

# WEST PLAINS DISTRICT

## EXTENSION NEWSLETTER



WEST PLAINS DISTRICT  
OFFICE HOURS  
MONDAY - FRIDAY  
8 AM - 5 PM

LUNCH HOURS EXCLUDED AND SUBJECT TO CHANGE

### FINNEY

☎ 620-272-3692  
ANTHONY REARDON  
JENNIFER LASALLE  
RENEE TUTTLE  
TABITHA WHITTEN

### SCOTT

☎ 620-872-2930  
CAROL ANN CROUCH  
JANET HARKNESS  
COZETTA O'DEA  
KAY HARKNESS

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# WEST PLAINS DISTRICT

## DATES TO KNOW: ONGOING

- **September 2nd-December 16th:** Extension Master Gardener Training. Thursdays. 1:00pm-4:00pm
- **January - February 2022:** Cropland Risk Management Series for Women in Agriculture. Garden City. --

## DATES TO KNOW: DECEMBER 2021

- **December 1-4:** Scott County 4-H Re-Enrollment Deadline
- **December 5th:** Scott County Dog Obedience Training. Carpenter Building. 2:00pm.
- **December 6th:** Scott County Crocheting Class. Extension Office. 3:45pm-5:00pm.
- **December 6th:** William Carpenter 4-H Foundation Annual Meeting. Scott County. Carpenter Building. 7:00pm.
- **December 8th:** Live Well Wednesday. Webinar. 12:15-1:00pm.
- **December 13th:** Scott County Crocheting Class. Extension Office. 3:45-5:00pm.
- **December 15th:** Finney County 4-H Re-Enrollment Deadline
- **December 15th:** Finney County Public Presentations Training. 4-H Training. 6:30pm-8:00pm.
- **December 16th:** Soil Fertility Workshop. Scott City (WM Carpenter 4-H Building) 9AM. Sublette (Commercial Building) 2PM.
- **December 19th:** Finney County 4-H Ambassadors Meeting. Extension Office. 4:30pm.
- **December 20th:** Scott County 4-H Holiday Bowling Party. Garden City Bowl. 11:00am-12:00pm.
- **December 20th:** Finney County 4-H Holiday Craft Night. 6:30pm-8:00pm.
- **December 21st:** Scott County 4-H Holiday Craft Day. Carpenter Building. 8:00am-12:00pm.
- **December 24th - December 31st: Offices Closed for the Holidays**
- **December 28th:** Scott Photo Club Meeting 7:00pm-8:00pm.

## DATES TO KNOW: JANUARY 2022

- **January 1st: Offices Closed for New Year's Day**
- **January 6th:** Calving School. Kearny County Fairgrounds, Lakin. 6:00 PM.
- **January 6th:** Scott County Public Presentations Training. 6:30pm-8:00pm.
- **January 9th:** Scott County Dog Obedience Training. Carpenter Building. 2:00pm.
- **January 17th: Offices Closed for Martin Luther King Jr. Day**



Warmest holiday greetings from the West Plains Extension District!

Check out our  for fun and informative holiday videos from our Agents!

Live Christmas Tree Care • Holiday Shopping Tips & Tricks • Upcoming Agriculture Programs  
Staying Healthy During the Holidays • The 4-H {Holiday} Pledge



# FROM THE DESK OF THE *Director*

CAROL ANN CROUCH  
DISTRICT DIRECTOR  
FAMILY & CONSUMER SCIENCE  
CCROUCH@KSU.EDU

## Merry Christmas from the West Plains Extension District!

We hope this December issue of the newsletter finds you preparing for the Christmas season before us.

I love the holidays, but it is **a lot of work for some** more than others. With that in mind, I want to remind everyone that it is really all just busy work. Yes, it is nice to have a beautifully decorated home, perfectly wrapped gifts, make a nice fancy meal with all the extras, but it's **not necessary!**

**Nobody will know** if you didn't get that 4th pie baked or that you forgot the extra vegetable for the table. They **won't notice** if you didn't put out all of your decorations.

