ISSUE NO. 29 | SEPTEMBER 2023 WEST PLAINS EXTENSION DISTRICT





APPLICATION: https://tinyurl.com/WPOPApp Deliver completed application to 501 S 9th Street, Garden City, KS.

4-H YOUTH DEVELOPMENT EXTENSION AGENT

APPI ICATION: www.ksre.k-state.edu/jobs

K-State Research & Extension is an equal opportunity provider and employer.

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- Finney County Club Reports
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OFFICE HOURS: MONDAY - FRIDAY | 8 AM - 5 PM **FINNEY COUNTY OFFICE:** 620-272-3670 **SCOTT COUNTY OFFICE:** 620-872-2930 **OFFICE PROFESSIONAL: COZETTA O'DEA**



IANET HARKNESS **4-H & YOUTH DEVELOPMENT** ILP27@KSU.EDU



CAROL ANN CROUCH DISTRICT DIRECTOR CCROUCH@KSU.EDU



IENNIFER LASALLE FAMILY & COMMUNITY WELLNESS ILASALLE@KSILEDI



RENEE TUTTIE **AGRICULTURE & HORTICULTURE RSTLITTI F@KSLI FDI**

WWW.WESTPLAINS.K-STATE.EDU

@WESTPLAINSKSRE

UPCOMING DISTRICT EVENTS

- 9/5: Dining with Diabetes Series Begins (Wm. Carpenter 4-H Building, Scott City: 6-8PM)
- 9/6: State Fair Projects due to Extension Office (5PM)
- 9/6: K-State Garden Hour: Seed Saving From Your Garden (Zoom: 12-1PM)
- 9/7: 2023 Extension Master Gardener Training (Finney County Boardroom: 1-4PM)
- 9/7: AKC Dog Obedience Lessons (West Pavilion-Finney County Fairgrounds)
- 9/8-9/17: Kansas State Fair
- 9/19: State Fair Project Pick-Up at Extension Office
- 9/21: 4-H PDC Meeting (Finney County Boardroom: 7PM)
- 9/25: A Better You! Wellness Class Begins (Finney County Boardroom)
- 9/30-10/2: Kansas Junior Livestock Show
- 10/1: Happy 4-H New Year! 4-H Enrollment Begins
- 10/1-10/7: National 4-H Week
- 10/3-10/31: Adult Quilt Class for Beginners (Finney 4-H Building: Tuesdays 6:30-8:30PM)
- 10/7-10/8: 48 Hours of 4-H Community Service
- 10/14: West Plains 4-H Fall Fest (Wm. Carpenter 4-H Building, Scott City: 5:30PM)
- 10/14-10/15: Kansas 4-H Shotgun Match
- 10/20-10/21: Kansas Shooting Sports Leader Certification Program (Cimarron)
- 10/21-10/22: Kansas 4-H Dog Conference (Rock Springs Ranch)



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact West Plains Extension two weeks prior to the start of the event at 620-272-3670/620-872-2930. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.

OCTOBER

ED

AT HOME WITH CAROL ANN | CAROL ANN CROUCH

FROM THE DESK OF THE DIRECTOR

Hello September! This is the month we hope the heat will subside and let all of us catch our breath!

Some of you may be aware that we are looking to hire and fill a couple of positions in the West Plains Extension District. We are looking for an Office Professional in the Finney County Extension Office and also, we are adding to our agent team with another 4-H and Youth Development Agent.

The **Office Professional** position schedule is 8-5PM, Monday-Friday, starting at \$15.00/hour with 12 paid Vacation Days, 12 paid Sick Days, and paid national holidays. To apply for the Office Professional position, please stop by the Finney County Extension Office (501 S 9th St, Garden City) for an application or you can find one online at https://tinyurl.com/WPOPApp. The position will remain open until filled. We will also consider part-time help for the right candidates.

To apply for the **4-H and Youth Development Agent position**, please go to www.ksre.k-state.edu/jobs. You can apply until September 11, 2023.

If anyone has questions, please reach out to any of the agents or myself and we will be happy to visit about the position.

