

WEST PLAINS DISTRICT

EXTENSION NEWSLETTER



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

LUNCH HOURS EXCLUDED AND SUBJECT TO CHANGE

FINNEY

☎ 620-272-3670

ANTHONY REARDON
JENNIFER LASALLE
RENEE TUTTLE
TABITHA WHITTEN

SCOTT

☎ 620-872-2930

CAROL ANN CROUCH
JANET HARKNESS
COZETTA O'DEA



WEST PLAINS DISTRICT

DATES ONGOING:

- **January 4th- December 6th:** K-State Garden Hour Webinar Series. 1st Wednesday of the month. Noon-1:00pm

DATES TO KNOW: MAY 2023

- **May 1st:** 4-H Enrollment & Project Selection Due for County & State Fair Participation Deadline.
- **May 1st:** Camp Lakeside Registration Due.
- **May 1st:** 2023 Market Beef State Nominations Due
- **May 1st-5th:** National 4-H Shooting Sports Volunteer Level 2 Training
- **May 2nd:** Finney County Photography Meeting. Extension Office. 6:45pm.
- **May 3rd:** K-State Garden Hour Webinar. Drought Tolerant Plants for a Challenging Landscape. Noon-1:00pm
- **May 4th:** Scott County Small Livestock Tagging. WM. Carpenter Parking lot. Drive thru service. 6:00pm-9:00pm.
- **May 6th:** Safe Kids Day. Palmer Park. Scott City. 9:00am.
- **May 7th:** Scott County Dog Obedience Practice. 4:00pm.
- **May 16th:** State Nomination Zoom: Small Livestock. Registration Link: <https://bit.ly/3MSnczd>
- **May 20th:** 4-H Horse Show. Finney Co. Fairgrounds. 9:00am.
- **May 21st:** Scott County Dog Obedience Practice. 4:00pm.
- **May 24th:** Tractor Safety. Leoti, KS. 8:30am-4:00pm.
- **May 28th:** Scott County Dog Obedience Practice. 4:00pm.
- **May 29th:** Scott County Photography Meeting. NGPB Session w/ Hands on photo shooting.
- **May 30th:** 4-H Camp Counselor Training. SWRC Garden City.

DATES TO KNOW: JUNE 2023

- **June 1st:** 4-H Horse Certificates Due.
- **June 6th:** Finney County Photography Meeting. Extension Office. 7:00pm.
- **June 7th:** K-State Garden Hour Webinar. Drought Tolerant Lawns of Kansas: Warm Seasons Turf grass. Noon-1:00pm
- **June 7th-9th:** Discovery Days, K-State.
- **June 8th:** Deadline to order Small Livestock DNA envelopes.
- **June 15th:** 2023 Small Livestock and Commercial Heifer Nominations close.
- **June 13th-14th:** Advanced Horse Judging Camp. <https://bit.ly/43Um1FA>
- **June 14th:** Beginner Horse Judging Camp. <https://bit.ly/3oCQKa1>
- **June 15th:** 2023 Small Livestock and Commercial Heifer Nominations Close

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."



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

FROM THE DESK OF THE *Director*

It's May! And, Extension is busy! But we are busy every month. This month is going to be bittersweet as **we say goodbye to an excellent agent and co-worker. Anthony** has accepted a position in Johnson County and we are sad to see him go, but excited for him. **Please join us on May 10th from 3-6pm at the Finney Co. Office to say goodbye and wish him well.**



Also coming up this month is Tractor Safety, a 4-H Quilt workshop, Safe Kids Day in Scott County and 4-H Camp Counselor Training. All of these opportunities to learn can be found in this issue of the newsletter. **Remember, Extension is here for the people of our communities, please let us know what we can help with. Have a great spring!**

Carol Ann

**MENTAL
HEALTH**
AWARENESS MONTH
MAY



May is Mental Health Awareness Month. According to Mental Health America, the theme is "Look Around, Look Within". This theme is to emphasize the ways that our surroundings, like stable housing, healthy homes, safe neighborhoods and access to nature, affect our mental health.

According to the National Alliance on Mental Illness, **"1 out of 5 U.S. adults experience mental illness each year, and less than half of them receive treatment"**. Mental health is treatable, but we need to get past the stigmas surrounding these issues and May being Mental Health Awareness Month can help do so. Reach out to your health provider for any concerns you might have for yourself or a loved one. **There are many services in our communities that can help address and support mental health.**

During the month of May, the K-State Research and Extension Stress Resiliency Team will be rolling out information to spread awareness about mental health. Follow the West Plains Extension District Facebook Page for more information on Mental Health throughout the month.

There are many tips out there to help you with your anxiety and depression, but mental health can be so much deeper than what most of us experience. Mental health affects us all in some way. Please take the time to reach out for help and to help. **Remember, you are not alone and you are more than enough.**

Hey 4-Hers, Save the Date!

Carol Ann is going to host a few sewing classes.

There will be 4 classes with a different project for each class.

June 19, 2-5pm

June 20, 9-noon

June 20, 2-5

June 21, 9-noon

More information to come!



TOUCH-A TRUCK

SAFE KIDS DAY

FREE BREAKFAST!