Take a deep breath and just **try to enjoy your family and friends** this holiday season. Our **mental health** just isn't worth trying to keep up with everyone's expectations. So, **take time for yourself**, take on less work, and just **enjoy your people**.

Also, just to remind everyone, **both of our offices will be closed between Dec. 24th through Jan. 2nd**. We will reopen January 3rd, 2022.

*See you in the New Year!*

*Carol Ann*



**'TIS THE SEASON**

ARE YOU A YOUTH  
(AGE 16+) THAT IS  
INTERESTED IN SERVING  
YOUR COMMUNITY  
THROUGH LEADERSHIP?

**Apply for the  
2022 Program  
Development  
Committee Youth  
Ambassador  
Program!**

Serving as a Program Development Committee (PDC) Youth Ambassador is an opportunity for youth who have an interest in helping their local communities and would like to develop their personal leadership skills. Working alongside the Extension Agents and PDC members, the Youth Ambassador will serve an integral role in identifying needs of the local community, developing programming activities, and sharing the resources available through the West Plains Extension District.

For more information and for the application, visit <https://bit.ly/3mXG40N>

Applications due 12/10/21.



# EGG WHITES 101



Does working with egg whites scare you? Are you afraid to attempt Grandma's beloved meringue pie because you **can't get the eggs to whip**? Maybe a few of these tips will help you understand how egg whites work and with that knowledge, you can proceed with **baking the best pie or angel food cake**.

Let's begin by discussing egg white principles. First, it's important to know that **egg whites are about 90 percent water and about 10 percent various proteins**. Also in that 10 percent there is very small amounts of sugar and minerals. Egg whites act as good structure builders in cakes and also add moisture. During the baking process, **the egg will make the batter solidify** by coagulating.

Separating the whites from the yolks is very important but easy enough to do if done correctly. First, **start with a cold egg**. I was always taught to bring them to room temperature to beat, but that isn't the best temperature for separating. You want them cold. **Crack them flat**. Not on the edge of a bowl, but against a flat surface so that the egg shell doesn't fragment.

You can use an egg separator (which is what I use), the shells halves or your hands to separate the eggs. The separator works best for me, but it takes longer. If you use the egg shells, just **watch for egg fragments when separating**. The hands work, but it's a mess and I tend to break the yolk when I do this.

It's important that **absolutely no yolk gets in the egg whites**. Even **the littlest bit will keep the whites from whipping**. This is why I use an egg separator. When needing to separate many eggs, do so in two bowls. One for the white, one for the yolk. After you have separated the white, then put it in a separate larger bowl. Then start over with the next egg. This will help you from making a mistake and dropping yolk in all your egg whites. You would hate to separate all the eggs that you need and then oops the last one and not have them whip. If you do drop some yolk in your white, you can try to fix the problem by **scooping the yolk out with a piece or the half of the shell**. The shell contains the protein keratin which will attract the protein in the yolk. A metal spoon will never work to your advantage as the yolk contains water and lipoproteins that don't like metal which will cause the yolk to "run" from your spoon.

When whipping egg whites **fat is your enemy**. Any trace of fat like the yolk will prevent your whites from forming the perfect peaks. Always whip your egg whites in a **clean, dry bowl of stainless steel or copper**. Plastic retains traces of fat and glass and ceramic bowls are slippery so it's harder for whipped whites to billow up. For best results, **hand wash and dry your bowl right before you use it** to whip your whites in.

Some of you might know that **cream of tartar is your friend** when it comes to whipping egg whites. Cream of tartar is a dry acid (potassium bitartrate). **Acids help egg whites whip to a larger and more stable volume**. Acids such as vinegar or lemon juice can be used, but they are considered heavy acids and it takes more to whip the egg whites when using them. The best thing about cream of tartar is that at room temperature, it can be kept indefinitely.

Some more information about egg whites that you might not realize is that they **freeze well**. Research shows that frozen and thawed whites whip to the same volume as fresh ones and they might whip up a bit faster even. The reason for this is that the **freezing starts the process of breaking down the proteins** which the whipping of the whites does as well. You can freeze egg whites up to two months.

