YES! It is that time again! We welcome you to join us for this year’s Walk Kansas program April 3–May 28th. With a new website, registration can be taken online or by paper registration as we have done in the past. Teams of 6 are still the model, but individuals can also sign up and can be put on a team. Three different challenges are available just as always, but have been modified slightly. $8 per person is the fee and new apparel (even doggy apparel) is available. Registration is open from March 4 to March 25. Go to www.walkkansas.org or contact our office.

As always, this program encourages physical activity and better nutrition. Even if you don’t join us, please make your own goals to take good care of yourself. See page 4 for where to find recommendations on activity and nutrition. 😊
Possible Consequences of Warm Winter Temperatures on Wheat

The recent period of unseasonably warm temperatures may have producers concerned with the possible effects of their wheat crop. Short vernalization varieties such as Overley, Everest, WB-Cedar, and others, may be released from winter dormancy and maybe have been growing for a few days during this unseasonably warm period. The consequences of an early greenup on wheat yields will largely depend on spring weather conditions, and a few consequences are discussed below.

Winter wheat loses some of its winter hardiness each time warm temperatures breaks its dormancy, although some of its winter hardiness can be regained if temperatures gradually get colder again. The growing point is near the soil surface during the tillering stage and is protected against injury. Most freeze damage at this stage occurs to leaves. The leaves can become twisted and light green to yellow in color, and are burned at the tip within one or two days after freezing. A strong odor of dehydrating vegetation may be present several days after the freeze. Injury at this stage slows growth and may reduce tiller numbers, but growth of new leaves and tillers usually resumes with warmer temperatures.

In the jointing stage, the developing wheat head has started to move up the stem. Even so, wheat at this stage can usually tolerate temperatures in the mid to upper 20’s with no significant injury. If temperatures get into the low-20’s or lower for several hours, there can be some injury to the lower stems, the leaves, or the developing head. If it is windy during the nighttime hours when temperatures reach their lows, this increases the chance of injury. Most wheat in Kansas should not have reached jointing yet.

An early green up means an early use of the much needed stored soil moisture. Wheat generally uses a relatively limited amount of water during the winter months until spring greenup, and water use increases linearly with the increase in biomass from jointing until heading.

The larger the wheat’s biomass or leaf area, the more water the crop will require to maintain its canopy structure. Greater water use during the winter months will reduce the amount of profile soil moisture for the spring, which might not be a problem in years with sufficient spring precipitation. However, excessive use of the current available water can play against wheat yields if the spring turns out dry.

It is still early to know whether the spring weather will favor a stripe rust epidemic (or other wheat leaf diseases) such as the one experienced in most of Kansas last growing season. Mild winter temperatures can increase the potential for a disease outbreak because of increased overwintering of the spores, but this needs to be matched by adequate moisture conditions. Texas and Oklahoma released a few reports of active stripe and leaf rust infections in the past couple weeks, which should put Kansas wheat producers on alert as states to our immediate south are generally the source of inoculum of many leaf disease in Kansas, including stripe rust and leaf rust. Still, K-State research has shown limited yield response to early season (Feekes 5-6) fungicide applications across most of the state; thus in most cases it is probably too early at this point to make the decision to spray a fungicide. It is advisable that producers continue to monitor the conditions in the south and actively scout their fields.
What Producers Should be Thinking About in April…
Tips by Dale Blasi, Extension Beef Specialist

Many producers should consider calving in this month. Stress is minimized and forage/grass management may be optimized.