BIKE RODEO

May 6th, 2023
9:30 - 11:30AM
North End Of
PALMER PARK
SCOTT CITY, KANSAS

Sponsored by:

SAFE KIDS
SCOTT COUNTY

HELLO PLANT PEOPLE!



ANTHONY
REARDON

AGENT
HORTICULTURE
ANTHON3@KSU.EDU

As some may have heard, this will be my last month with West Plains Extension. I want to extend a heartfelt thank you to all that have been so welcoming and supportive over the last few years. It has been a pleasure getting to know everyone, from the 4-H Kiddos to the 4-H Parents, to the after school kiddos, to the numerous people that have attended my public programs, and the outstanding agents, staff, and board leadership held by the district. Working here has genuinely been one of the greater joys of my professional career, and I will always cherish the memories, friendships, and experiences gained along the way.

Being an agent with this district truly is something special. District Director Carol Ann holds down the fort with the best of them, while still maintaining the compassion and support that one can only hope for in an office leader. FCS Agent Jennifer really knows her craft, and observing the way she pulls together programs makes me strive to be even better at my craft. Agriculture Agent Renee has the poise and level-headedness that has kept my head from spinning off and flying away during times of stress, and her input and support will continue to be utilized on a regular basis even though she doesn't know that yet. 4-H Agent Janet is literally a superhero with superhuman abilities and being able to learn from her has been an honor.



And lest we forget, our amazing Office Professionals Tabitha and Cozetta are truly the fuel that keeps this ship running. Their unending willingness to jump in where needed has been key to many successes over the years. Cozetta's attention to detail has saved me from many blunders. And Tabitha's help has been instrumental in pulling together most horticultural programming, and I couldn't have done nearly as well without her. **-Also, big shoutout to her for rolling with all of my "squirrel" moments over the years and learning to enjoy them. (Sidenote: go look back through our previous newsletters and see how many literal squirrels you can find 😊).**

Before I take my bow, I wouldn't be doing my due diligence if I didn't touch on some parting horticultural topics. While this drought endured by southwest Kansas hopefully breaks for good soon, it is going to take quite some time to recover from. **Now in year three of reduced water, our plants are going to be reaching a point where their carbohydrate reserves are depleted.** Ultimately, this means without supplemental water they will succumb to the drought and die.

So how do we address this? Know that your irrigation system on your lawn is not going to be sufficient for keeping trees and shrubs watered at this point. A slow deep soak of at least 2 feet into the soil is required to fully reach most roots. As always, aim for moist soil, but not sopping wet.



Remember, encouraging the healthiest plant possible is always your first most trusted safeguard when it comes to plant care in any realm. This means monitoring soil nutrients and amending accordingly, watering correctly for the type of plant you are working with, and supplying adequate light and temperature for the type of plant you're working with. **Doing this, your plant will be far better apt to fight off any pests or diseases that it may encounter. It will also recover much more easily.**

Another factor that you will want to keep in mind here in southwest Kansas is that, even outside times of drought, our water table is still depleting. **Ultimately, this will mean that xeriscape and water-savvy landscape practices will have to be adopted widescale in this area as time progresses.** If you are in a position now of planting a new lawn or flowerbed, you can get ahead of the curve on this by adopting your water-savvy options now –sparing you from having to replant later.

Also, don't forget just how useful a simple soil test can be. Often out here your soil pH is going to be far above optimal. This is going to tie up numerous nutrients in your soil that would otherwise be available to the plants for absorption. A soil test will tell you how to amend this, and then some, and it may fix many of the common plant ailments incurred out here.

Thank you all for your support, companionship, and friendship. While you will be sorely missed, I will always look back at my time with the West Plains District fondly.

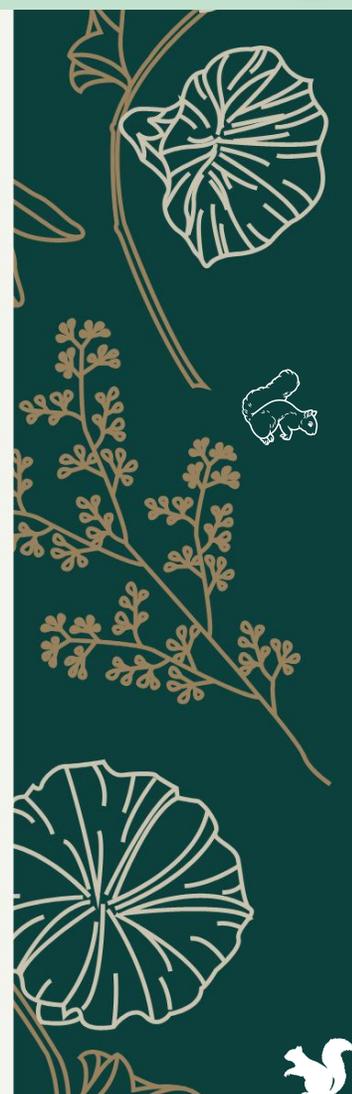
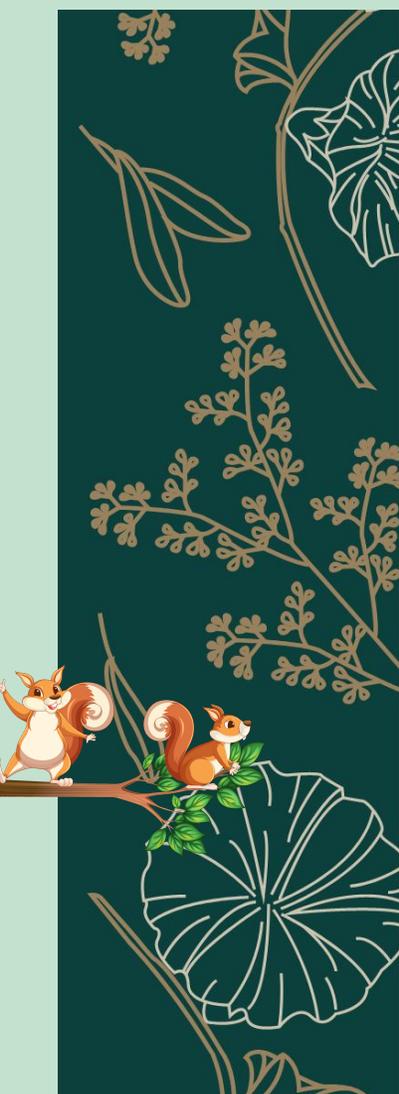
-Anthony