For future reference, **one large egg white is about two tablespoons or 1 ounce of white**.

But **what about all of those leftover yolks**? You can also freeze them as well but they will tend to be clumpy when used after being frozen due to the change in the protein. Best thing to do is for you to **bake a dessert that calls for yolks like a pudding**.



## INGREDIENTS:

2 large egg whites + 2-1/4 cups sugar + 1/2 cup water + 1/2 cup light corn syrup + 1/8 teaspoon salt + 1/2 cup chopped pecans + 1-1/2 teaspoons vanilla extract

## DIRECTIONS:

1. Place eggs whites in the bowl of a heavy-duty stand mixer; let stand at room temp. for 30 min..
2. In a microwave-safe 2 qt. bowl, combine the sugar, water, corn syrup and salt. Microwave, uncovered, on high for 4 minutes; stir until sugar is dissolved. Cook 6-8 min. longer or until a candy thermometer reads 260 degrees (hard ball stage), stirring every 2 min.. Just before the temp. is reached, beat egg whites on medium speed until stiff peaks form.
3. With mixer running on high speed, carefully pour hot syrup in a slow, steady stream into the bowl. Beat just until candy loses its gloss and holds its shape, 15-20 min.. Immediately stir in pecans and vanilla. (Do not over mix, or candy will get stiff and crumbly.)
4. Working quickly, drop by tablespoonfuls onto waxed paper. Let stand at room temp. overnight or until dry to the touch. Store in an airtight container at room temperature.

**NUTRITION FACTS:** 1 piece; 83 calories, 1g fat (0 saturated fat), 0 cholesterol, 16mg sodium, 18g carbohydrate (16g sugars, 0 fiber), 0 protein.

### TOTAL TIME:

- Prep.: 40 min.
- Cook: 10 min.
- Plus standing.

**YIELD:** 2 1/2 dozen

*From our friends at Taste of Home*





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# SAVING THE FIRES FOR YULE LOGS LIVING CHRISTMAS TREE SAFETY



With the holiday season here, many will be looking to bring **live Christmas trees** into their homes. Few decorations can quite master the aesthetic of a “winter wonderland” like that of the perfectly-conical Douglas Fir, or the primely-scented, densely-needled, Oregon Pine. **A real tree** can be the finishing touch to your holiday décor that finally gives that neighbor next door a run for their money. But, it **should be done safely**.

A video is shown in safety trainings. A neatly-fixed, **completely unwatered**, real Christmas tree sits in a fake living room amongst gaudy curtains and pillowy furniture. A time-clock is placed in the foreground. The clock starts. Two seconds in, a spark. Fifteen seconds in, the tree is already ash. Thirty seconds, the set is so **inundated in flames** that the clock is barely visible. It's a harrowing scene that, no doubt, has sent many running to their nearest box store opting instead for a reusable plastic tree. But this may be a rash decision.



Properly handled, a live Christmas tree is no more a death trap than that Christmas ham that you've just layered in bacon and brown sugar and maple syrup. Like the artery clogger, you've just got to **make some amendments for a smarter experience**. Sugar-free syrup... Turkey bacon.

### Select a Tree that isn't Dry Already:

**Look at the needles** when selecting a Christmas tree. Are they still a **vibrant green**, or have they turned a dull, gray hue? Do they still **ooze when broken apart**, or are they stiff and fragile? If they easily pull off of your tree altogether, your safest bet would be to keep looking.



### Ensure Your Tree is Getting Watered:

Upon getting your tree home, your first task is going to be to **cut off an inch or two from the bottom of the trunk**. Chances are, the tree has been severed for a minute now. The straw-like tissue that pulls water up, into and throughout the tree, has already been clogged by hardened resin. Cutting back the trunk reopens these channels and your tree's ability to get a drink and **remain hydrated**.