- Keep calving areas as clean and dry as possible. Give each calf a dry and clean environment.
- Supplement and feed cows to maintain or improve body condition prior to the breeding season (cows should be in moderate body condition by the start of the breeding season to maximize fertility).
- For thin, young cows, consider feeding fat to improve rebreeding rates. Research indicates that when feeding about 0.4 lb. per head per day of a plant source (soybean, sunflower, safflower oils), fat can increase first-service conception and pregnancy rates (9% to 15%). Feeding fat can be effective both before and after calving. Consult your nutritionist.
- Mineral supplementation should include greater levels of magnesium (intake should be between 15 to 30 grams per head per day, or at least 11% of the mineral mix) for grass tetany prevention.
- Plan your breeding season, both AI and natural service. Make sure all supplies and semen are on hand prior to the breeding season. For natural-service programs assign yearling bulls to 10-15 cows, 2-and 3-year old bulls to 20-25 cows, and older bulls to 25-40 cows. Breeding for 65 days should be long enough; less than 90 days is a key sign of good management. Some suggest the service capacity of a yearling bull (less than 24 months) is equal to his age in months at turn out.
- Bulls should be in good body condition prior to the breeding season. Thin bulls can run out of stamina. Now is the time to make sure bulls are physically capable of performing for the upcoming summer breeding season.
- Breeding soundness examinations are recommended for all bulls!
- Consider using estrus synchronization and AI. Several synchronization systems to overcome anestrus are available. Selection depends on labor, facility and implementation costs.
- Consider breeding heifers three weeks prior to the mature cow herd to give them a greater chance to rebreed.
- Maintain top management concerning calf scours (sanitary conditions, early detection, electrolyte/dehydration therapy).
- Vaccinate calves as per veterinarian consultation. Castrate males that are not candidates for breeding stock prior to pasture turnout. Implant calves that will be sold at weaning.
- Wait for fly control until critical numbers are reached (100 to 200 horn flies per animal).
- Deworm cows and bulls if needed. Expect performance response to be variable dependent on location, weather, grazing system, history, infestation level and management.
GUIDES TO HEALTHY LIVING

Use MyPlate to determine for your age, how much of each food is a serving, and the recommended servings per day. In this year’s Walk Kansas program, we will be asking you to record how many cups of fruits and veggies, how many minutes of exercise—with encouragement on strength training in addition to aerobic exercise. Also, recording the cups of water you drink each day...encouraging those numbers to all increase for better health. My Plate has a super tracker to also help you in your journey to or in good health!

Remembering as we are focusing on better health, to think about reducing foods with added sugar. These are not the same as the naturally occurring sugars in foods such as fruit and drinks like milk. The goal is to keep your consumption at 6 teaspoons or less. Taking the total grams of sugar listed on the label and divide by 4 to get your total.

Look at the ingredients list for the words listed above to be more aware of what is in your food.
Coconut Oil—
Read the Label!

Coconut oil seems to be getting lots of positive press these days. If you are considering adding this to your diet, please take a look at the label. Here is a nutrition label:

While it is refreshing we can actually pronounce all the ingredients listed (Coconut oil only), look at the saturated fat. YIKES!

Remember, in the U.S. Dietary Guidelines, the recommendation for fat consumption is to choose polyunsaturated or monounsaturated fat and avoid saturated fats if possible. For a 2,000 calorie diet, people should strive for 20-35% of those calories coming from fat. Fat has 9 calories per gram so with some basic division, the range of grams would be 44-78 grams per day.

At a recent conference I attended, K-State’s Human Nutrition Specialist, Dr. Mary Meck Higgins, made her position statement clear. Coconut oil is best used externally, rather than internally. She went on to note that if you had a very low fat diet otherwise, a person could probably enjoy cooking with this oil in moderation.

New Program Available From KSU!
Here is a fact of life...we are all aging as we speak. We are one minute older than we were a minute ago. Unfortunately, many do not think about aging until they have aged considerably. In K-State’s new program, Keys to Embracing Aging, topics are discussed such as knowing your health numbers, social, brain and physical activity, stress management, taking time for self, attitude, financial affairs, safety, sleep, healthy eating and staying in tune with the times. Why is this important? Contact Renae to learn more...

AMERICA SAVES

America Saves week is officially over, but it is never too late to start saving! 😊 Start TODAY!
4-H Focus

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

The Danish System Ribbon System Reminder

*All exhibits receive a ribbon

*Exhibits are judged in comparison with an ideal standard, not to each other.

