

WEST PLAINS EXTENSION DISTRICT

NEWSLETTER



West Plains Extension 4-H Ambassadors and the Garden City Coop Communications/Social Media Team discussed content branding and social media basics.

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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 PROFESSIONALS:
 COZETTA O'DEA & JESSICA LOPEZ



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UPCOMING DISTRICT EVENTS

FEB-MAR
2024

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

FEBRUARY

- **2/5: Walk with Ease Begins** (West Pavilion, Finney County Fairgrounds: 12-1PM)*
- **2/6: Scott County Conservation District Annual Meeting/K-State Bankers Award Presentation**
- **2/9: Regional Local Food Producer Workshop in English & Spanish**
 - (United Presbyterian Church of Garden City: 9AM-3PM)*
- **2/10: West Plains District 4-H Club Days** (Scott City)*
- **2/12: West Plains Extension Board Meeting** (Scott City)
- **2/13: Kansas Weed Management School** (Wichita Community Building - Leoti: 3-6PM)*
- **2/14-2/16: Women Managing the Farm Conference** (Manhattan)*
- **2/5: Hoarding & Decluttering Workshop** (Finney County Extension Office: 12-1PM)*
- **2/19: West Plains Extension District Offices Closed** (Presidents' Day)
- **2/22: 4-H STEM Lab** (Finney County Extension Office: 9AM-12PM)*
- **2/24: 4-H Regional Club Days** (Scott City)*
- **2/25: Finney 4-H Cloverbuds** (Finney County Extension Office: 3:30PM)
- **2/26: 4-H STEM Lab** (Wm. Carpenter 4-H Building: 9AM-12PM)*
- **2/27: Hoarding & Decluttering Workshop** (Scott County Extension Office: 12-1PM)*

MARCH

- **3/3: First Responders Food Shoot** (SCCC Building)
- **3/6: Farm & Ranch Transition Conference** (Clarion Inn, Garden City)* (See pg. 5 for details.)
- **3/11, 3/12, 3/19 & 3/21: YQCA Training** (See pg. 6 for details.)*
- **3/13-3/15: 4-H Quilting Class** (See pg. 6 for details.)*



FOR A COMPLETE LIST OF 4-H EVENTS, DOWNLOAD THE 'DISTRICT 4-H EVENTS' CALENDAR E-MAILED VIA 4-H ONLINE!

Regional 4-H Club Days
4-H Public Speaking & Performance Competition
 Saturday, February 24
 United Methodist Church Scott City

REGISTER AT:
[HTTPS://KSTATE.QUALTRICS.COM/JFE/FORM/SV_ERQOCTVTR4DGNRM](https://kstate.qualtrics.com/jfe/form/sv_erqoctvtr4dgnrm)

More Information:
 Email Janet, jlp27@ksu.edu
 or Tori, tmock@ksu.edu

K-STATE Research and Extension West Plains District

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4-H STEM LAB

FEBRUARY 22, 9AM-12PM
FINNEY COUNTY EXTENSION OFFICE

FEBRUARY 26, 9AM-12PM
WILLIAM CARPENTER BUILDING

PULLEYS, ROCKETS, SUN SCIENCE, FOOD EXPERIMENTS & MORE!!!

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

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



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.



FROM THE DESK OF THE DIRECTOR

It's hard to believe that we have already made it through the first month of 2024. January was a tough month for many. Besides the snow and cold, many are also dealing with illnesses. The good thing, is that March is only 29 days away. Yep, that is correct 29 days as 2024 is a leap year!

Extension has several opportunities in February to make a difference in you or your family's life and you will find those in detail in this issue of the West Plains Extension Newsletter. If you would like to know more about Extension or 4-H and the ways both can be of help for you, please reach out to our staff at either location. See you in March!

-Carol Ann

HAVE AN IDEA FOR A PROGRAM? We are happy to help! Contact one of our agents today!



PROVIDING RESEARCH-BASED EDUCATIONAL OPPORTUNITIES THAT IMPROVE LIVES, LIVELIHOODS, AND OUR COMMUNITIES.