Join us in wishing Anthony well on his next adventure in Johnson County!

FAREWELL, ANTHONY!

Come say good-bye!
May 10, 2023, Come and go from 3-6pm
West Plains Extension Office- Finney Co.
Cards can be mailed to
Anthony Reardon
501 S 9th St.
Garden City, KS 67846





CUT THE CLUTTER AND GET ORGANIZED

Do you say, “This house is a mess” more than three times a week? Or do you move something every time you want to sit down? Have piles of paper all over the house? Have closets and drawers that are brimming? Spend lots of time looking for things? **Do you frequently hear family member say “I can’t find it”?** **And do you tire of being the family’s chief picker-upper?**

JENNIFER LASALLE
AGENT
FAMILY AND COMMUNITY
WELLNESS
JLASALLE@KSU.EDU

Does this sound like you? If so, it is time to take control of the clutter at your house.

The following are some tips and tricks to help you stay organized throughout the year.

First, start with a positive attitude. Cleaning is a chore, but having a positive approach will encourage family members to join in on the fun. Next, develop a plan as a family. Choose a convenient time for everyone to discuss plans for clutter control. **Take small steps.** Becoming organized can be overwhelming. Set aside several Saturday mornings to work as a family on big cleanups. In each room, start at one spot and work clockwise around the room until you reach your starting point. **Last, work in one room or area at a time and sort your things into boxes or totes labeled keep, donate, throw away and maybe.**

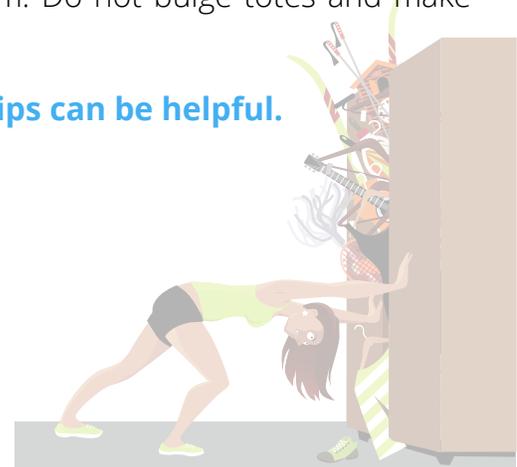
The keep box or tote is for items for use at another time. Sort like items together and label each tote. Do not just store things to hide things. **The donate box or tote are for items you do not want anymore.** This could be the beginnings of your next yard or garage sale or give them to secondhand stores. **The throwaway box or tote are for items that are broken, ripped, worn or stained.** This box or tote could also be a trashcan or trash bag. If you are indecisive, then you need a maybe box or tote. **Allow yourself to have one MAYBE box or tote.** Go through this box one more time and sort items into the other boxes or totes.

If you are going to use totes, make sure to measure your space for your totes and then measure your totes at the store. Using clear totes makes it easy to see what is stored in them. Do not bulge totes and make sure the lid fits on securely.

Maintaining a clutter-free home can be daunting. Following these tips can be helpful.

1. Everyone needs to do a little bit every day.
2. It is everyone’s “job” to keep items picked up and put away.
3. Tasks need to be appropriate for family members’ ages and abilities.
4. Share your ideas and expectations of what is expected and acceptable.

When youth and adults help with household work, they learn to carry out tasks, accept responsibility, and help others. They may develop a sense of “can do”, which builds self-confidence.



