

WEST PLAINS EXTENSION DISTRICT

NEWSLETTER



West Plains 4-H'er and Finney County Farm Bureau Ambassador Lauren G. teaching about chickens at Holcomb Ag Day.

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thank you

A **HUGE THANK YOU** to all those who supported the West Plains Extension District and our affiliated organizations during various community Match Days. A special thank you to the Scott Community Foundation and the Western Kansas Community Foundation for facilitating these fundraising opportunities during a season of giving.

With your support, we are able to further our reach and bring our research-based knowledge to more members of the community.

We have so many amazing events coming up! Keep up to date:

@WestPlainsKSRE
@FinneyCountyKS4-H
@ScottCountyKS4-H



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



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UPCOMING DISTRICT EVENTS

2023-
2024

Print or screenshot this page to keep up to date with all of our upcoming activities!

(* indicates a pre-registration is required.)

DECEMBER

- **Ongoing M/Th: A Better You Class** (Finney County Extension Office: 5 - 6PM)
- **12/5: Tax Strategies for Midwestern Farm & Ranch Women** (Zoom: 6:30 - 8PM)
- **12/6: KSRE Garden Hour: Beekeeping Basics** (Zoom: 12 - 1PM CST)
- **12/7: Natural Holiday Décor Class** (Fi. Co. FG Grandstand Room: 6:30 PM)*
- **12/6: Living Well Wednesday: Baby Brain Development** (Zoom: 12 - 1PM CST)
- **12/11: West Plains Extension Board Meeting** (Garden City: 7PM)
- **12/12: William Carpenter 4-H Foundation Annual Meeting** (Wm. Carpenter 4-H Building: 5:30PM)
- **12/12: Tax Strategies for Midwestern Farm & Ranch Women** (Zoom: 6:30 - 8PM)*
- **12/17: Finney County Cloverbuds Meeting** (Finney County 4-H Building: 3:30PM)
- **12/19: West Plains Extension Offices Closed for Staff Meeting** (11AM - 5PM)
- **12/19: Scott County Cloverbuds Meeting** (Scott County Extension Office: 4PM)
- **12/19: Natural Holiday Décor Class** (Wm. Carpenter 4-H Building: 6:30 PM)*
- **12/20: Scott County 4-H Holiday Party** (Garden City Lanes: 10AM - 2PM) All 4-H'ers Welcome!
- **12/20: 4-H Holiday Crafts** (Wm. Carpenter 4-H Building: 2 - 5PM)*
- **12/21: 4-H Sewing Clinic** (Scott County Extension Office: 9AM - 4 PM)*
- **12/21: 4-H Holiday Crafts** (Finney County Extension Office: 9AM - 12PM)*
- **12/25-1/1: West Plains Extension District Offices Closed**

JANUARY

- **1/2: 4-H Holiday Crafts** (First Baptist Church:, Holcomb: 10AM - 1PM)*
- **1/13: 4-H Day with the KSU Women's Basketball Team** (Manhattan: 1PM)
- **1/15: West Plains Extension District Offices Closed** (MLK Jr. Day)
- **1/23: Finney County Conservation District Annual Meeting/K-State Banker's Award Presentation**
- **1/31: Grant Writing Workshop** (SW Research-Extension Center: 9:30AM - 3:30PM)*

FEBRUARY

- **2/6: Scott County Conservation District Annual Meeting/K-State Banker's Award Presentation**
- **2/10: West Plains District 4-H Club Days** (Scott City)*
- **2/14-2/16: Women Managing the Farm Conference** (Manhattan)*
- **2/18-2/19: 4-H Citizenship in Action** (Topeka)*
- **2/19: West Plains Extension District Offices Closed** (Presidents' Day)
- **2/24: 4-H Regional Club Days** (Scott City)*

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 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.

