

# WEST PLAINS EXTENSION DISTRICT

# NEWSLETTER



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4h'ers met this month for YQCA Training in Finney and Scott county with 4-H Agents Janet and Tori. It helps enhance the educational experience for youth who show livestock. food safety, well-being and character development is what was focused on.

**REGISTER TODAY**

**4-H PHOTOGRAPHY SHUTTERBUG EVENT**  
Saturday, May 4, Garden City, Ks

**K-STATE** Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.

**OFFICE HOURS:**  
MONDAY - FRIDAY | 8 AM - 5 PM

**FINNEY COUNTY OFFICE:**  
620-272-3670

**SCOTT COUNTY OFFICE:**  
620-872-2930

**OFFICE PROFESSIONALS:**  
COZETTA O'DEA & JESSICA LOPEZ



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



**CAROL ANN CROUCH**  
DISTRICT DIRECTOR  
CCROUCH@KSU.EDU



**JENNIFER LASALLE**  
FAMILY & COMMUNITY WELLNESS  
JLASALLE@KSU.EDU



**TORI MOCK**  
4-H & YOUTH DEVELOPMENT  
TMOCK@KSU.EDU

# UPCOMING DISTRICT EVENTS

SPRING  
2024

Print or screenshot this page to keep up to date with all of our upcoming activities!  
(\* indicates a pre-registration is required.)

APRIL

- **4/1: Camp Lakeside & Camp Wild Adventure Registration Open**
- **4/7: Scott County 4-H & FFA Beef Tagging** 2:00pm-4:00pm Fairgrounds
- **4/11: Finney County 4-H & FFA Beef Tagging** 5:30pm-7:30pm Fairgrounds
- **4/19: Visual Arts Workshop**, 1pm-4pm, First Baptist church, Holcomb
- **4/22: Finney County 4-H & FFA Small Livestock Tagging** 5:30pm-7:30pm West Pavilion, drive thru

MAY

- **5/1: Camp Lakeside & Camp Wild Adventure Registration closes**
- **5/1: State Market Beef Nominations** due online & DNA Postmarked
- **5/4: Shutterbugs at Lee Richardson ZOO**
- **5/5: Scott County 4-H & FFA Small Livestock Tagging** 2pm-4pm ,Fairgrounds
- **5/17 Finney & Scott County Fair Accommodation Request's for Person's with Disabilities Due** (call your local Extension Office)
- **5/24 Finney County 4-h Arts & Crafts, 9-12pm , Extension office**
- **5/28 Summer Internship Team in WP District**



## 4-H LEADERSHIP DAY: THE YOGOWYPI EXPERIENCE! WITH BILL CORDES

A FOCUS ON LEADERSHIP AND SELF-WORTH

CHECK OUT: [WWW.YOGOWYPI.COM](http://WWW.YOGOWYPI.COM) TO LEARN ABOUT OUR SPEAKER

**APRIL 27TH, 2024**  
**10AM-12:30PM**

EVENT LOCATION:  
GRAY COUNTY FAIR GROUNDS  
17002 W HWY 50, CIMARRON, KS

SPONSORED BY GRAY COUNTY 4-H AND  
WALNUT CREEK DISTRICT 4-H

**K-STATE**  
Research and Extension



**ACTION FOR ALEX**

**DANE G. HANSEN**  
FOUNDATION

NW 4-H Advisory Daycamp

K-STATE RESEARCH AND EXTENSION IS COMMITTED TO PROVIDING EQUAL OPPORTUNITY FOR PARTICIPATION IN ALL PROGRAMS, SERVICES, AND ACTIVITIES. REASONABLE ACCOMMODATIONS FOR PERSONS WITH DISABILITIES MAY BE REQUESTED BY CONTACTING GRAY COUNTY EXTENSION OFFICE AT 620-855-3821.

Event is for **4-Hers in 6th -12th grades** and 4-H volunteers.

\$10/4-Her or Volunteer. Registration Due to Local Counties by April 19, 2024

*First*  
**FRIDAY e-CALL**

Hays Microfactory  
David Clingan, Grow Hays

Join Us April 5, 2024  
9:30-10:30 am

Register Today  
<https://ksre-learn.com/ecall>

**K-STATE**  
Research and Extension

SAVE THE  
DATES!