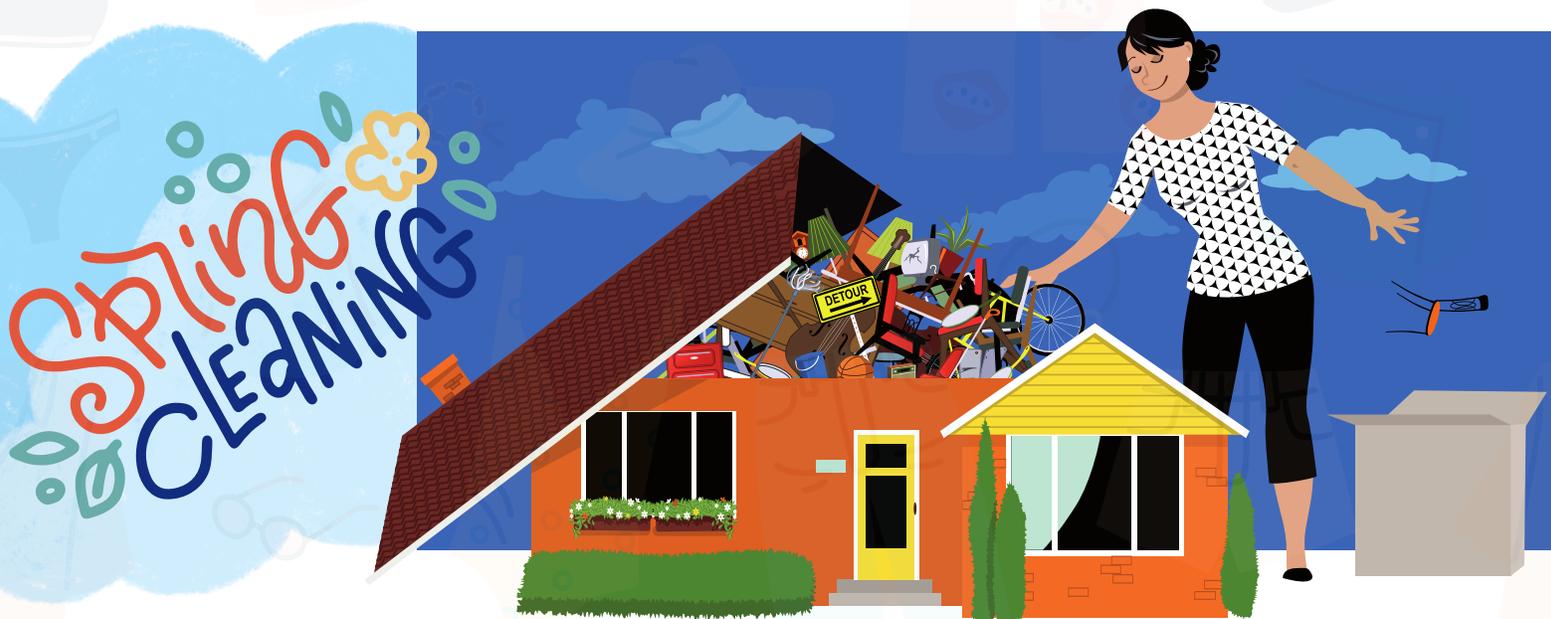
Sources of Clutter

Newspapers and magazines
Hobby materials
Mail
Cleaning supplies
Bills, receipts
Tools and hardware
Books and papers
Outer wear: hats, gloves, boots and shoes
Toys and games
Laundry and ironing.

ORGANIZING YOUR CLOSET Ten Things to Get Rid of Now!

1. Anything with a stain, hole, or tear.
2. Clothing or accessories you like, but look funny on you.
3. Purses you no longer use.
4. Outdated clothing or accessories.
5. Ratty weekend clothes
6. Clothing that does not fit.
7. Worn shoes.
8. Anything of a lower quality than your regular wardrobe.
9. Dead lingerie.
10. The good coat that will not fit over your other clothes.

What better time to take control of your clutter than Spring Time. The warm weather always gets me into "Spring Cleaning" and makes the perfect time to have a yard or garage sale.



Attention All 4-Hers, there is a Kansas 4-H State Fair Rule Change

For food safety purposes, any entries with frostings and fillings must calculate the amount of sugar in the frosting/filling recipe only. Calculation must be attached to entry, or the placing will be lowered one ribbon when judged. **Frosting and fillings need to contain more than 65% sugar for safety.** Examples on how to calculate this percentage are included in the publication located at: <https://bookstore.ksre.ksu.edu/pubs/MF3544.pdf>

While the concept has been encouraged and taught in recent years, it has not been a required item or stated in the rules. **It has been added to the 2023 4-H Kansas State Fair book.**

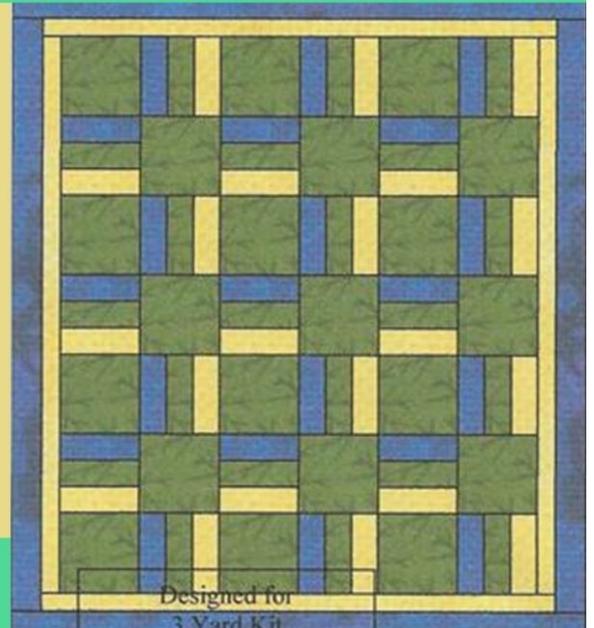
This new rule will be enforced at the 2023 Kansas State Fair in the 4-H Foods Division. Questions may be directed towards Amy Sollock at asollock@ksu.edu or Karen Blakeslee at kblakesl@ksu.edu.