### Pick a Smart Location:

I know you're a smart person. I know that you would never place your potentially highly-flammable decoration right next to a fireplace. This is me telling you **not to do that** anyway. Ovens? Wood-burning stoves? Heating ducts? Avoid those too. Even if not precisely placed next to an open flame, **excess heat can dry out your tree quicker**. Best bet, put it next to a cold window.

### Keep that Reservoir Filled:

Keeping houseplants watered can be a hassle. In this instance, however, your houseplant is going to get considerably shorter every time you forget to water it, as **you'll have to re-cut that trunk** if the tree base becomes exposed to open air. Some have claimed that items like soda or pennies, when added to the water, can have a fertilizer effect and prolong the life of the tree. These have not been shown to be true when studied. **Normal water is your best**, cleanest bet.



**Tree kept alive**, you are now in a **much safer zone** with your real Christmas tree, but there are other factors to consider. Make sure the lights that you select for the tree are **tested and certified** and not damaged. Tree debris on the floor should be **swept up regularly**, so as to not act as a kindling. Cords should be **kept away from walking areas**, so as to avoid the risk of the tree toppling onto you, or into something flame-inducing. Lastly, **never place the tree in an area that blocks potential exits**. Follow these simple tips and you can have the best of both worlds this Christmas –classical décor and a safe environment. Keep the fires to the chestnuts and yule logs.



# KEEPING YOUR POINSETTIAS MERRY & BRIGHT

Their crimson bracts are a holiday staple. Bundled neatly at the base of your Christmas tree, clustered at the corner of your office desk, piled at the altar of your church, **Poinsettias are as much Christmas as sugar cookies and Santa Claus**. And what isn't to love? You're bringing nature indoors at a time when flora isn't supposed to be active. They're a Christmas miracle! Or so the old legends will claim. And with the proper care and attention, their innate beauty can belong to you.

**Temperature and soil moisture are your most-pertinent tasks** while caring for this houseplant. While generally hardy, especially when considering newer varieties, the poinsettia can be temperamental.

Think of the plant as a toddler that you are taking to see Santa. You've bundled them up, fed them their apple juice, and are hoping for a seamless trek to old St. Nick's. Upon arriving, however, they're overheating. They really need to use the restroom. A massive tantrum erupts. Like your toddler, **poinsettias need to be within an exact temperature range, and they need their water intake to be just right**. Neglect either of these factors, and you run the risk of a fuss.

A **bright, warm, sunny window** is the perfect location for Poinsettias during the winter months as the temperature will generally be 65 to 75 degrees Fahrenheit. However, this is not a "set it and forget it" situation. The window temperature is above 75? The lifespan of those bright-red leaves is going to be shorter. Below 60? Root rot. Be sure to **choose a location where it's convenient for you to move the plant around** if need be.

Night time temps should also be taken into consideration when choosing a location. If your window is breezy, or if your plant is leaning against the pane itself, the **cold could damage it**. Ideally it is recommended to place the plant next to a window where a curtain can be drawn between the pane and the plant at night.

Temperature handled, there is also the matter of **proper watering** to pay attention to. Overwatering a Poinsettia is one of the easiest ways to have your Christmas tree's skirt adorned in dead leaves. This plant **does not enjoy having wet feet**. Adversely, it doesn't quite care for being underwatered and wilting either, and **will tell you so by dropping its leaves**. It is recommended that soil moisture be checked daily by sticking a finger a half inch into the soil. If it is moist, leave it be until your next time around checking. It's dry? Time to water again. Just **be sure that any runoff water is drained from the pot**. No wet feet!

There are some claims that poinsettias are poisonous to animals but the truth to this is murky. Animals, like humans, can have **allergies**. And while poinsettias have been found to only be mildly toxic at most, there can always be an exception. The safest bet is to **practice caution** with this plant if you have animals. Likewise, if you were to get the urge to eat your houseplant, practice even more caution. Better yet, **don't do that**.