*Cover Headshot Photo Credit: AnneMarie Photography



FROM THE DESK OF THE DIRECTOR

Happy Holidays from the West Plains Extension District! This time of the year can be the most wonderful time, but it can also be the hardest time for some. Try to reach out to those who might not have a place or loved ones to spend the holidays with. Please don't forget those neighbors--time and friendship can be the best gift we can give. Be patient with the clerks at the stores, they don't call the shots and are normally just following orders. It's ok to say no, so that you can enjoy the holidays with your family. And this Holiday Season, accept a challenge: **save more that you spend with our 'Holiday Saving Tips'!**

On behalf of all the Agents and our Office Professionals, we want to wish everyone safe and wonderful holidays. As a reminder, the **West Plains Extension Offices will be closed between December 25, 2023 - January 1, 2024.** We will **reopen on January 2, 2024.**

-Carol Ann



ACCEPT THE CHALLENGE:

HOLIDAY SAVING TIPS!

- Create a budget and shopping list and stick to it!
- Use cash instead of credit.
- Recommend to friends and family to do a gift exchange rather than purchasing for each individual.
- Make your gifts. Whether baked goods or craft, everyone loves a gift from the heart!
- Plan ahead for next year! Holiday purchases can be made year-round, just be sure to remember where your secret hiding space is!

STAY SAFE WHILE BUYING OR SELLING ONLINE THIS HOLIDAY SEASON

Are you **selling items online to earn some extra cash** during the holidays or did you take the challenge to save money and are **buying second-hand via local buy-sell-trade groups?**

Review the following tips to stay safe this holiday season:

- **Review the seller's profile.** Check to see if you have 'friends' in common and to check reviews on past sales.
- **Verify the item before purchase.** Ask for more photos and further details before agreeing to purchase. Be cautious when buying large or expensive items. The sale ad may in fact be too good to be true.
- **Consider using protected, online payment methods to ensure payment** before exchange or delivery.
- **Use your best judgement when communicating about the item.** Do not share personal information like your address.
- **Create a meeting plan and share that plan with a trusted friend or family member.**
 - **Agree on a meetup location and do not allow that plan to change.**
 - **Bring your mobile phone with you** and make sure the battery is charged in case of emergency.
 - **Avoid carrying excessive amounts of money with you.**
 - **Use a live location sharing app to share your location with your trusted friend or family member during your scheduled meetup.**
 - **Choose a safe location.** The Garden City Police Department recommends **using your local law enforcement parking lot as a safe exchange location.** They shared as a reminder to the community that 'the Finney County Law Enforcement Center parking lot is a safer alternative than private locations. {Their} police lobby is also available for use -- cameras are monitored 24/7. **For those outside of Garden City, contact your local law enforcement agency to find out if they have Internet Safe Purchase Zones or other safe spot locations.** If they do not, {they} suggest arranging to meet in a public place instead of someone's home and take someone with you--**NEVER GO ALONE**" (Garden City Police Department - KS Facebook Page).



INTERNET
SAFE
PURCHASE
ZONE
PARKING



SENDING GOODIES THROUGH THE MAIL?

If you enjoy baking goodies for the holidays and sending them to family and friends, follow these simple steps to ensure they get delivered correctly:



WHAT TO SEND?

- It is **best to send non-perishable food**.
- **Choose less fragile items** such as: hard candy, pralines, toffee, fudge, dehydrated soup, beverage mixes, cookies, and fruit quick breads.
- **Decorated sugar cookies tend to break** more easily during shipping.
- If sending to **warm locations, do not send things like chocolate chip cookies** because they could melt.
- **If sending perishable foods, its best to send them frozen and pack them with a cold source**, such as a frozen gel pack or dry ice. Use a sturdy box made from heavy foam or corrugated cardboard. Used crushed newspaper or foam peanuts to help cushion the item and fill the empty space. Air space in the box can cause the food and cold source to thaw more quickly. Mark the package: "Keep Refrigerated".

HOW TO SEND?

- It is **best to bake and ship your goodies the same day** that you make them. Allow baked items to cool completely before packaging them.
- **Use two containers**, one to pack food items and one to ship food items.
- **Pack goodies in airtight containers or airtight bags**. Use cookie tins, durable plastic food storage containers, or a sturdy box. Do not send food in a glass container.
- **Wrap each item in foil or plastic wrap**. You can wrap several cookies together as long as they are the same type.
- **Place the heaviest items in the bottom of the container**.
- **Cushion the bottom, sides, and top of the box** with bubble wrap, crumpled newspapers, shredded paper, or foam packing peanuts. Fill any gaps. Make sure things are packaged tightly and securely.
- **Print the address and return address in ink that will not smear and label: "Perishable Food"**.
- **Send packages at the beginning of the week** and opt for the faster shipping method.
- Give the recipient a call, send a text message or e-mail to **let them know your gift is on its way**.



