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Stay Strong, Stay Healthy Note: This program is also open to sedentary adults around 50 years and older in addition to older adults. Please sign up by Feb. 16th.

In this Issue:
- Educational Opportunities
- Upcoming Exercise Opportunities

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 Rickey Roberts, 620-382-2325.
Farm Profit Conference
Wednesday, February 8
Hillsboro High School
500 E. Grand, Hillsboro KS

5:30 PM  Doors
6:00 PM  Dinner  (Free-RSVP required)
6:45 PM  Conference Begins

Program:
“Working With Your Lender During Tough Times”—Parry Briggs, Reg. VP NE KS - Frontier Farm Credit

“2017 Weather Outlook” - Mary Knapp, Assistant State Climatologist

“Which Way Do We Go?” - Darrell Holaday—Country Futures

RSVP by February 6 to 620-382-2325 or Kelly.lenz@alphamediausa.com

Presented in conjunction with
580 WIBW 104.9 News
K-State Research & Extension-Marion Co.
Kansas Ag Network
Frontier Farm Credit

Managing your Farm as a Business
Friday, February 17, 2017
10:00 AM — 2:00 PM
Harvey County Community Rooms,
Harvey County Courthouse

Plan to attend this informative meeting about ways to make your farm work as a business. Topics will include:

“Tightening up cost in Row Crops” Doug Shoup, K-State Research & Extension SE Area Agronomist

“Know Risk Farm Management” - Do you have a handle on your cost of production & do you have a Marketing Plan?

Pete Fish, FC Stone, Risk Management Associate

Pre Registration requested by
Wednesday, February 15
$5.00 Fee—pay at the Door - Lunch is included.

To register Contact:
Ryan Flaming, Harvey County Extension Agent
316-284-6930 or flaming@ksu.edu

Rickey Roberts, Marion County Extension Agent
620-382-2325 or rroberts@ksu.edu

Program Sponsor: The Citizens State Bank
2017 RAM II
(Risk Assessed Marketing) Workshop
February 13, 2017
Herington Community Building
810 S. Broadway, Herington, KS

Speakers:
Art Barnaby, Extension State Leader, Agricultural Economics
Dan O’Brien, Extension Agricultural Economist

Schedule:
9:00   Registration (coffee and rolls
9:30   Introduction crop insurance and hedging tools
10:45  Break
11:00  Futures and Options
12:00  Lunch
1:00   Introduce Case Farm
1:30   Evaluate Risk Management Strategies
2:45   Completion of Case Farm Exercise
3:15   Results, Summary and Questions
3:30   End of Workshop

Registration deadline:
February 8, 2017
Cost: $5
(Lunch provided if registered by deadline)
Registration limited to 35.

Send registrations to:
Dickinson County Extension
712 S. Buckeye, Abilene 67410
Phone: 785-263-2001
Email: jcoover@ksu.edu

Dickinson County Extension—James Coover 785.263.2001

Sponsored by:
The First National Bank of Hope
Agri Trails Coop
Marion National Bank
Poisonous Plants—Safety First!

Some of the plants we commonly use in our homes, gardens and landscapes are poisonous. Please keep this in mind if you have small children in your area as you plant this year.

The following poisonous plant list came from various University websites and was compiled by Larry Crouse, Butler County Horticulture Agent...

**Flowers:** caladium (all parts), cardinal flower (all parts), castor bean (seeds and leaves), daffodil (all parts), flowering tobacco (Nicotiana) (leaves and flowers), four-o’clock (roots and seeds), foxglove (all parts), hellebore (all parts), iris (all parts), lantana (unripe fruits and leaves), larkspur (Delphinium) (all parts), lily of the valley (all parts), lupine (all parts), monkshood (all parts), poppy (all parts except ripe seeds), snowdrop (bulb), spurge (milky sap), star-of-Bethlehem (all parts), sweet pea (seeds, seedlings, and pods), tulip (bulbs)

**Houseplants:** Chinese Evergreen, anthurium (all parts), aloe (sap if ingested), calla lily (all parts), croton (seeds, leaves, and stems), crown-of-thorns (milky sap), dieffenbachia (all parts), elephant ear (all fig (leaves, fruits, and sap), Jerusalem Cherry (all parts), mistletoe (all parts), Philodendron (all parts)

**Fruits:** apple (bark, leaves, seeds), pear (bark, leaves, seeds), apricot (bark, leaves, seeds, pits), peach (bark, leaves, seeds, pits), nectarine (bark, leaves, seeds, pits), plum (bark, leaves, seeds, pits), cherry (bark, leaves, seeds, pits), avocado (leaves, unripe fruit, bark, and seeds)

**Landscape plants:** azalea (leaves and flowers), black locust (all parts), Boston ivy (berries) boxwood (leaves and twigs), buckeye (leaves, shoots, bark, flowers, and seeds), burning bush (all parts), cherry (leaves, twigs, bark, and seeds), clematis (leaves), elderberry (roots, stems, bark, leaves, and unripe fruits), English ivy (all parts), golden chaintree (Laburnum) (all parts), holly (berries and leaves), horsechestnut (all parts), hydrangea (leaves and buds of some species) Kentucky coffee tree (seeds, fruit pulp, leaves, twigs), oak (acorns, leaves, and young shoots of some species), poison sumac (all parts), privet (all parts), rhododendron (leaves and flowers) Virginia creeper or woodbine (berries), yew (Taxus) (all parts), wisteria (all parts).