While the **signature red leaves** of the poinsettia are often thought of as the flowers, the real flowers of the plant are the miniscule yellow inflorescences that grow at the center of those red leaves known as the bracts. Bracts are modified leaves intended to attract pollinators, and while famously portrayed in regards to Poinsettias as a fire-engine red, that isn't always the case. **Poinsettias come in a variety of colors** from bright magenta, to peach, to cream, to pure white, to a marbling of all of the above. So whatever direction your holiday-decorating whims take you this year, **consider a Poinsettia to liven up that decor even more**, and keep it thriving with these simple tips.





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## MAINTAINING YOUR WEIGHT DURING THE HOLIDAY SEASON



The holiday season brings many gifts including visits with families and friends and special foods. For some, **weight gain** is also a gift given by the holiday season. While the amount of weight gained by most adults is small, this is one gift that is not easily returned. In fact, research now suggests that the weight gained during the holiday season may be a factor contributing to the increase in body weight seen in adults.

Follow these **tips to help you watch your weight** during the holiday season.

- **Balance party meals with other meals.** Eat small meals with fewer calories during the day so you can enjoy the party without exceeding your calorie needs for the whole day.
- **Consume alcohol in moderation,** if at all. Alcohol offers little nutritional value and is a source of added calories. If you are going to have an alcoholic drink, have a glass of ice water with or after your drink.
- **Socialize away from the food table.** This reduces the urge to overeat and allows one to focus on socializing with friends, family, and co-workers.
- **If you go to a party hungry, you will be more likely to overeat.** Curb your appetite by snacking on fruit, pretzels, crackers or low-fat yogurt before you go.
- **Smaller is better.** When the food is served buffet-style, make one trip through the buffet line and take only small amounts of the foods that you really like. Research shows that we base the amount of food we take on the plate size and not on our own hunger cues. Wait 15 minutes before you decide if you need to go back for more.
- **Listen to your stomach and stop eating when you are no longer hungry.** Keep the 80% rule in mind. Stop eating when your stomach is nearly full.
- **Watch the Tiny Tasting.** Extra calories don't always come in large portions, rather they can tiptoe in through many tiny tastes throughout the day. Eating the crumble cookie, sampling the food at the grocery store, tasting the treats in the break room, and having that sugary caffeine drink to get you through a stressful day.
- **Get plenty of rest.** People who are sleep deprived eat more.
- **Keep moving.** Physical activity is a great way to relieve stress and boost energy levels.

Trying to lose weight during the holiday season is unrealistic. Instead, **focus on maintaining weight.** Depriving oneself of special foods during the holiday season is almost certain to lead to overindulgence and unnecessary guilt. So, enjoy the season and the special foods that you like during the holidays. **Just use a little common sense and portion control.**

## NEW YEAR NEW YOU

New Year New You weight management class will be offered again in January 2022.

The class is offered for six weeks and is designed to assist you in losing weight by providing helpful tips and strategies. Participants will also discover important nutritional information.

Keep an eye out for more details on this exciting program.



# CREATIVE LABELS MAKE SIMPLE GIFTS SPECIAL

The holidays are a time of gift giving, but gifts do not have to be expensive. Small inexpensive gifts can be special when labeled with clever tags. Simply wrap or decorate the gift and attach a card with a clever saying. Use your imagination. Here are a few ideas to get you started:

- **Soup or soup mix:** wishing you a "souper" holiday season
- **Loaf of bread:** "For being there when you were "kneaded", or for "rising" to the occasion, or no matter how you "slice" it, you're terrific!"
- **Chex Party Mix:** Remember, Santa "Chex" his list twice to see who's been naughty or nice.
- **Jar of Jelly:** Jelly is like love, you can't spread it around without getting some on yourself! Merry Christmas
- **Calendar:** Keep Christmas in your heart the whole year through.
- **Candle:** May your days be happy, your heart be light, your Christmas merry, and the New Year bright!
- **Cinnamon Rolls:** Here's a sweet treat rolled up with the warm holiday wishes!
- **Plate of Candy:** A plate of sweetness to the sweetest person I know! Merry Christmas



## BURN CALORIES WITH HOLIDAY ACTIVITIES

Activity	Calories burned/hour
Standing in line to see Santa	86
Putting up outdoor lights	90
Wrapping gifts/writing cards	100
Cleaning the house	191
Preparing holiday meal	195
Shoveling snow	223
Holiday shopping	298
Dancing at a party	313

\*numbers will vary based on age, sex, and weight

*Extra!  
Extra!*

Do you need some ideas for homemade gifts? **Stop by the Finney or Scott Extension Offices** or go to the West Plains Districts webpage (<http://www.westplains.k-state.edu/>) for some homemade gift ideas.