By following these simple steps, you can be sure your treats will be welcomed with opened arms and mouths.

BEAT THE HOLIDAY STRESS!

Holiday celebrations, family commitments, office and school parties, shopping, traditions, expectations, stress... **This holiday season, you might feel pulled, tugged and overwhelmed by additional responsibilities and expectations.** During those 'too busy' times, the following stress relief tips might help you keep your ducks in a row.

- Exercise Regularly
- Delegate Responsibilities
- Learn to say 'NO'!
- Pause and Relax
- Keep Expectations Reasonable
- Find Humor
- Count Your Blessings



Be flexible and adaptable during this holiday season and enjoy time with your family and friends!

SHARE THE OF THE HOLIDAYS!

Whether at home or at work, promise yourself that you'll **give at least three genuine compliments before the day ends.**

The nice thing about **compliments** is that they **tend to be contagious** and they are an easy way to make you feel good about yourself and life.

There's no telling how far what you start might spread and no better gift to give!



ENJOY YOUR POINSETTIAS YEAR-ROUND!

K-State Horticulture expert says popular holiday plant can be maintained year-round.

In all their colorful glory, poinsettias are a great addition to any home during the holiday season.

Ranging from red, white, green, pink or a color combination, **poinsettias can be maintained** year-round, says Kansas State University Horticulture expert Cynthia Domenghini.

"Poinsettias do best with temperatures between 65 and 75 degrees Fahrenheit," Domenghini said. "Consistency is key so as to avoid drafts from windows or heat sources, such as a fireplace or space heaters."

While **bright, indirect light is preferred**, Domenghini advised keeping poinsettia leaves from touching cold windows. Soil should be kept moist as well.

'If it dries out completely, the poinsettia will wilt and potentially lose some leaves,' Domenghini said. **"Water the plant in the sink until the water runs through the drainage holes of the container."**

She warns that the roots will rot if the poinsettia is left in standing water, such as in a saucer or in the plastic sleeve they are sold in.

"Fertilizing and other maintenance is not necessary until after the holidays," Domenghini said.

Domenghini and her colleagues in K-State's Department of Horticulture and Natural Resources produce a weekly Horticulture Newsletter with tips on maintaining landscapes and gardens. The newsletter is available to view online: <https://tinyurl.com/KSREHortNewsletter>.

2024 FARM BUDGETING TOOLS NOW AVAILABLE!

Working on your Farm Budgets for 2024? K-State's Department of Agricultural Economics recently released the **2024 Farm Management Guides for both Irrigated and Non-Irrigated Crops.**

These guides serve as just that, a guide to estimation of costs within each region in Kansas. Growers in Finney and Scott Counties may opt to look at both the Southwest and Northwest regions to get a better idea of estimations for our area.

All of the budget information represents the **best estimation** of quantities and prices at the time the budget was published. The budgets represent an average across the budget region. Any particular farm within a region may use different inputs and quantities than those listed. The budget follows a straightforward calculation of price times quantity equals amount for each line. **Be sure to read the 'Information on Crop Budgets' before diving into the guides.**



BUDGET **GUIDES:**

2024 Farm Management Guide for Irrigated Crops:
<https://tinyurl.com/24KSirrigatedBudget>

2024 Farm Management Guide for Non-Irrigated Crops:
<https://tinyurl.com/24KSDrylandBudget>

Along with the PDF versions, there is a Spreadsheet version available that makes entering information specific to your operation seamless.

Don't know where to start? Contact the West Plains Extension Office today to help get you started and headed in the right direction!



**February 14-16, 2024
Manhattan, Kansas**

Registration is now open for the 2024 Women Managing the Farm Conference!

Featuring Keynote Speakers **Mark Mayfield** and **Kim Bremmer**, along with an action-packed list of breakout speakers.

Conference speakers and sessions were selected and designed to keep women thriving within their rural communities and informed on the latest achievements in agriculture.