*Exhibits are placed in 4 ribbon groups ~

Purple, Blue, Red, or White

PURPLE: ~ Outstanding on all standards

BLUE: ~ Exceeds the minimum standard; may have minor flaws where improvements can be made

RED: ~ Meets all minimum standards; may be visible signs of needed improvements

WHITE: ~ Fails to meet minimum standards

THANK YOU CLUB DAY PARTICIPANTS AND HELPERS...to put on an event like that takes lots of cooperation and patience and I appreciated all the positive attitudes and helpfulness of everyone! Thank you for taking your time to be there. On another note, I regret how the new FCS judging event turned out. I had great helpers who did exactly what I asked...I know now that it cannot take place during club day due to the team format. We will make some changes next year. **If you are a senior level 4-Her and would like to compete on June 1 in Manhattan, please contact me by March 31st. The focus of the competition is Nutrition.**

Discovery Days will be held May 31—June 3rd, 2016. Open to youth who are 13 to 18 years old by January 1, 2016. Registration is open on-line at: http://www.Kansas4-H.org and deadline is May 1, 2016. Classes are filled on-line on a first come-first serve basis so don’t wait until the deadline to register.

4-H Sportfishing Tournament 2016

Fishing season will be here before we know it. 4-H members have the opportunity to enter the 2016 4-H Sportfishing Tournament. All 4-Hers can participate in the tournament, they do not have to be enrolled in the Sportfishing project. The tournament runs from the time fishing starts in the spring until September 15. You can contact the Extension Office for the tournament rules and the 2016 entry form so that everyone knows the requirements for participation. There will be 6 species categories.
Oz-Some 4-H Camp Information

Camp Counselors Wanted
If you are currently an 8th grader or older, we need YOU! Camp counselors are 8th through 12th graders (preference given to older youth). Camp will be June 4-7. Counselor applications are available at the Extension Office and on our website. Applications will be due April 22. All counselor applicants must attend the Counselor Training on June 3 at Rock Springs and they must complete the Volunteer Screening process.

4-H Camp
Four action-packed days await 4-H’ers ready for exploring Rock Spring 4-H Center, June 4-7. Meet new and old friends to enjoy swimming, canoeing and horseback riding when you sign up for 4-H camp. All 4-H members and their friends who have completed 3rd-7th may attend. The cost is $198. Scholarships will be $75, which will be deducted when you register.

4-H Rookie Camp
Come one—come all 1st and 2nd graders for an overnight camp. NEW THIS YEAR—two rookie camp sessions—June 4-5 and June 6-7. Enjoy swimming, plus other Rock Springs activities. The cost of camp will be $100. Scholarships will be $50, which will be deducted when you register.

REGISTRATION NEWS—All registrations for camp will be done ONLINE this year! This will include registration information, scholarship paragraph for 4-H members, health profile and payment by credit card or electronic check. Registration is now open. Registration website is tinyurl.com/ozsome. Deadline for registration is May 2, 2016. We will be sending out more camp information. Be checking your email.

Marion County 4-H Development Fund Scholarship
Applications are due April 1. Go to our website to 4-H Youth Development, then forms to find the application.

State 4-H Sewing Camp
May 31-June 3, 2016
K-State Manhattan Campus
Registration is now open to 13-18 year old 4-H members with sewing experience. Register at: http://www.kansas4-h.org/events-activities/camping/index.html

Beef Exhibitors
To all beef exhibitors – Marion County Spring Beef Show is April 16. I would encourage each of you to participate in this year’s show. The registration form is on our website—www.marion.ksu.edu.

Swine, Sheep & Goat Tagging
Two dates to choose from: Wednesday, April 20 at the fairgrounds and Friday, May 6, 6:00 p.m. at the fairgrounds.

PQA — PQA is now an online process. It is for youth, ages 8-19 years old. This is still required for all youth who show hogs, but rather than sitting through another of my classes, simply point your web browser to: www.pork.org —

Click on certification then under youth PQA plus, click on program details—then click on certify online now. If you have any questions or problems, let me know.
### Upcoming Events:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/11</td>
<td>4-H Beef Tagging</td>
</tr>
<tr>
<td>3/12</td>
<td>Regional Club Day</td>
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<tr>
<td>3/19</td>
<td>Kansas Junior Sheep Producer Day</td>
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<tr>
<td>3/21</td>
<td>4-H Council, Marion 7pm, Marion City Library, Santa Fe Room</td>
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<tr>
<td>3/24</td>
<td>2016 Agribusiness Development Workshop, Marion Community Center</td>
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<tr>
<td>3/25</td>
<td>Last day to register for Walk KS</td>
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<tr>
<td>4/1</td>
<td>Marion Co 4-H Development Scholarship Due</td>
</tr>
<tr>
<td></td>
<td>April 3-May 28—Walk Kansas</td>
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</tbody>
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