K-STATE

Research and Extension

West Plains District



WORKSHOP: TIPS AND TRICKS TO TACKLE HOARDING & DECLUTTERING

Does anyone ever feel overwhelmed with all that is occurring in your life? Wishing there was some way to free up time, money, or space? Maybe there is. It has been said, the more you have, the less you have. For example: the more debt you have, the less time you have because you have to work to pay for it. The more clutter, the longer it takes to clean around it. The more activities you have, the less time you have to just enjoy life. This class will help you decide if you are a clutter bug, or borderline hoarder. We will also talk strategies in getting the chaos under control. We will share tips in getting started with decluttering your living space and your mind. Being overwhelmed with all that you have can be crippling, so come see how a few small steps will get you moving in the right direction.

FEBRUARY 15 | 12 - 1PM
FINNEY COUNTY EXTENSION OFFICE
501 S. 9TH ST | GARDEN CITY

FEBRUARY 27 | 12 - 1PM
SCOTT COUNTY EXTENSION OFFICE
210 W. 4TH ST | SCOTT CITY

RSVP TO CAROL ANN CROUCH: CCROUCH@KSU.EDU OR 620-872-2930

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Carol Ann Crouch, 620-872-2930.

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



A reminder that **February** is designated as **American Heart Month** by the **American Heart Association**.

It's the time to prioritize heart-healthy lifestyles, learn about heart disease prevention, and support those with heart conditions. Eating a balanced diet, exercising regularly, managing stress, maintaining a healthy weight, and not smoking are healthy lifestyles that can improve heart health.

As Valentine's Day approaches, it is especially fitting that we consider how to help those we love keep their heart healthy and strong.

Need a place to walk?
Want to become more physically active?
Join ...



WALK with EASE
A guide to **WALKING** for better health, improved fitness, and less pain.

Classes Start:
February 5-April 4, 2024
12:00 pm-1:00 pm
Monday, Wednesday, & Thursday's
West Pavilion
on the
Finney County Fairgrounds
209 Lake Ave

Walk with Ease is a class designed for anyone who is wanting to become physically active. It was created by the American Arthritis Program for those with arthritis who want to be more physically active.

Each Class includes:

-  Walking
-  Stretching & Strengthening
-  Health Education
-  Motivation Tips

To Register: Contact Jennifer LaSalle at 620-272-3670 or ilasalle@ksu.edu



The Home Baking Association designates **February** as **'Bake for Family Fun' Month!**

Each week they have developed baking activities, recipes and opportunities to get the family together to bake. This can be a multi-generational activity with tasty treats to share.

LET'S GET STARTED BAKING

WEEK 1

This week focuses on the **building blocks of baking**. Below are some great **links to refresh your baking skills**:

<http://tinyurl.com/FEB24Baking101>
<http://tinyurl.com/FEB24ThrillofSkill>
<http://tinyurl.com/FEB24MeasureUp>



BAKE FOR MY VALENTINE

WEEK 2

Celebrate the ones you love by baking up something special! Here are some **recipes** to bake for your special someone:

Red Velvet Cupcakes:
<http://tinyurl.com/FEB24RedVelvet>
 Chocolate Waffles:
<http://tinyurl.com/FEB24ChocWaffles>



BAKING HISTORY & TRADITIONS

WEEK 3

During this week, find that **traditional family favorite recipe** and make it with another family member.



BAKING FOR OTHERS

WEEK 4

Baking for others is a good way to **relieve stress** and is a **feel-good activity**. During this week bake something for your co-workers, friends, or your neighbors.



Take time this February to bake with family!



LOCAL FOOD PRODUCERS WORKSHOP: FEBRUARY 9TH

There is more to growing local food than planting a few seeds. To have a thriving local food business it is necessary to have modern business and marketing skills to compete in the marketplace. **The Local Food Producers Workshop is designed to help aspiring and existing local food producers gain those skills.**

Workshop sessions include: Senior Farmers' Market Nutrition Program Training; Marketing for Profitability; Meat, Poultry, Eggs and Food Sales Regulations; a Grower Panel; and an overview of SNAP/Double Up Bucks.

Register online by Monday, February 5th - <http://tinyurl.com/24LocalFoodGC> or scan the QR codes below.



K-STATE Research and Extension | Local Food Systems

Garden City Watch Party

LOCAL FOOD PRODUCERS WORKSHOP

Friday, February 9, 2024
9 a.m. to 3 p.m.
Check in begins at 8:30 a.m.