## STRESS LESS:

*Connect and Communicate Through the Holidays!*

FAMILY DYNAMICS CAN BE DIFFICULT, PARTICULARLY DURING THE HOLIDAY SEASON. JOIN US FOR A DEEP DIVE INTO COMMUNICATING EFFECTIVELY WITH FAMILY MEMBERS TO REDUCE STRESS, CREATE AN INCLUSIVE ENVIRONMENT AND MAKE THE MOST OF THE HOLIDAY SEASON.

### Presented by



**JoEllyn Argabright**  
REGIONAL FCS  
SPECIALIST,  
NORTHWEST



**Tristen Cope**  
FAMILY & CHILD DEV.  
AGENT, CHISHOLM  
TRAIL DISTRICT

**Dec. 8th**

**12:15-1:00pm**

**Register at:**

<https://bit.ly/KSRELivingWell>



**LIVING WELL  
WEDNESDAY**

K-State Research and Extension Webinar Series

Contact us at [livingwell@ksu.edu](mailto:livingwell@ksu.edu) for questions or visit our website:  
<https://bit.ly/KSRELivingWellWebinars>



### Living Well Wednesday,

a new webinar series offered by Kansas State University Family and Consumer Science agents, will be offered the **2nd and 4th Wednesday** of every month beginning in **January**. Please join us to learn some fantastic, useful, information on living well. Webinar sessions will also be recorded, and available to be viewed from the Living Well webpage.





**RENEE TUTTLE**  
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**K**

# WHAT SHOULD BEEF PRODUCERS BE THINKING ABOUT IN DECEMBER?

TIPS BY DALE BLASI, EXTENSION BEEF SPECIALIST

## COW HERD MANAGEMENT FOR SPRING-CALVING COWS

- In late fall and early winter, start feeding supplement to mature cows using these guidelines:
  - Dry Grass: 1-2 pounds (lb.) per day of a 40% crude protein (CP) supplement
  - Dry Grass: 3-4 lb. per day of a 20% CP supplement
  - Dry Grass: 10 lb. good non-legume hay, no supplement needed
- Compare supplements based on cost per pound of nutrient.
- Utilize crop residues.
- Strip-graze or rotate cattle to improve grazing efficiency.
- Cows in average body condition can be grazed at 1-2 acres per cow for 30 days, assuming normal weather. Available forage is directly related to grain production levels.
- Limiting nutrients are usually rumen degradable protein, trace minerals, and Vitamin A.
- Control lice.

## GENERAL MANAGEMENT

- Document your cost of production by participating in Standardized Performance Analysis (SPA) programs.
- Review management decisions; lowers your costs per unit of production.
- Check with your financial management plan and make appropriate adjustments before the end of the year.



**K-STATE**  
Research and Extension

**CALVING  
SCHOOL**

**JANUARY 6  
6 PM**

SPONSORED BY:



**KEARNY COUNTY FAIRGROUNDS  
1482 ROAD R - LAKIN, KS**



**SCAN QR CODE TO REGISTER ONLINE AND TO LEARN MORE ABOUT THE PROGRAM!**

# Risk Management Skills for Kansas Women in Agriculture

A statewide program to teach skills of determining cost of production, utilizing crop insurance, crop marketing plans, and government farm programs.