Quilt Workshop for 4-Hers

Oh! So Sweet and Simple

Join me and learn how
to make this
simple lap quilt

May 22-26, 2023
10 am-4 pm
Finney County
Extension Office



To register and for more information:
Contact Jennifer LaSalle
at
jlasalle@ksu.edu or 620-272-3670

K-STATE | West Plains
Research and Extension | District



END THE *Farm Stress* STIGMA

RENEE TUTTLE
AGENT
AGRICULTURE &
NATURAL RESOURCES
RSTUTTLE@KSU.EDU



May is Mental Health Awareness Month. Coincidentally, May is also one of the busiest months of the year in agriculture. With the hustle and bustle of planting season, paired with the bleak weather outlook, it is a very stressful season.

Farmers are a resilient, hard-working bunch. They are the first to help others but, quite frankly, the last to help themselves. It's okay not to be okay; especially, in these ever-changing times. While not an exhaustive list, our friends at NDSU Extension coined the '12 Tools for Your Wellness Toolbox in Times of Farm Stress' to help deal with stressful issues that you may be facing.

Physical: Exercise at least 20 minutes per day. Yes, your job is a very labor intensive one, but make the time to truly focus on your physical fitness and mindfulness whether it be taking a walk, riding a bike, or weightlifting.

Get a medical checkup with a local health-care provider. Increased stress leads to increased cortisol levels. Increased cortisol levels can lead to issues with your blood sugar, blood pressure, metabolism and memory.

Mental: Spend 10 minutes to plan your day and priorities. Do this first thing in the morning with your first hot cup of joe. Taking time to process the needs of the farm for the day, and actually writing them down, creates accountability and accomplishment.

Take regular 5-to-10-minute breaks throughout your day. Now this doesn't mean sit down and scroll through social media. Instead, this is time for you to reflect on your to-do list, say a prayer, or simply just enjoy nature.

Emotional & Spiritual: Write down 3 things that you are grateful for daily. Conscious gratitude calms your mood. You can do this while creating your to-do list for the day.

Share concerns with a counselor or other professional. Oftentimes, your agronomist or veterinarian are the closest that you will ever get to a counselor, but know they are more than willing to listen. Lift your burdens by sharing your story.

Personal & Relational: Take 15 minutes each day for uninterrupted conversation with a spouse or family member. Communication is key; especially, on the family farm. Make sure that you are all on the same page, both on the farm and at home.

Get involved or stay connected with a friend or group of friends. In farming, seclusion is oftentimes the nature of the business. Don't let your farm or ranch be your island. Always have a tribe of folks to be your listening ear.

Work & Professional: Discuss the needs of the farm operation, but do not let them occupy all other aspects of life. The prices may fluctuate, but the show goes on. Shift your focus to your daily tasks to inadvertently conquer the larger issues at hand.

Seek constructive feedback on your farm operation and ways to grow or improve. Every opportunity is a learning opportunity. Network with fellow farmers and ranchers, and keep up to date with the latest industry shifts. Extension programs are an excellent way to accomplish this.

Financial & Practical: Create a family budget and seek to live within your means. While output pricing may fluctuate, at minimum, you can 'control your controllables'. Creating a budget and sticking to it gives you a sense of financial control.

Select three healthy habits to try and practice them daily! Rome wasn't built in a day, and your farm stress, or any stress for that matter, certainly will not be resolved in a day either. A few small, mindful changes can make a world of difference. And most importantly, please help to remove the stigma of mental health issues. Face your farm stress head on with resources and a listening ear at your side.



kansasagstress.org



TRACTOR SAFETY TRAINING

May 24, 2023 - Leoti, KS
8:30 AM - 4 PM

IF YOU ARE 14 OR OLDER AND PLAN ON DOING FARM WORK FOR SOMEONE OTHER THAN A PARENT OR LEGAL GUARDIAN, YOU MUST TAKE A TRACTOR SAFETY COURSE ACCORDING TO U.S. DEPARTMENT OF LABOR REQUIREMENTS.

CONTACT YOUR LOCAL OFFICE TO REGISTER TODAY!
IF YOU WOULD LIKE TO RECEIVE FUTURE UPDATES, PLEASE E-MAIL RENEE TUTTLE, RSTUTTLE@KSU.EDU OR CALL THE FINNEY OR SCOTT COUNTY EXTENSION OFFICES.

STUDENTS WILL NEED TO BRING \$10 TO COVER THE COST OF THE TRAINING.

(THERE IS A MINIMUM NUMBER THAT MUST PRE-REGISTER IN ORDER TO HOLD THIS TRAINING.)

CONTACT YOUR LOCAL EXTENSION OFFICE FOR MORE INFORMATION:

FINNEY COUNTY: 620-272-3670

SCOTT COUNTY: 620-872-2930

WICHITA COUNTY: 620-375-2724

TRANSPORTATION CAN BE PROVIDED FROM THE FINNEY COUNTY OFFICE TO LEOTI IF NEEDED. CONTACT RENEE FOR MORE INFORMATION.