- ✓ **Cost:** \$10, cash or check
- ✓ **Lunch provided**
- ✓ **Location:** United Presbyterian Church of Garden City
1719 E. Texas Street, Garden City

Topics Include:

- Senior Farmers' Market Nutrition Program training
- Marketing for profitability
- Meat, poultry, eggs, and food sales regulations
- Grower Panel
- SNAP and Double Up Food Bucks

Register Now <http://tinyurl.com/24LocalFoodGC>
www.kansaslocalfoods.org
Questions? Call 620-272-3670



Scan to register



K-STATE Research and Extension | Local Food Systems

Garden City Watch Party

TALLER PARA PRODUCTORES LOCALES DE ALIMENTOS

Invitación para ver la transmisión en vivo del **Viernes, 9 de febrero, 2024**
9 a.m. a 3 p.m.
Entrada abierta a las 8:30 a.m..

- ✓ **Costo:** \$10
- ✓ **Almuerzo incluido**
- ✓ **Con traducción simultánea al español**
- ✓ **Ubicación:** United Presbyterian Church of Garden City
1719 E. Texas Street, Garden City

Temas incluidos:

- Capacitación para vendedores de Farmers' Markets sobre la nutrición de la gente mayor de edad
- Comercialización para la rentabilidad
- Reglamentos para la venta de carne, aves, y alimentos
- Panel de cultivadores
- SNAP y Double Up Food Bucks

Register Now <http://tinyurl.com/24LocalFoodGC>
www.kansaslocalfoods.org
¿Preguntas? Llame al 620-272-3670



Escanear para inscribirse

FARM AND RANCH TRANSITION CONFERENCE: MARCH 6TH

Mark your calendars now for the **2024 Farm and Ranch Transition Conference in Garden City, March 6th from 9AM - 3PM**. Join Kansas State University Department of Agricultural Economics' Office of Farm and Ranch Transition and K-State Research & Extension for a conference to help prepare for the transition to the next generation. This conference is for any farm family in any stage of planning for a transition.

The conference features Keynote Speaker Shannon Ferrell, Oklahoma State University Professor and Agricultural Law Specialist. With a full day of informational sessions, including perspectives from a local accountant and a local attorney, this conference is sure to be very beneficial to those planning to pass on the farm.

Registration is open now: www.agmanager.info/events. Cost is \$60/participant and includes conference registration, materials, and lunch. We are also looking for local businesses that would like to be a part of our trade show. More information can be found on the registration website. Questions? Contact Renee Tuttle, rstuttle@ksu.edu or 620-272-3670.



Congratulations to **Gina** (middle) and **Marc** (right) **Gigot of Circle Land & Cattle** on being awarded the **2023 Kansas Bankers Award for Water Conservation** presented by John Jenkinson (left) of KCB Bank at the 77th Annual Meeting of the Finney County Conservation District! Thank you for all you do for the community and the environment!



TAKE A BREAK -WITH-



18 USC 707

SPRING BREAK:

YQCA | YOUTH FOR THE QUALITY CARE OF ANIMALS

Scott County:
 March 11, 9-10:30am, Wm Carpenter Bldg
 March 21, 6-7:30pm, Wm Carpenter Bldg

Finney County:
 March 12, 9-10:30am, Grandstand Room
 March 19, 6-7:30pm, Grandstand Room

All 4-H & FFA members exhibiting animal projects are required to take the course in-person or online to exhibit at the Scott & Finney County Fairs, Kansas State Fair and KJLS.

Cost is \$3 for in-person; \$12 online

To register and pay for the course:
<https://yqcaprogram.org/>

Need help? Contact Janet, jl27@ksu.edu or Tori, tmock@ksu.edu

Plan ahead for Spring and Summer Break with fun learning opportunities from West Plains 4-H! Spring Break will be here before you know it. If you plan to show livestock in the Finney or Scott County Fair, be sure to get signed up for YQCA as it is a requirement to show. Is sewing more your speed? Sign up for the Quilting Class to create a 'Layers of Charm' lap quilt that you can display at fair.

We also wanted to make you aware of some new 4-H Summer Camp opportunities. Did you enjoy Camp Lakeside when you were younger? Now there's an opportunity to come back as a 10-13 year old, or even as a counselor! See details below!

spring Break

March 13-15 **9AM - 4PM**

Quilting Class

Scott County Extension Office **RSVP by March 8th 620-872-2930**

Please bring sack lunch, drinks, and/or snacks!