New this year is the **Sunflower Showcase**, featuring 6 different pick up locations across the state of Kansas where participants can hitch a ride to the conference and enjoy some interesting and informative stops along the way.

Register early to take advantage of the \$175 registration pricing until Jan. 18th, 2024 and to participate in the pre-conference sessions.

Visit womenmanagingthefarm.com for a full agenda and to register.



Finney County 4-H 2022-2023 Community Awards



4-H Alumni

Marcy Ven John

Friends of 4-H

GCCC Meats Team



K-STATE | West Plains District
Research and Extension

4-H
Arts & Crafts

Scott City:
Dec. 20, 2-5pm, Wm Carpenter Bldg.

Garden City:
Dec. 21, 9-12pm, Finney Co. Extension

Holcomb:
Jan. 2, 10-1pm, Holcomb First Baptist Church

Call Us to register
620-272-3670

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

ATTENTION
SCOTT COUNTY 4-H!

Enroll by 11:59 PM Friday,
December 15th to
receive a **free t-shirt!**

(Make sure that you've updated
your t-shirt size on your profile!)

2023 ANNUAL MEETING
William Carpenter 4-H Foundation

Tuesday
12
DEC

5:30 PM

William Carpenter 4-H Building
Scott County Fairgrounds

All are welcome! Light snacks provided.



FINNEY COUNTY 4-H: SHERLOCK STRIVERS

The October meeting of the Sherlock Strivers 4-H Club was held, October 1, 2023 at Holcomb Elementary School at 6 pm. The club recited the Pledge of Allegiance and the 4-H Pledge. The Secretary's report from July was read by Acting Secretary, Kayla. The 4-H Council report was brought by Kayla. She told the club the Fair Board would like suggestions for fair themes. Club members were reminded to go online and enroll. 4-H Council will pay enrollment fee through October 31, 2023. Officer elections were held. The new officers for the 2023-24 4-H year are: President Halle, Vice Presidents Layla and Dylan, Secretary Katelyn, Treasurer Madyson, Reporter Kayla, Historian Karson, Recreation Leaders Parker, Karson and Kyson, Song Leaders are Zoelly and Rylan and 4-H Council Representatives are Kayla and Jill George. Members discussed plans for the November meeting, which is a carry in dinner and Parent's Night. It was decided to have a pasta bar. Leaders will send out a signup sheet. The club talked about possible community service projects. They decided to pickup trash after the Holcomb High School football game on October 20, 2023, ring bells for Salvation Army, and collecting items for the Holcomb High School Pantry. Jill George installed the new officers with an "Ice Cream Sundae" installation. All members enjoyed ice cream sundaes after the meeting. Club members were reminded to turn in their record books to the leaders by October 8, 2023. Kayla encouraged members who are old enough to think about applying to be a 4-H Ambassador. She explained some of the activities that the ambassadors do. Applications are due October 30, 2023. Achievement Banquet is November 5, 2023 at 12:30 at the 4-H Building. The club sang Happy Birthday for the October birthdays. Meeting was adjourned.

Submitted by Reporter Kayla

The November meeting of the Sherlock Strivers 4-H Club was held, November 5, 2023 at Holcomb Elementary School at 6 pm. Prior to the meeting members enjoyed a pasta bar. This meeting was the annual Parent's Meeting. The parent of the current officers run the meeting. Parent Matt Jones called the meeting to order. The club recited the Pledge of Allegiance and the 4-H Pledge, which were lead by Darren George. The Secretary's report for October was read by Nancy Novack. The treasurer's report was read by dad, Ryan Schreibvogel. Jennifer Jones had the signup for Salvation Army Bell Ringers. The club will ring bells at Sam's Club on December 2, 2023 from 12-4pm. The club discussed and voted to have a float at the Garden City Christmas Parade on December 3, 2023. Darren George said the club could use the wagon for the float. Kayla, Halle and Maddy are on the committee for the float. Kayla told the club about a possible community service project that she had seen. Members would wrap blankets with a note, and leave on a park bench for someone in need. The club voted to do this project for January. Tammy Wallace led club members in a song, "I Found a Peanut." the club sang Happy Birthday for the November birthdays. Meeting was adjourned.