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 your local extension office.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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

4-H DISTRICT ROUNDUP



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

2023 SCFF Shoot

Air Pistol:

Senior:

1st Hunter Wells

Junior:

1st Renee Beeson
2nd Derick McKinney
3rd Brayson Mayo

Air Rifle:

1st Brice Koehn
2nd Aubrey Grothusen
3rd Tayler Koehn
4th Hunter Wells
5th Sofia Kasselmann



2023 SCFF Shoot

BB:

Senior:

1st Aubrey Grothusen
2nd Avery Radke
3rd Hunter Wells
4th Sofia Kasselmann

Intermediate:

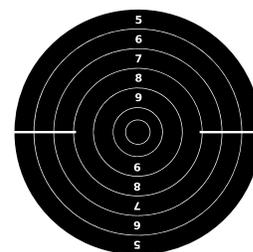
1st Bryce Koehn
2nd Marin Kerr
3rd Brayson Mayo
4th Isaiah Rogers
5th Renee Beeson
6th Josie Bain
7th David Kasselmann
8th Bryn Crisler
9th Talyn Armstrong
10th Derick McKinney
11th Hayden Weichman

2023 SCFF Shoot

BB:

Junior:

1st Hayzen Kerr
2nd Cutler Cox
3rd Alex Vanderweide
4th Statler Kerr
5th Daniel B
6th Addi D
7th Kashen P
8th Chase D
9th Noah M
10th Rylee Z



Congratulations!

County
4-H Foundation
Mary Jo Williams
Scholarship winner.

Cole Lehman



Riley/Pottawatomie 4-H Straight Shooters- 2023 Kansas 4-H State Match

Air Rifle 3P: Seniors:

Rank	Participant	Prone	Standing	Kneeling	Individual
27	Koehn, Tayler	162 - 1	102 - 0	144 - 2	408 - 3

Air Pistol Silhouette: Seniors:

Rank	Participant	Chicken	Pig	Turkey	Ram	Shoot Off	Individual
20	Wells, Hunter(128)	1	2	1	2	0	6



BB Gun: Individual:

Rank	Participant	Prone	Standing	Sitting	Kneeling	Individual
14	Grothusen, Aubrey (247)	96 - 3	90 - 1	94 - 1	94 - 3	374 - 8
31	Koehn, Bryce (250)	97 - 6	90 - 2	93 - 4	87 - 0	367 - 12
45	Wells, Hunter (249)	93 - 4	84 - 3	91 - 2	94 - 3	362 - 12
47	Kasselmann, Sofia (248)	88 - 2	92 - 3	94 - 5	88 - 1	362 - 11
77	Radke, Avery (246)	95 - 2	79 - 0	90 - 2	91 - 2	355 - 6
91	Rogers, Isaiah (251)	90 - 1	79 - 0	94 - 3	87 - 2	350 - 6

BB Gun: Team:

Rank	Participant	Prone	Standing	Sitting	Kneeling	Team
8	West Plains District	471 - 16	422 - 6	462 - 12	453 - 10	1808 - 44



Reminder!
2023 Finney County Fair Identification & Declaration Form is DUE MAY 1ST to exhibit at the 2023 Finney County Fair. Any questions, contact Janet, Renee, or Tabitha.



2023 Finney County Fair Identification & Declaration Form

Completion of this form is required by May 1, 2023 to exhibit at the 2023 Finney County Fair. Please have PDF, photo or screenshot of your YQCA Certificate ready to upload on the form. This form is formatted to complete on your mobile device. A copy of your responses will be e-mailed to you upon completion. If you have any questions, contact Janet, Tabitha or Renee.

Website: <https://bit.ly/42BGxtV>
or scan QR Code



The 38th annual Dr. Bob Hines Kansas Swine Classic will be held at CiCo Park in Manhattan, Kansas on June 30 -July 1, 2023.

Brochures are available on the KState website at www.KSUswine.org or www.youthlivestock.ksu.edu, under the "Spring Show" tab. Information for the Dr. Bob Hines Kansas Swine Classic at www.asi.ksu.edu/swineclassic.

To enter:
https://kstate.qualtrics.com/jfe/form/SV_bw2um6xiuu9Degm

Along with the showmanship competition Friday evening and a prospect and market hog show Saturday morning, there will be a swine photo contest and skillathon on Friday afternoon.

Super Saturday- 2023 Northwest Judging Results

Congratulations to everyone participating in the 2023 NW 4-H Super Saturday Judging event. Here are the results of the six judging contests. Medals and certificates will be delivered to your local Extension Office as soon as possible. Remember that the juniors in each contest participated for the experience and received participation awards as they finished the contest. The top three intermediate and senior individuals will receive medals. The top 10 individuals will receive certificates and the top team in each age group will receive medals.