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Carol Ann Crouch, 620-872-2930.
 Kansas State University Agricultural Experiment Station and Cooperative Extension Service
 K-State Research and Extension is an equal opportunity provider and employer.

We will be making the Layers of Charm Quilt!

Lap Size: 57" x 57"

Supplies Needed:

- 1 - layer cake with at least 36, 10" squares
- 1 - 5" charm pack with at least 36, 5" squares
- 1/2 yard of matching fabric for binding
- 4 yards of fabric for backing if using 40" width fabric or 2 yards of wide quilt backing

Layer cakes and charm packs can be purchased at local quilt stores or online. Please be sure that there are at least 36 of each in the packs.

If you would like to make a larger quilt, contact Carol Ann for an additional list of supplies.

NEW SUMMER BREAK: 4-H SUMMER CAMP OPPORTUNITIES



Visit the Rock Springs Website to find out more information on their overnight and equestrian camping opportunities:
rockspringsranch4hcamp.org/4-H-Camp

CAMP LAKESIDE

WELCOME TO THE JUNGLE!

JUN 10-11 | AGES 7-9

COST: \$110

Both Camp Lakeside Registrations will open March 1st. More details coming out soon!

WILD ADVENTURE 4-H CAMP

CAMP LAKESIDE

JUN 12-14 | AGES 10-13

COST: \$210

FINNEY COUNTY 4-H: SHERLOCK STRIVERS

The monthly meeting of the Sherlock Strivers was called to order on January 7, 2024 at 6:00 pm at Holcomb Elementary School by Vice President Layla. There were 22 members, 2 leaders, and 7 adults present. Acting secretary Makay called roll, which was "What did you do on your snow day?" Parker led the club in the Pledge of Allegiance and Karson led the 4-H Pledge. There was no old business. For new business the club discussed participating in 4-H Club Days on February 10th, 2024 at the First Baptist Church of Scott City, KS. It was decided that members Kayla and Grayson will find a skit for the club to do. The club also discussed community service project ideas for February. It was decided that the club spend \$200 on snacks for the Western Kansas Child Advocacy Center, as well as each family in the club bring a snack or drink. It was moved by Kayla and seconded by Parker. We had two project talks. Emily showed the club how to make leg wraps for sheep and Blake taught the club about goose hunting. Finally, it was moved by Parker to have our February meeting at Hard Rock Lanes bowling alley. It was seconded by Karson. We sang Happy Birthday to members with January birthdays. Parker moved to adjourn the meeting. Karson seconded the motion. Motion passed. Meeting adjourned. After the adjournment of the meeting, the club assembled blanket kits for the homeless in our community. The blanket kits included a blanket, gloves, a stocking cap, a scarf, two granola bars and a bottle of water.

Kayla G., Reporter



FINNEY COUNTY 4-H: FINNEY FLYERS



FINNEY COUNTY 4-H: BEACON BOOSTERS

Beacon Booster's 4-H club met at 4 p.m. at Wal-Mart to do Angel Tree shopping. The club was able to provide \$200 worth of toys for the Salvation Army. Following Angel Tree shopping the club met at Casa Marachi for dinner. Following dinner the club held their business meeting that was led by the parents. The meeting was called to order at 6:14 p.m. by parent Brandon Robinson. There were eight members and seven parents present. 4-H council representative Kasey Robinson and Andrea Knoll reported that the 2024 fair theme will be: "Sew It, Grow It, and Show It." The January meeting will be January 8, 2024 at 6 p.m. The meeting will be the club tour and will be held at Robinson's house. Cogan's will provide dinner. The meeting was adjourned at 6:35 p.m. After the meeting was adjourned 4-H members participated in a Christmas gift exchange.

Taylor K., Reporter

FINNEY COUNTY 4-H: KOURAGEOUS KIDS

The Kourageous Kids 4-H meeting took place on December 10th at around 4:00pm. The meeting consisted of 14 members 2 leaders and 1 guest. The Club leaders went over new member enrollment dates, and district and regional club days. The main portion of the meeting was lead into a Christmas Party and included, a candy bar exchange as well as a hot chocolate bar. The meeting was adjourned at 4:37 pm.