**Finney County 4-H  
Livestock Tagging Dates**  
Beef: Thursday, April 11  
Small Livestock: Monday, April 22  
Make-Up Tagging: Monday, April 29

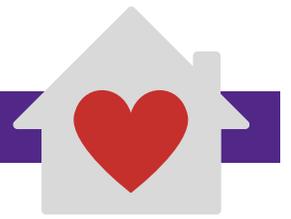


**2024 LIVESTOCK  
TAGGING DATES**

**Scott County 4-H  
Livestock Tagging Dates**  
Beef: Sunday, April 7  
Small Livestock: Sunday, May 5  
Make-Up Tagging: By Appointment

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 four 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.

\*Cover Headshot Photo Credit: AnneMarie Photography



## FROM THE DESK OF THE DIRECTOR

**Ready for Rhubarb?** By Karen Blakeslee, Director of the Rapid Response Center.

Rhubarb will soon be popping out of the ground! It is a perennial favorite in Midwest gardens. Here are some tips to store rhubarb or preserve it for later use.

After harvest, store rhubarb stalks in the refrigerator loosely wrapped in foil. This helps prevent moisture loss causing the stalks to become limp. Wrapping them tightly in an airtight plastic bag or wrap can also soften the stalks quickly. Wrapping loosely in foil reduces ethylene gas loss. It should remain fresh about two weeks.

To preserve for later use, here are some options from National Center for Home Food Preservation at the University of Georgia:



Preserving  
Rhubarb



strawberry-  
Rhubarb  
jelly



Freezing  
Rhubarb

K-State Research and Extension strives to help small food businesses to make and sell safe food.

One important tool to accomplish is our publication Food Safety for Direct to Consumer Sales: Regulations and Best Practices. This publication is developed in partnership with the Kansas Department of Agriculture Food Safety and Lodging program.

Those who sell Direct to Consumers including farmers markets, local fairs, and online sales. There are food safety regulations to follow and the bottom line is to make the safest food possible. This publication also provides information about licensing, selling meat, eggs, dairy products and more!

It is updated annually and is also available in Spanish and you can get a copy at the Extension Office.

<https://tinyurl.com/foodregulationandsafetys>

-Carol Ann

## HEALTHY BODY, HEALTHY BRAIN



What you eat, how much you move, how well you sleep, and how you manage stress affects nearly every aspect of your well-being, including physical (body) and mental (brain) health.

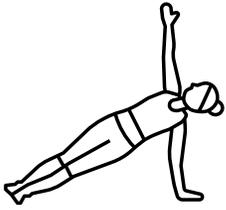
THURSDAY, APRIL 11 FROM 12:00-1:00

SCOTT COUNTY EXTENSION OFFICE  
201 WEST 4TH STREET

RSVP TO CAROL ANN CROUCH BY WEDNESDAY,  
APRIL 10 AT 620-872-2930.  
MUST HAVE AT LEAST 5 PEOPLE TO HAVE  
PROGRAM.



Carol Ann had a lot of fun over spring break with West Plains 4-Hers quilting. The 4-Hers always do such an awesome job



**April is Stress Awareness Month**, a time to reflect and re-examine how we deal with stress and a time to focus on productive stress management strategies. Everyone experiences stress, and everyone experiences stress differently. What causes stress in one person may not cause it in another, and stress can have a variety of effects on people. It can wreck your emotional well-being. Stress is the rate of wear and tear on your body caused by living. It is the physical, mental, and chemical adjustments that your body makes in accordance to the circumstances of your life. In other words, stress is a response to what is happening around you. It is the process the body uses to keep balance and sustain life when various demands are made on you. Stress can be good, as well as bad for you. It is like electricity. It can warm you and light up your life, or it can give you a fatal charge. Regardless, stress is always with you

It is important to learn how your body responds to the demands of stress. When stress becomes prolonged or particularly frustrating, it becomes harmful-causing distress or “bad stress”. Chronic stress can bring pain and strain to your life and can make you sick. Recognizing the early signs of distress, and doing something about them, can make an important difference in the quality of your life.

Try these stress management strategies.

**REFLECT**

Think of any moment that made you feel comforted and content. Close your eyes and relive that moment

**SELF-TALK**

Tell yourself you can get through it. You have come through rough times before. You can do it again. You have gotten through difficult situations.

**Eat Well and Sleep**

Well A nutritious and well-balanced diet combined with adequate restful sleep are keys in keeping your immune system strong.

**TTTHINK “B-R-A-I-N”**

- B=Breathe: Breathe deeply 5 times, Release the air slowly
- R= Relax: Tell yourself to relax
- A=Ask yourself what you need or want to feel. What you need to feel: calm, in control, at peace, and other comforting feelings.
- I=Imagine feeling that way
- N=Now, after doing those four things, ask yourself, “How do I feel now?”