We also have a lot of upcoming events this fall! Be sure to look over our District Calendar to be sure that you do not miss out on any of the learning opportunities from our agents and district volunteers! We are sure to have something for everyone! -(Mac) Am

National Night Out at East Garden Village



Cupcake Wars with West Plains 4-H

SEPTEMBER IS NATIONAL FOOD SAFETY EDUCATION MONTH!

So how do you know if your food at home is still safe to eat? While food safety is pretty heavy stuff, here are a few **delightful reminders about the food in your refrigerator and pantry**:



Milk

When something starts pecking its way out of the shell, the **egg** is probably past its prime. *Throw it out!*

Milk to spoiled when it starts to look like yogurt. Yogurt is spoiled when it starts to look like cottage cheese. Cottage cheese is spoiled when it starts to look like regular cheese. Regular cheese is nothing but spoiled milk anyway and can't get any more spoiled. Cheddar cheese is spoiled when you think it is bleu cheese, but you realized that you never purchased that kind. If any of this ever occurs--Throw it out!



Sesame seeds and poppy seeds are the only acceptable "spots" that should be seen on the surface of any loaf of **bread**. Fuzzy and hairy looking white or green growth areas are a good indication that your bread has turned into a pharmaceutical laboratory experiment. You're not a scientist--*Throw it out!*



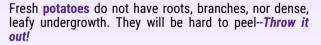
Flour is spoiled when it wiggles. Get your protein other ways, please--Throw it out!



Any canned goods that have become the size or shape of a softball should be disposed of carefully. Do not open--Throw it out!



Raisins should not be harder than your teeth, nor should they have legs. If they do--*Throw it out!*





If you can take **dip** out of its container and bounce it on the floor--it has gone bad. And it will not taste very good when it comes back up--*Throw it out!*



A carrot that you can tie in a knot is not fresh. It will taste funny too! *Throw it out!*

You know it is well beyond prime when you're tempted to discard the plastic containers along with the food. Generally speaking, **plastic containers should not burp** when you open them--*Throw it out!*

Hope this gave you a chuckle and served as a reminder to check and see what is in your refrigerator or pantry. This is only a funny, **but if in doubt--***Throw it out!*

JOYFUL LIVING WITH JENNIFER | JENNIFER LASALLE

UNPLUG & RENEW FOR A BETTER YOU!

"Almost everything will work again if you unplug it for a few minutes, including you." -- Anne Lamott

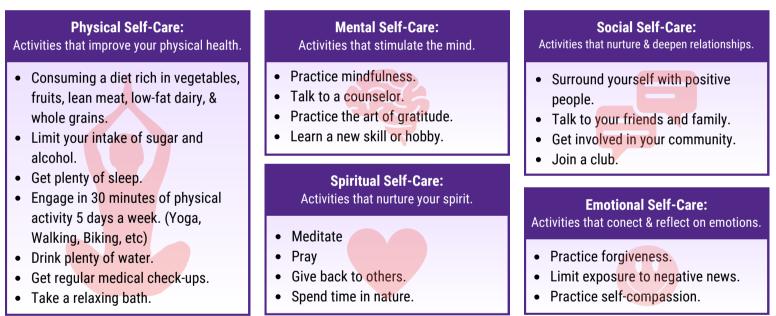
How do I unplug? I have no time to unplug? My lifestyle is so busy? Are these questions going through your mind as you are reading this quote?

If so, read on for more information on how to unplug from your busy hectic life.

Self-care is all the rage right now and rightly so. It is something to take seriously as more and more people are experiencing stress, anxiety and chronic illnesses.

Self-care takes on many meanings and many interpretations. Self-care is not self indulgence or being selfish. Self-care is taking care of your physical, mental, emotional, social, and spiritual health so you feel good about yourself and you're able to take care of your responsibilities and others. Research shows that engaging in self-care practices helps you be kinder to yourself, restores your energy, and gives you both short-term and long-term benefits. Engaging in self-care practices can reduce your risk of illness, lower your stress and anxiety, and increase your energy and confidence.

So how do I practice self-care? There are many ways to practice self-care, but the best way is the one you enjoy and feel comfortable doing. The following are some examples of self-care practices:



Still need some help find a self-care activity? Then join "A Better You" class. At this class, we will taste some healthy dishes, practice the art of gratitude, and engage in yoga for beginners. Or if you are looking for a new hobby, join the "Quilt Class for Beginners".