See results at this link: <https://bit.ly/42T9x0q>

Finney County Fun Horse Show



\$5 FOR 4-H KIDS ONLY
Entry fee per class or \$30 per rider for the day
May 20th, 2023
Located at the Finney County Fair Grounds



PRIZES at the end of the show!!!!

show starts at 9 am

NO ENTRIES AFTER 8AM

QUESTIONS? CALL HONEY COASH @620-287-3042 PRE ENTRIES WELCOME

SOUTHWEST AREA HORSE SHOW

SATURDAY JUNE 10, 2023 AT 9 AM

Stevens County Fair Ground
Hugoton, Ks

Stalls will be available if needed for friday night

PRIZES -FUN- CLASSES FOR EVERYONE

Show Bill Coming Soon

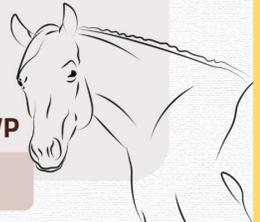
A Qualifier show for the Kansas State Fair



Forms will be available

More information and RSVP

620-453-2158
fbesley23@gmail.com



JOIN US
JUNE 14TH & 15TH AT



PIRATES OF CAMP LAKESIDE



WHAT WILL YOU DO?

HIKE, SWIM, FISH, S'MORES, BUILD LIFELONG FRIENDSHIPS & MORE!

CAMPER AGE (ON JAN 1): 7-9 YEARS OF AGE

COUNSELOR AGE (ON JAN 1): 14-18 YEARS OF AGE

FEE: \$90, INCLUDES MEALS, ACTIVITIES & T-SHIRT
2023 CAMP SCOTT REGISTRATION FORM CAN BE FOUND:

[HTTPS://FORMS.GLE/MYHODIKTQJOJWST56](https://forms.gle/myhodikTQJOJWST56)

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



K-STATE
Research and Extension



4-H GROWS HERE

SAVE THE DATE! SOUTHWEST KS 4-H CAMP COUNSELOR TRAINING

Tuesday, May 30th • Garden City, KS



K-STATE
Research and Extension



STATE HORSE JUDGING CONTEST



JUNE 15, 2023

SALINE COUNTY EXPO CENTER



Who should register:

All 4-H members age 9-18 who have an interest in horses or improving their judging skills!

Registration:

Opens April 17 and is due May 15. Coaches/Extension Agents should register all team members at https://kstate.qualtrics.com/jfe/form/SV_bloztOYr3jCfOjs.

Event Objective

To provide an opportunity for youth to demonstrate their knowledge of equine-related subject matter, including structure and movement, in a competitive setting where attitudes of friendliness and fairness prevail. These contests will provide an educational experience for both participants and spectators.

Cost:

\$20/person, includes contest fees and lunch
Additional lunches for coaches- \$10

Attire & What to Bring:

Dress code is casual and industry appropriate.
Contestants must provide #2 writing utensil and notebook for note taking.

Additional Information:

Kelsey Nordyke, knordyke@ksu.edu
<https://bit.ly/StateHorseJudgin>

Accommodations:

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Congratulations to all of our 4-H Shooting Sports members on a great BB, Air Pistol, and Air Rifle Competition in Scott County.



Congratulations to Kealie and Aaron!!! On April 15th, Meats Judging Contest at OSU, Kealie was 4th Jr 4-H and Aaron was 8th Sr 4-H.



West Plains 4-H Sewing Trip to learn about all things sewing; then up to the William Carpenter 4-H Building to help Cally with her community service pillowcase project!



4-H Cloverbud Club was a blast in Scott County!!! Maya gave a project talk and read her favorite book, Hope celebrated her 6th birthday with strawberry cupcakes, and we baked dog biscuits for all members to take home, with 2 dishes to share with others!!



FINNEY FLYERS

The Finny Flyers met April 2nd at the 4-H Building. Roll call was answered by the members birthday. Flag salute and 4-H Pledge were recited. Minutes of the March meeting were read and approved. The treasurer's report was \$2346.44. The bake sale at Wayne Sale brought in \$391.39. Connie told the club about a project for birthday cake boxes for those in need. After discussion, Kayson moved to bring items for the birthday boxes to our next meeting. The items would be taken to Emmaus House then. Motion was seconded and passed. Kennedy gave a talk about her project and also sang a song. Travis talked about his pig project. He also said this is his last year showing. Will be going to Hutch Community College this fall. Madison Farr talked about showing her pig and her other projects. Happy Birthday was sung to two members. Abby moved to adjourn the meeting. Motion carried. Aleah was taking part in a play and unable to attend. She was excused. The April 1, 2023 meeting of the Finney Flyers 4-H Club was called to order in the 4-H Building by Vice-President Austin Elam. Roll call of "When is your birthday" was answered by 9 members. Also in attendance were five adults and 1 leader. Vice President Elam led the Pledge of Allegiance and the 4-H Pledge. Secretary Kennedy Ramsey read the minutes of the March meeting, with the membership approving as read. Austin Elam reported on the recent 4-H Council meeting, informing club members of the fair t-shirt to represent the theme of "Stars, Stripes, & Summer Nights." Treasurer Kasen Ramsey reported on the recent club fundraiser. The club was commended for their donation to Emmaus House of the remaining bake sale items. The club then decided to create birthday cake kits to donate to Emmaus House after Leader Connie shared the idea she received at 4-H Council. The club is excited to try the cake for themselves at the May meeting. Four Finney Flyer 4-Hers gave presentations at our April meeting. Kennedy Ramsey sang her GWAC song, "The Waters Are Wide." Kennedy received a Superior rating and we think it was much deserved! Travis Oliver, Kasen Ramsey, and Madison all gave presentations on their swine projects. It is exciting to be working towards the fair season again. Our club meeting concluded with our song leaders Addison and Madilyn leading us in Happy Birthday for two members celebrating April birthdays. Club reporter Abigail Elam