**KANSAS STATE**  
UNIVERSITY  
Agricultural Economics

**Finney County Fairgrounds**  
209 Lake Ave. - Garden City, KS

  
**K-STATE**  
Research and Extension

## Program Schedule

*All sessions begin with dinner at 5:30pm and will conclude by 8:30pm.*

### Session #1:

January 12, 2022

Enterprise Budgeting

### Session #2:

January 19, 2022

Crop Insurance  
Stress & Resiliency

### Session #3:

January 26, 2022

Crop Marketing  
Family Communication

*Sponsored By: 1st National Bank of Scott City*

### Session #4:

February 2, 2022

Farm Bill Programs

### Optional Session #5:

Beef Cow/Calf Risk Management

February 23, 2022

Enterprise Budgeting  
Cattle Marketing  
Insurance Options

## Program Description

This workshop series will teach principles of determining cost of production, developing a marketing plan, purchasing crop insurance, and participating in farm programs (ARC/PLC). Participants will work with a case farm to apply these topics to a real-world farming operation. An optional 5th session will cover similar risk management principles for beef cow/calf operations.

The program will be a combination of broadcasted keynote speakers, local speakers, and facilitators to assist in completing the hands-on activities. The goal is for participants to acquire risk management skills they can apply directly to their farming or ranching operations.

## Registration Information

- \$50 registration fee will cover all meals and program materials if registered before December 31st. (\$75 late registration fee.)
- Additional \$10 registration fee for optional 5th session.
- Register for the series by visiting [www.AgManager.info](http://www.AgManager.info) under "Events" or by contacting the Kearny County Extension Office (620-355-6551) or the West Plains Extension District Office (620-272-3670).

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to physical, vision, or hearing disability, contact Rich Llewelyn, (785) 532-1504 or the Director of Affirmative Action, Kansas State University, (TTY) (785) 532-4807.

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and the United States Department of Agriculture Cooperating, J. Ernie Minton, Dean and Director.

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**NORTH CENTRAL**  
**EXTENSION**  
**RISK**  
**MANAGEMENT**  
**EDUCATION**



United States Department of Agriculture  
National Institute of Food and Agriculture

# 4-H DISTRICT ROUNDUP

**Happy Holidays West Plains 4-H!** After a very busy 4-H year, it is a wonderful time of year to relax, catch up with loved ones and plan out the rest of your 4-H projects!

To help you stay organized, Kansas 4-H is now offering **online record keeping** through ZBooks (<https://www.kansas4-h.org/resources/awards-and-recognition/ZBooks.html>). This web-based system **allows you to work on your permanent record, project record, story and personal information page on the fly!** Stop at the feed store? Log-in to your ZBook family account and upload expenses as you make them! Just finish your club talk or club days presentation? Enter your results as soon as you finish! And the best part? Pictures automatically upload and size themselves correctly without pre-formatting!

The **Permanent Record** can be completed through ZBooks as well. The online Permanent Record begins with the 2021-22 4-H year. **Previous year's** Permanent Records do not have to be uploaded or retyped into ZBooks. Just print at the end of the 4-H Year and insert into your record book.

Do you have to use ZBooks? Nope, the **2020-21 version** of the Kansas 4-H Record Books (PDF version) is still in use. Records can be downloaded and typed in or handwritten.

**Happy Holidays!**

 - Janet 



**JANET HARKNESS**  
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4-H & YOUTH  
DEVELOPEMENT  
JLP27@KSU.EDU



Need some help  
getting ready for Club Days?

## 4-H Public Presentations Workshop

Wednesday, December 15

At 6:30pm, 4-H Building

 More Information  
Email Janet, [jlp27@ksu.edu](mailto:jlp27@ksu.edu)

**REGISTER NOW**



**K-STATE**  
Research and Extension  West Plains  
District

4-H is going to the dogs!!

Dog Obedience Training for 4-H members  
and their best friends!