One of the most important things about self-care is that it needs to be a priority. Practice self-care every day. It's not a selfish act to engage in a self-care plan. Remember, **you can't pour into others if your cup is empty**. It's okay to unplug yourself from your hectic life and engage in some self-care activities.



Do you have or care for someone that has Type 2 Diabetes? Join us for 'Dining with Diabetes', a series of two-hour classes held once a week for four weeks. Lessons focus on *care, food choices, low-impact physical activity, food sampling,* and *cooking techniques* for those with diabetes.

West Plains Extension District and **Scott County Health Department** will be offering the class **every Tuesday beginning 9/5 - 9/26 from 6-8PM at the Wm Carpenter 4-H Building**. Register today by calling Jennifer LaSalle, KSRE, 620-272-3670 or Edith Tarango, SCHD, 620-872-5774.

NATIONAL EXTENSION WORKING GROUP

TOPICS FROM THE TROWEL TO THE TURNROW | RENEE TUTTLE SEPTEMBER GARDEN CALENDAR





Information from the K-State Research and Extension Garden Calendar Publication.

2023 MARKET WHEAT SHOW RESULTS

FINNEY COUNTY

GRAND CHAMPION

Taylor Knoll RESERVE GRAND CHAMPION Adam Knoll

SCOTT COUNTY

GRAND CHAMPION

Rich Randall

RESERVE GRAND CHAMPION

Chaston Hoeme

4-H DISTRICT ROUNDUP | JANET HARKNESS

RECORD BOOK FRENZY!



We are just over a month away from our due dates for record books. 4-H Online will be shut down from September 21st-30th as the state office completes the rollover ahead of open enrollment for the beginning of the new 4-H year, beginning October 1st.

I hope everyone has had time to look over the online recoding system, **ZBooks**, and the downloadable PDFs on the state 4-H website sometime throughout the year. ZBooks forms, when finished, saved and downloaded will print out in the same format as the PDF version Project Records. The PDF Records MUST BE downloaded first before filling out or they will not save & print.

Please apply for the pin that is consistent with your 4-H'ers age. You can only get 1 pin/year with the one-time exception that you can get an age appropriate pin plus your member pin if you started 4-H later than 7 years old. You cannot back up to get a pin that you didn't qualify for in previous years and you cannot jump forward either. All applications have qualifications that members must meet in order to earn their pin.

If you have completed a record book in pervious years, there should be a small pin tracking sheet taped to the inside back cover of your record book to help you track which pins have been earned and which pins are still eligible to be applied for. New members will receive this tracking sheet this year when books are turned in.

Do you have questions about different activities/programs that your 4-H'er may have participated in throughout the year? Contact the office. **Looking for pictures from throughout the year?** Check out the 4-H Facebook Page.

Please call, or stop by for help, ideas and reassurance - we can do this!

- Pin Applications and Project Record Nomination Forms need to be placed in the front pocket of your record notebook.
- Leader Signature: A record book IS NOT considered complete without your community club leader's signature. Please plan accordingly and make sure you attend your club's record book meeting (if your club is having one).
- Record books and all applications may be typed or handwritten.
 - A Record Book MUST have the following in order:
 - Personal Information Page
 - 4-H Story: Double-Spaced, 1-6 pages
 - Permanent Record
 - Optional: General 4-H Project Work Photo Pages (Limited to 2 pages)
 - 4-H General Project Report(s) (1 report/project)
 - Correct Age Form (Jr: 7-9, Intr: 10-13, and Sr: 14-18)
 - Correct Project Form (General Project or Animal)
 - All Sections Completed (including photos)
 - Past Personal Pages
 - Past 4-H Story

RECORD BOOK REMINDERS

- Past Project Records
- ADD DETAILS TO EACH SECTION! i.e. 5 SMART Goals & 5 Learning Experiences
- **Community Service:** A free service that your 4-H'er completed
- Leadership: Teaching another 4-H'er or group/leading an activity
- Show off a wide array of activities, learning experiences and photos.
- Use notebook dividers between each section and project.
- FINNEY COUNTY HELP SESSIONS:
 - 9/14 @ 6-7PM 4-H Building (Small Side)
 - 9/21 @ 6-7PM Extension Office
- SCOTT COUNTY HELP SESSIONS:
 - 9/18 & 9/19 (Contact Janet for Appointment.)