**National**

**EXERCISE**

**Walking Day:**physical activity can help to lessen cortisol in the body and protect against negative impacts of stress. Helps alter your mood as it bumps up production of endorphins.

**NATIONAL EXERCISE DAY: APRIL 18**

**NATIONAL WALKING DAY: APRIL 3**

**Spring Lamb for Spring Meals**

Sheep are the oldest domesticated meat species. Sheep have been raised by humans beginning about 9,000 years ago in the Middle East. In many countries, lamb (a young sheep) is the major source of protein. Many Americans think of lamb as a springtime food, but it can be enjoyed year-round.

When shopping for lamb, look for meat that is fine textured and firm that has red coloring and white marbling (white flecks of fat within the meat muscle). The fat trim should be firm, white, and not too thick. The USDA quality grades are reliable guides.

There are five basic major (primal) cuts into which the lamb carcass is separated: shoulder, rack, shank/breast, loin, and leg. It is recommended that packages of fresh lamb purchased in the supermarket be labeled with the primal cut as well as the product, such as “shoulder roast” or “loin chop.”





## 4-H PROJECT SPOTLIGHT: Shooting Sports Project

4-H gives kids unique hands-on opportunities to learn by doing and gain valuable life skills.

Want to learn proper and safe ways to shoot an air rifle, or bow and arrow? Check out the shooting sports project! The project teaches gun safety, hunting practices plus an opportunity to test your skills. If you have an interest in guns and/or hunting this project is a great way to learn. The Kansas 4-H Shooting Sports Program is a part of the 4-H Agriculture and Natural Resources Curriculum area. It is intended to utilize 4-H shooting sports as a means for the development of life and social skills in the youth and adults participating in the program. The Kansas 4-H Shooting Sports Program is based on the National 4-H Shooting Sports Program and includes skill disciplines in archery, coordinator, hunting skills, muzzleloading, pistol, rifle, shotgun, and western heritage. Check with the local extension office for the availability of a certified program in the county before enrolling in the shooting sports project. Local certified shooting sports coordinators and instructors teach all disciplines.

Air rifle, air pistol and BB gun have finished up for the season with our **Scott County 4-H Fair Shoot**, held on **March 24th** but we are getting ready for archery and shotgun this summer and fall. Contact the office to find out more!

### Scott County shooting sports results

#### Air Pistol

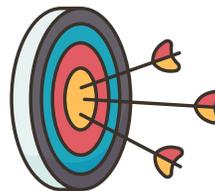
**Seniors**- 1st & Champ : Hunter W.  
2nd & Res Champ: Isaiah R.  
3rd: Cooper W.  
4th : Renee B.  
5th: Marin K.

#### Air Rifle

**seniors**: 1st & Champ: Taylor K.  
2nd & Res Champ : Brice K.  
**Juniors**: 1st & champ: Bryn C.

#### BB GUN

**Seniors**: 1st & Champ: Brice K. 2nd & Res Champ: Hunter W. 3rd : Brice K.  
**Juniors**: 1st & Champ: Alexander V. 2nd & Res Champ: Kashen P. 3rd: Bowen K. 4th: Trace J.  
5th: Gage C. 6th: Rylee Z. 7th: Garret W.  
**Intermediates**: 1st & Res Champ: Bryn C. 2nd & Res Champ: Brayson M. 3rd: Hayzen K. 4th: Daniel B. 5th- Stateler K.



## WILD ADVENTURE 4H CAMP

### CAMP LAKESIDE

June 12-14, 2024

What Will You Do?  
Hike, Swim, Fish, Smores, Build Lifelong Friendships & more!

Camper Age (on Jan 1): 10-13 years of age  
Counselor Age (on Jan 1): 15-18 years of age

FEE: \$210  
INCLUDES MEALS, ACTIVITIES & T-SHIRT

2024 CAMP LAKESIDE REGISTRATION  
FORM CAN BE FOUND:  
[HTTPS://FORMS.GLE/GR1U45NU4S62WD9A](https://forms.gle/GR1U45NU4S62WD9A)

Registration deadline and  
payment due to the Extension  
office is May 1st.



