if the winter is cold or snowy. Even if we are having a warm winter it's still important to feed the birds in your neighborhood. By now many birds have started to deplete the natural food sources and start looking for new ones. Not only is feeding the birds good for them but they provide colorful and entertaining activity during the dreary months of winter. While there are quite a few different bird seed options, feeding the birds doesn't need to be complicated. Most species prefer Black Oil Sunflower seed due to its high energy content. You can make your own bird feeders out of pine cones covered in peanut butter and rolled in the seed of your choice then hang them outside. If possible try to provide fresh water near your bird feeders as water is even more important than food in the winter.

## Family Consumer Sciences

The long winter months are upon us, and those longer hours of darkness coupled with the colder temperatures can bring feelings of "winter blues." Here are a few tips to prevent those winter blues from sneaking up on us and maintain positive mental health.

- **Get outside and into nature despite the cold:** Studies prove certain scents within nature reduce stress and anxiety. Getting vitamin D and breathing in phytoncides, result in more energy, improved focus, and maintain a healthy, strong immune system.
- **Spend time with friends:** Socialization and confiding in someone you trust are essential for mental health and well-being.
- **Take care of yourself physically:** Get exercise, stay hydrated, and eat a well-balanced diet.
- **Plan something you can look forward to:** Put something on your calendar that brings you joy, and you can anticipate doing.
- **Enjoy the present moment and be kind to yourself:** You have the power of choice and choosing your mindset. Find something to be thankful for.

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