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**Beginning Beekeeping Program**

*Thursday, February 16th, at 6:30 PM, at the Butler County 4-H Bldg at 206 N Griffith in El Dorado, KS. Sharon Dobesh, K-State Entomologist, will be presenting on what you need to know to get started in Beekeeping. There will be a $5 fee for this program and light refreshments will be served. To register please call the Butler County Extension office at (316)321-9660 by February 10th*
Marion County Dept on Aging will be offering a Tai Chi Class in Goessel at 3:30 pm starting Feb. 2nd through March 9. Cost is $1 per session. Contact Gayla at 620-382-3580 for more information.

As many of you know, I have accepted the FCS position with extension in Dickinson County starting in April. It is hard to find the words to express my gratitude to so many people I have met and worked with in the past two years. It was a very hard decision and I will miss being here.

Fondly— Renae
Learning Opportunity for a New Project:

4-H Unmanned Aerial Systems Experience Registration Open

The Kansas 4-H SpaceTech Program and the Kansas Cosmosphere located in Hutchinson are again teaming up to provide fun, hands-on and science-based programming for Kansas 4-H Youth Development. This second program will feature “Unmanned Aerial Systems.” The experience will begin Friday, March 31, at 4 p.m., and will end on Saturday, April 1, 4 p.m. Cost will be $110 for youth between 9-18-years old and $110 for all adult participants. All youth must have a designated chaperone to attend. Parents, grandparents, other relatives, and guardians may chaperone their own children/relatives. They may not chaperone other non-family members. Registered KSRE 4-H Leaders or KSRE staff may also chaperone 4-H members. Adult chaperones will be responsible for their children overnight.

Registration includes three meals, two breaks, and an overnight stay. Program topics include: a UAS flying challenge inside the Cosmosphere, an outside UAS demonstration (weather permitting), FAA regulations and compliance of registering private and commercial UAS’s, guest speakers, UAS applications in agriculture, military and commercial uses, fixed and rotor wings UAS’s, remote control basics, plus much more.

This Cosmosphere collaboration is designed to be an adult-child experience, where 4-H members and adults can interact and learn from these fun and educational experiences. The program will include overnight indoor camping at the Cosmosphere located in Hutchinson, KS, (bring your own sleeping bag, air mattress, pillow, towel and toiletry items). The experience is open to 4-H members, parents, grandparents, volunteer 4-H leaders, and KSRE staff.

The CVent registration system is now accepting registrations, visit: [http://www.kansas4-h.org/events/index.html](http://www.kansas4-h.org/events/index.html). Registration will close March 16, 2017, 11:59 p.m. There will be a minimum number required or the Unmanned Aerial Systems experience will be cancelled. The program is limited to the first 60 who register on a first-come, first-serve basis to ensure that it remains fun and hands-on for everyone. For more information, contact Deryl Waldren, dwaldren@ksu.edu, or call 785-462-6281.

Looking for help with a project? Call our office for information on county-wide leaders.

4-H beef tagging will be held on Friday, March 10 beginning at 5:00 p.m. All market steers as well as commercial heifers will need to be tagged. For the steers this will serve as the beginning weight for our county rate of gain contest. The tagging will again take place at the Hillsboro Animal Clinic.
Sheep, Swine and Goat Tagging

A few changes to the small animal tagging. This year there will be only one tagging date. That date is Wednesday, May 3 beginning at 6:00 p.m. at the Marion County Fairgrounds. If you need to have your animals tagged before that, you can bring them to me any time. **New this year, if you need me to come tag at your farm, that can be arranged, but there will be a $75 trip charge.** As always, any questions??, shout at Rick.

**Kansas Junior Meat Goat Producer Day**

**March 25, 2017 Kansas State University Weber Arena**

**Cost**: $15/person by March 3 or $20/person after March 3

Schedule (Tentative): 8:45 Registration

9:15 Welcome and Remarks

9:30 Market/Breeding Goat Selection

10:15 Break

10:30 Market/Breeding Goat Nutrition

11:00 State Nomination Process & Update

11:30 Lunch

12:30 Health & Wellness

1:00 Market/Breeding Fitting & Showing

2:00 Wrap-up, Final Questions, Door Prizes

To Register Online:

https://commerce.cashnet.com/KSUASIND

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**Kansas Junior Swine Producer Day**

**March 11, 2017**

**Weber Arena –KSU Campus-Manhattan.**

Cost: $15/person by February 22 or $20/person after February 22.

9:00 Registration

9:15 Welcome and Opening Remarks

9:30 Selecting Your Youth Project

10:00 Breakout Sessions (will attend 2) - Meat 101: Know your Pork! - Swine Breeds and Ear Notching - Proper Grooming and Clipping

11:15 Nutrition and Daily Feeding

11:45 Lunch

12:15 Youth PQA+ Certification Session (optional to attend, will last until 1:30)

12:30 Daily Care: From Purchase to Show

1:00 State Nomination Update & Process

1:30 VFD Implications for Show Feed

1:45 Hands-On Showmanship

2:15 Final Questions and Wrap-up

To Register Online:

https://commerce.cashnet.com/KSUASIND

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The Kansas 4-H Foundation is pleased to present free leadership training classes in partnership with the Kansas Leadership Center. If you are a 4-H parent, volunteer, alumni or agent, this is for you. A list of classes, dates and locations are listed on the registration.

Registration is on our website at::

https://kansas4hfoundation.org/klc/
**Upcoming Events:**

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