Submitted by Reporter Kayla

FINNEY COUNTY 4-H: HAPPY HUSTLERS

On November 5th, 2023 the Happy Hustlers 4-H Club performed their seal ceremony. They had recently been presented with the Purple Seal Award. The Purple Seal is the highest honor that a club can receive. The club members read the proclamation to celebrate their achievement and performed a seal ceremony with the Ceremony Committee members. Their club president, Grady, placed the seal on the traditional club charter. This charter has been around for 79 years. Next year, our club will have a special celebration for its 80th anniversary. This ceremony was held during the club's program. In addition, our club's program included 2 demonstrations. Kennan showed how to make his family's traditional creamed corn. This year he added a new ingredient, honey. Yum! This Thanksgiving dish was delicious, and had great sentimental value to his family. Thanksgiving must smell great at their house. The other demonstration was given by Lauren. She showed the club how to care for a bloodhound. Her bloodhound is named Maggie. Maggie is very social, very likeable, and very big for a four year old. Lauren told the club some bloodhound facts, such as the great hunting quality of a bloodhound. It was a great demonstration. All three of these events on the program were very special and enjoyed by all members. From seal ceremonies, to Thanksgiving goodness, to a fun dog. If you want to enjoy your own club events, please contact the Finney County Extension office.

Submitted by Reporter Hailey



Photo: Happy Hustlers Seal Ceremony courtesy of Sara Gleason

4-H SEWING CLINIC
THURSDAY, DEC. 21
9AM - 4PM
 SCOTT COUNTY EXTENSION OFFICE

**REGISTER BY
 DEC. 15TH!**

**COST:
 \$10**

Grant Writing Workshop

Grants are a vital piece in your community's funding puzzle...and *you* can do it.

January 31, 2024

9:30 am to 3:30 pm

Southwest Research -Extension Ctr
4500 East Mary Street
Garden City, KS
Registration: \$60

What you will learn:

- Sources of data for community needs.
- Where to find grants.
- Resources for State and Federal Funding for Housing, Roads, Broadband, Downtown Redevelopment, Water, Sewer, Roads, Childcare.
- Who is working on issues in your community.

Presented by: Nancy Daniels

Community Vitality Specialist
K-State Research and Extension

*With experts from **Kansas Infrastructure HUB**
Kansas Housing Resources Corporation,
Kansas Commerce, and others.*

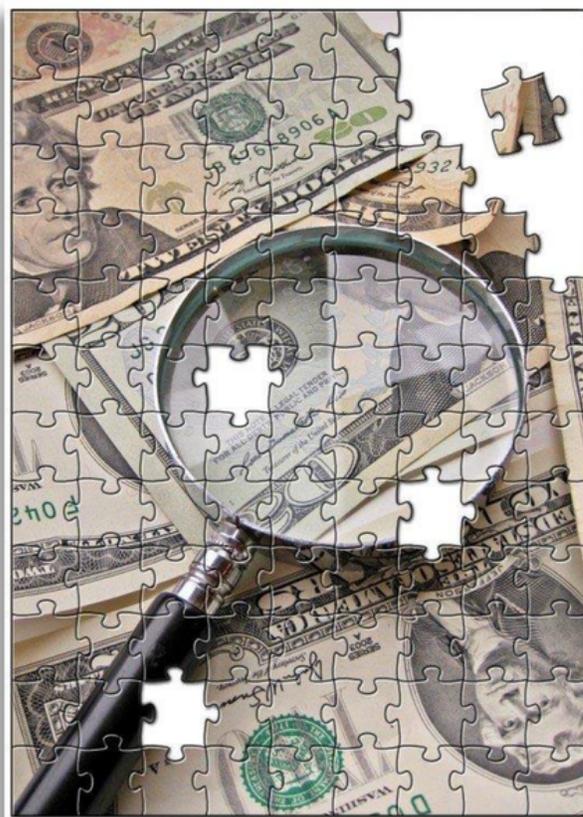
To register or for more information:

Email: jessicalopez1@ksu.edu

Phone 620-272-3670

Make checks payable to: West Plains Extension

Registration Deadline : January 23



Co-Sponsored By:

West Plains Extension District
Wild West Extension District
Southwest Research-Extension Center

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