All practices to be held at 2pm on the  
following days:

- October 10 - Carpenter Building
- November 7 - Carpenter Building
- December 5 - Carpenter Building
- January 9 - Carpenter Building

For more info, please contact Janet at  
620-872-2930 or [jlp27@ksu.edu](mailto:jlp27@ksu.edu)



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# ACTIVITIES ROUNDUP

Finney County welcomed autumn with a plethora of activities. Fall arts & crafts gave kids the opportunity to learn about birds with Anthony and make bird feeders, while New Family Night on November 16th welcomed and acquainted several new members. Beacon Boosters and Finney Flyers showed their support, participating in the Veteran's Day Parade. And 4-H Agent Janet was out in schools making candy launchers with the kiddos!





## FINNEY COUNTY NOVEMBER 21ST ACHIEVEMENT BANQUET



## SCOTT COUNTY HALLOWEEN DAY ACHIEVEMENT BANQUET





# ACTIVITIES ROUNDUP

Scott County 4-Her's had a blast with Galactic Quest Stem night followed in the month by Fall Arts and Crafts. 4-H Shooting Sports club held a Gun Safety promotion, which was sponsored by the regional trauma system SWKRTC, as well as their annual Veteran's Day tribute. Several launchers participated along with Kelly Stoppel from the Kansas Highway Patrol and Detective Jason Poore. 4-H Agent Janet was out in the schools with a fun sharpie turkey activity.





 **Club Reports** 

### WIDE AWAKE

The November meeting of the Wide Awake 4-H club was called to order at 7:00pm at the Grandstand meeting room. There were 25 members, 2 leaders and 14 parents present. The roll call was, "What is your favorite 4-H Project?" Jaylee Speer read the minutes and Emma Lightner approved of them. There was no committee report, reporter's report or a parliamentary tip. The leaders report discussed getting enrolled in 4-H, the achievement banquet and club committees. Unfinished business discussed packing child's Christmas boxes. There was no new business. Project talks were presented by Jill Schmeackle on her horse, Emma Lightner on performing arts and Jaylee Speer on her goat project. Recreation was led by Jade Ardery and Rush Ardery. Motion to adjourn the meeting was made by Jill Schmeackle and was seconded by Abigail Morales. Meeting was adjourned.

### FINNEY FLYERS

The Finney Flyers met November 7th @ 4pm. 8 Members and 1 Leader answered roll call of my favorite Thanksgiving dish. Last months minutes were read and approved. The treasurer report was given. Perry moved to approve the report. Motion was seconded and approved. There was no reporter's report. 2 members were wished a Happy Birthday, Connie reminded members that achievement banquet, officers training, and the next 4-H Council meeting was November 21st. Recreation was rock, paper, scissors. Casey moved the club get scarves and gloves for the Emmaus House. Motion was seconded and passed. Members decorated items for the Veteran's Day Parade. Members voted to adjourn the meeting.

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### KOURAGEOUS KIDS

Kourageous Kids 4H club met Sunday October 10th at the GC COOP Community room. Officer elections were held and 4Hers shared activities they had participated in over the last month. Tag was played for recreation and Halloween treats were served. The next meeting is November 14th at 5 pm.

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### BEACON BOOSTERS

The Beacon Boosters November 2021 meeting was held at 9:25a.m at the Garden City fairgrounds. No treasurer report was given, no parliamentary report was given, secretary read the minutes from the October meeting. The main agenda item covered was the installation of club officers. The meeting activity was participating in the Garden City Veterans Parade. The December meeting will be the parent meeting, and will include bell ringing for the Salvation Army, as well as the club Christmas party, and the gift exchange.  
Maggie Deal, Reporter

## 2022 Western Kansas District



**SAVE THE DATES**  
Jan. 12  
Jan. 26 & Jan. 29

*Meeting Details, Topics & Speakers  
Coming Soon*

**2022 Virtual Zoom Sessions** | **In person & Zoom Session**  
**Wednesday, January 12<sup>th</sup> &**  
**Wednesday, January 26<sup>th</sup>** | **Sat. January 29, 2022**  
**Hodgeman County 4-H Building**  
**1005 Atkin St. • Jetmore, KS**

### Supporting Partners



[www.hodgeman.k-state.edu](http://www.hodgeman.k-state.edu)

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Program compliments of the Extension Councils of Hodgeman, Ford, Gray,  
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