Mariah S., Reporter

FINNEY COUNTY 4-H: FINNEY FLYERS *(Continued)*

For the Finney Flyers 4-H club, November and December brought exciting events. In November The club celebrated the achievements of not only the county, but the club as well. This year our club celebrated KJ for receiving his first year pin. Along with KJ, three of the members were recognized as ambassadors for the county. The Ambassadors welcomed back two of our members for the 2023-24 Ambassadors. The county recognizes two members in each division as 4-Her of the year, Abigail member of the Finney Flyers was recognized as one of the senior 4-Her's of the year as well as the 4-H Foundation FACS award recipient. Austin was recognized as a scholarship recipient as well. The club met after the banquet to celebrate and meet for November.

In December as the club was not available to participate in the Veterans Day Parade, the club opted to do the Christmas parade and the theme was winter wonderland for the float. Prior to the parade the club made paper snowflakes to decorate the float. When putting together the floats every age group had a part, The seniors helped with hanging the lights where others could not reach and the intermediate and juniors untangled, assisted with zip ties and tape. Due to the wind the club waited until they arrived at the parking lot to hang snowflakes and they made the perfect finishing touches. The club's meeting happened in between the creation of the float and leaving for the parade. The club discussed community service and welcomed Aubrey to the club. The Finney Flyers are ready to see what the new year will bring for the club.

Abigail E., Reporter

FINNEY COUNTY 4-H: HAPPY HUSTLERS

On **December 3rd**, 2023, the annual Christmas Parade was held in Garden City. The Happy Hustlers 4-H Club took part in the parade. They created a "Winter Wonderland" themed float. They planned what to do, gathered the supplies, and then started to work on the float. This club strung lights, they put on fake snow, and dressed up as snowflakes. They were very excited about how their float turned out. They were even more excited to see their oldest club members, Grady and Lauren, dress up as Santa and Mrs. Claus. It was a wonderful sight. The club very much enjoyed their masterpiece. When the time came to board their float the club readily got on. They were settled with hot chocolate, blankets, and snowflake accessories. After 20 minutes the parade began. The club was excited and got all cozy. It was a great night to wish a Merry Christmas to Garden City. In addition, our club learned how to make hot chocolate from Paxton, ate snacks donated by the Gleason family, played a game with candy canes, donated toys for the Fill a Ford Toy Drive at the College, and practiced our caroling for our community service of singing at the Ranch House later in the month. 4-H is so much fun in December!!

On the 7th of **January** the Happy Hustlers 4-H club had their monthly meeting. On that meeting's program there were a lot of demonstrations. These demonstrations all had something to do with health benefits. Cooper, Bethany, Josiah, and Perry's demonstrations, along with the song and recreation events all helped to improve the club member's health. Cooper's demonstration was on how to create a charcuterie board. It can be done in only 7 steps! He helped everyone feel as good as his charcuterie board looked. Cooper's board was made of so many healthy goodies that they couldn't help but serve it with the pizza that they brought, for a snack. Cooper's demonstration was delicious, and health beneficial. Bethany and Josiah's demonstrations kind of went hand in hand. While Bethany's talk was on how to make a "Chocolate Chip Cookie Mix in a Jar", Josiah's was on how to make a healthy "Greek Veggie Dip". So while we ate Bethany's cookies, we also ate Josiah's veggie dip. Mmm.... So good. Perry's demonstration was really more of a presentation, it was all about facts on Lego. His talk helped sharpen the club member's minds. Perry may not know it, but he really taught everyone something new. Everybody loved learning about the beloved Lego. During the song and recreation times the club sang "My Bonnie", while sitting and standing back up repeatedly. It helped the club strengthen their leg muscles. The recreation was equally benefiting. The club played the game "Never have I Ever." They got to run around, sit, and learn more about one another.

Hailey U., Reporter



FINNEY COUNTY 4-H AMBASSADORS FINNEY COUNTY FARM BUREAU FRIENDS ON THE FARM

Finney County 4-H Ambassadors Abigail, Taylor, Grady, Aleah, and Kayla assisted Agents Renee Tuttle and Janet Harkness with Farm Facts Trivia at the 25th Annual Friends on the Farm attended by over 775 area 4th Graders!