SCOTT COUNTY 4-H RECORD BOOKS DUE: SEPTEMBER 26TH

FINNEY COUNTY 4-H RECORD BOOKS DUE: OCTOBER 10TH

RECORD KEEPING PAGE:

https://tinyurl.com/4HRecordKeeping

PIN APPLICATION PAGE:

https://tinyurl.com/4HPinApp

Please contact either Extension Office if you need any help or have any questions!

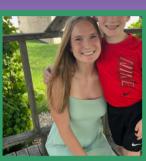
4-H DISTRICT ACHIEVEMENTS



C::: ngratulations NATIONAL 4-H CONGRESS DELEGATES



KEY AWARD DELEGATE Baylee Hutcheson Finney County 4-H



CENTENNIAL DELEGATE Kate Rogers Scott County 4-H

SCOTT COUNTY 4-H SHOOTING SPORTS

TEAM RESULTS: Seniors - 1st | Iuniors - 3rd

> SENIOR DIVISON: FTHAN 7FRB - 1ST

RYLAN WILKINSON - 2ND WYATT RICKER- 3RD

JUNIOR DIVISION: Kaler Fischer - 3rd

> TOP GUN: ETHAN ZERR (PICTURED RIGHT)





K-STATE Research and Extension www.kansas4h.org

KANSAS 4-H LIVESTOCK SWEEPSTAKES West plains district results

PLACINGS: 31ST: WEST PLAINS 1 34TH: WEST PLAINS 2

REASONS: 21ST: WEST PLAINS 1 40TH: WEST PLAINS 2

OVERALL: 25TH: WEST PLAINS 1 38TH: WEST PLAINS 2



IEST PLAINS 4-H MEATS JUDGING

PRATT COUNTY MEATS CONTEST

KEALIE BRYANT: 2ND INDV. INTER. **Braeden Boyd:** 9th Indv. Inter.



OVERALL: 4TH Retail id: 3RD Aaron Morales: 2nd Indv. Sr. | 3rd Retail id Kealie Bryant: 8th Indv. Sr. Kayla George: 29th Indv. Sr. Braeden Boyd: 12th Indv. Inter. Macy Hands: 13th Indv. Inter.

KANSAS 4-H MEATS CONTEST



FINNEY COUNTY 4-H: WIDE AWAKE

July 2023: The Finney County Wide Awake 4-H club July meeting was held in the Grandstand room on Monday, July 10th. The meeting was quickly called to order at 7 pm with reports and old business. Leaders gave their reports and updates as well as important County Fair reminders. Thank you to members who participated in window painting! The Club then proceed with the annual poster tour! Each 4-H member gave an overview of their fair projects and took questions from the group. The meeting was concluded with a reminder that August meeting will be at the conclusion of 4-H Sunday service.

Respectfully Submitted by Brooke Basham

FINNEY COUNTY 4-H: BEACON BOOSTERS

June 2023: Beacon Boosters met June 26, 2023 at the Deal house. The club was informed that we are one of host clubs for the achievement banquet in November. The club leaders discussed the July 4, 2023 static entry deadline and the July 11, 2023 livestock entry deadline for the 2023 fair. Kason did a project talk on his sheep Phoenix. Adam did a project talk on Case IH tractors. Jake did a project talk on the Cheyenne Indian Tribe. The club worked on the club banner for the fair followed by a swimming party. The July meeting will be held on July 18, 2023 at 6 p.m. at the fairgrounds.

August 2023: The August Wide Awake 4-H meeting was called to order at the conclusion of 4-H Sunday Service. Leaders expressed their congratulations on a great County Fair. New business included volunteers to clean windows. The meeting was quickly adjourned with notification of the September meeting and the club went to the barns to help with fair clean up.

Respectfully Submitted by Brooke Basham

July 2023: Beacon Boosters July meeting did not take place due to not having quorum.

Respectfully Submitted by Jake Knoll

Respectfully Submitted by Jake Knoll

WEST PLAINS DISTRICT ANNOUNCEMENTS