## POINT OF ORDER!

*Monthly Series*

### POINTS TO PRACTICE PARLIAMENTARY PROCEDURE

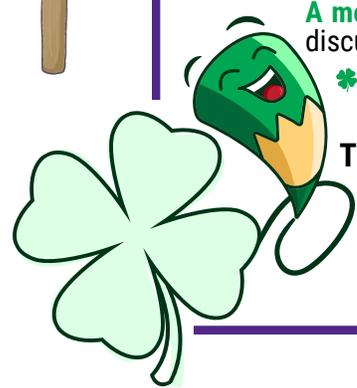
“Mr. President, I move...”

A motion must be made and seconded to begin discussion on an issue.

✦ A limited amount of discussion may be allowed, at the discretion of the Chairman prior to a motion being made.

#### To make a motion:

- Stand up
- Address the Chair
- Wait until the Chair recognizes you
- Begin the motion with **“I move”**



## FINNEY COUNTY 4-H: SHERLOCK STRIVERS

Sherlock Strives 4-H Club February Reporters Report

March 18, 2024 at 7:00 pm the 4-H council meeting was called to order. Roll call was called out by secretary Taylor. 4-H clubs Beacon Boosters, Finney Flyers, Happy Hustlers, Kourageous Kids, Sherlock Strivers, and Wide awake representatives were all present. January Minutes were read and approved as read. Finney County Fair shirts design has been put out by Janet Harkness, it has been talked about during fair week to have a "4-H night" as the same night as parent showmanship with goats, lambs and swine. Other events throughout 4-H week were also discussed but nothing has been voted or decided on. In the 3rd week in April is National Volunteer week, It was approved to place an advertisement in the news paper to thank volunteers during the National Volunteer week. Next months meeting is May 20, 2024 in the 4-H building at 7:00 pm.

## FINNEY COUNTY 4-H: BEACON BOOSTERS

The Beacon Boosters 4-H meeting was called to order on March 3, 2024 at 5:20 p.m. by Presidents Brayden and Aleah. Prior to the meeting started Beacon Boosters and Finney Flyers bowled at Hard Rock Lanes for their club exchange. Aleah led the Pledge of Allegiance and Brayden led the 4-H pledge. There were eight members and five parents present. The February minutes were read and approved. Taylor and Jake discussed how they did at regional club days. The treasurer's and reporters report were given. The club voted to do a club banner for the 2024 fair. Club members were asked to bring ideas to the April meeting. The next Beacon Booster meeting will be held April 15, 2024 at 6p.m. at the Knoll house. The meeting was adjourned at 5:36 p.m.  
Taylor, Reporter

## FINNEY COUNTY 4-H: WIDE AWAKE

In November the club had a record long meeting voting on different options for the Christmas Party before deciding on a gingerbread house decorating contest.

The December meeting found the club divided into five teams with old and young 4Hers working together to build and decorate a house in 30 minutes. The parents and visitors voted and the winning house was decorated with snow and lights all around the roof. The winning team got mini m and m's and everyone had a great time.

The members of the Wide Awake 4H club did a community service project at the February meeting for Garden Valley Retirement home. Half of the club members decorated Valentines Day cards to give to the residents. The remaining members played swim fishy swim in another room. This arrangement helped to make the card making less crowded and hectic. Later on the two groups switched to give everyone a chance to do both activities.  
BY: Katie L.

## FINNEY COUNTY 4-H HAPPY HUSTLERS

A Club tradition By: Hailey

Almost everyone has tradition they enjoy, whether it's camping every summer, celebrating a holiday with grandparents, or watching E.L.F every Christmas eve. Everyone has at least one tradition, everyone means everyone, including the Happy Hustlers 4-H club. Every March meeting this club has a baked potato bar! It is fun, and not to mention delicious. Every family brings something, whether it is the potatoes (Karen), cheese dip (Kerry), or something simple, like the silverware. This year's annual club potato bar was like no other. There was cheese broccoli dip, meat, con queso, and even lemonade. Everyone really enjoyed it, most of the dads attended just to have a potato. The club was proud to demonstrate their fun tradition with new members and the 4-H extension agent Janet. Even Janet's daughter found the potatoes enjoyable. See, everyone has a special tradition, even 4-Hers. Even if your tradition isn't as extravagant as a full on baked potato bar, with an attendance of around thirty people, you should still participate in it. Traditions are things that should be shared and enjoyed with others. Everyone has tradition, and maybe yours is the best one yet.

## 4-H SHUTTERBUG PHOTOGRAPHY WORKSHOP



SATURDAY, MAY 4, 2024  
GARDEN CITY, KS.

LEE RICHARDSON ZOO  
FINNUP CENTER FOR CONSERVATION EDUCATION



**Who Should Register:** 4-H Photography Members interested in learning more about their camera and photography skills or using your phone to take great pictures. Family members may attend as well. Parents - learn along with your kids! Get a head start on your photography project!

**Time:**  
Doors open at 8:30; Workshops begin at 9:00 and concludes at 12:00.

**Cost:**  
No charge to attend! Event is sponsored by the State 4-H Photography Committee.

**Bonus:**  
Cameras will be available for checkout! Please bring an SD card so you can take your photos with you.

**Accommodations:**  
K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact, Amy Collins, two weeks prior to the start of the event at 785-532-5800 and acollins@ksu.edu. Requests received after this date will be honored when it is feasible to do so.



**What to Bring:**  
Smartphone or Camera, extra batteries, SD Card if checking out a camera

**Workshop Topics:**  
Kaleidoscopes, Move those bars, Pan Blurs, Creating a story & More



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

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Research and Extension



# CLUB REPORTS | ANNOUNCEMENTS

## FINNEY COUNTY 4-H: Finney Flyers

Finney Flyers 4-H club met on February 4, 2024, President Aleah E. called the meeting to order at 4:00 PM at the Finney County 4-H building. 7 members answer the roll call question of who was going to win the Super Bowl; Chiefs or 49ers. January minutes were approved as amended. Treasurer Addison C. reported that the club has \$2,787.59 with a \$56.44 bill. Abigail E. stated the club reporters report had been submitted. Abigail E. reported the council had decided on a logo for the county fair as the counselors report. Old business 1. Fundraisers a. Bake sell b. March 16, 2024 c. Abigail E. will chair the fundraiser d. 4 items per member will be brought New business, 1. Community Service - Tabled The Finney Flyers will meet at the Finney County 4-h building at 4:00 The meeting soon concluded after Archer E. gave a presentation over what he would be doing at club days, and a fun game of 4 corners. Adisyn C made the motion to adjourn, Archer E. seconded, meeting adjourned.



For the Finney Flyers programs are a huge part of the club. With club days coming up Archer E. and KJP planned to show the club their flag folding presentation. On the day of the meeting the 2 Flyer members were narrowed down to one. However the boys were so prepared Archer E. was able to step up and show us his part. The presentation was a neat way to learn how to fold the flag in which the boys did an awesome job of showing. The boys went on to get a blue rating at club days. Great job boys!

## Scott COUNTY 4-H: New Horizons

March 3rd 2024 – 7:00 pm  
 17 members present, 4 leaders, 9 parents  
 (Avry, Brody, Marin, Ava, Levi, Brooklyn, Statler, Rylan, Baylor, Garrett, Greyson, Kaisen, Devon, Micah, Kashen, Gabby, Alli)  
 Pledge of Allegiance and 4H pledge – led by Rylan  
 Leaders Report: Renee Tuttle is Leaving 4-H  
 YQCA training March 11 & 21  
 1st blue with our skit  
 Marin – top blue speech  
 Statler – top blue speech  
 Marin – regionals, 2nd speech  
 4H Council: silent auction baskets need to be completed by July 15th with a photo and description sent to Janet  
 New Business: Fair Theme 2024: 4H is out of this world  
 Jody Kerr suggested we participate in the donations for the Canadian TX fires as a community service project for our group/individuals. She will take them to a Leoti group that will deliver them Friday, March 8th.  
 Baylor motioned to spend \$100 at BigR for supplies, Levi 2nd and all agreed. Marin, Addi and Alli will purchase items for group.  
 Old Business: Small animal tagging: May 5th  
 Beef tagging: April 2nd



## K-STATE ANIMAL SCIENCE LEADERSHIP ACADEMY JUNE 5-8

APPLICATIONS DUE APRIL 15TH

<https://www.asi.k-state.edu/kasla>



## "Hit Me with Your Best Shot" 4-H Photo Contest

Register at: <https://z.umn.edu/BestShotPhotoContest>  
 Info: <https://extension.umn.edu/event/hit-me-your-best-shot-4-h-photo-contest>  
 Questions? Email: [fourhphoto@umn.edu](mailto:fourhphoto@umn.edu)

UNIVERSITY OF MINNESOTA EXTENSION

Photo & statement due  
 11:59 p.m. CST on  
 May 1, 2024



Scott County 4-H & High school Shooting Sports  
 Cinnamon Roll Fundraiser! Members spend the day baking and delivering