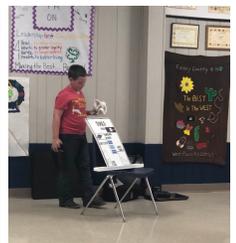
HAPPY HUSTLERS

The monthly meeting of the Happy Hustlers 4-H Club was called to order by President Meara Bergstrom at 5:00pm on April 2, 2023 at the 4-H Building. Happy Hustlers 4-H Club and Kourageous Kids 4-H Club enjoyed a fun exchange meeting. Nineteen Happy Hustlers 4-H Club members answered roll call by stating a project they have been working on. Officer reports were given. Co-Club Leader Nicole Bryant shared about club communications and to watch for many upcoming deadlines. There was no old business. For new business, a motion was passed to add a co-club leader to the club checking account. On the program, Kealie Bryant gave a demonstration on how to make yummy banana bread, and Audrey Bryant gave a demonstration on how to kid a goat. Song leader, Hailey Unruh, led the club in singing "Heads, Shoulders, Knees and Toes", and we sang "Happy Birthday" to members with April birthdays. Recreation leader, Mason Roark, led Happy Hustlers 4-H club members and Kourageous Kids 4-H club members in a fun jelly bean spoon race game. Both club members also enjoyed an egg toss game. Club announcements reminded members to watch for information about the May community service project at the Finney County Humane Society. We enjoyed treats from the Bryant family. Members also brought birthday cake pans and cards to donate for 4-H council. Next month's meeting will be May 7, 2023 at 5:30pm at the 4-H Building. Kealie Bryant, Reporter



WIDE AWAKE

The April Wide Awake 4-H meeting was held April 10th with 28 enthusiastic members in attendance. The meeting began with Pledges led by Hudson Fryman and the Treasurer Report from Reyce Frick. Our fearless Leaders Amanda and Justin reported upcoming Fair deadline reminders and Livestock Judging information. With no Old Business, Club New Business included the passing of Wide Awake Club By-Laws created by Amanda Hands. Membership passed a delicious Community Service Project, Birthday Cake Boxes, that will be assembled at the May monthly meeting. Continuing on with Teddy Lobmeyer leading the Devotion, the Current Event reported by Benjamin Price and Project Talks given by Harper Sowers, Macy Hands, Reyce Frick and Hudson Fryman. A lively game of Sharks & Minnows followed for recreation. Mark your calendars for the next Wide Awake meeting scheduled Monday, May 8th at 7 pm. Photo Credit: Christine Lightner



BEACON BOOSTERS

The March Beacon Booster meeting was called to order at 6:03 p.m. on March 27, 2023 by President Baylee Hutcheson. The club started the meeting with Peep races. Roll call was "What time do you get up on school days?" There were 10 members, seven parents, and no guest present. The flag salute was led by Jake Knoll and he 4-H pledge was led by Tammy Hutcheson. Ambassadors Baylee and Taylor talked about Earth Day at the zoo that will take place in April. The club leaders discussed the May 1st add/drop day for 4-H members. They also discussed Camp Lakeside. The club discussed doing mini golf as a club exchange this year; the club will reach out to Happy Hustlers. The club members decided that they would like to sell sweet corn as a fundraiser again this year. The club contacted Farmer Shane about growing the sweet corn again! The club will fulfill their community service project in April. They will shop for and deliver a goodie basket to Garden City Fire Department Station 1. The club played the dice game Tenzi as their second activity. Maggie Deal did a project talk on Greek gods. March birthdays were celebrated. The next Beacon Booster meeting will be held on April 24, 2023 at 6p.m. The club will meet at TJ Maxx. Jake Knoll, Reporter The Beacon Booster's club meeting was called to order April 24, 2023 at 6:14 p.m. by Vice-President Maggie Deal. There were eight club members and seven parents present. The club voted to do four birthday cake boxes for Emmaus House. Robinson family is going to shop for the boxes. Knoll family will contact Emmaus House about delivering the boxes at the next meeting. The club leaders discussed Camp Lakeside and Discovery Days. The club met at T.J. Maxx prior to the meeting to shop for a goodie basket for Garden City Fire Department Station 1. After the meeting was adjourned the club traveled to the fire department to deliver their goodies. The club will meet at Emmaus House on May 25, 2023 at 6 p.m. to deliver the cake boxes. The club will then continue on their club tour. The club will meet at Sperry's for pizza and tour then they will go to Robinson's farm. Jake Knoll, Reporter

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SHERLOCK STRIVERS

The April meeting of the Sherlock Strivers 4-H Club was held on Sunday, April 2, 2023 at Holcomb Elementary School. The meeting was called to order by Layla. Roll call was -Would you rather live in a Treehouse or a Submarine? The club recited the Pledge of Allegiance and the 4-H Pledge. Reports were provided by Secretary Adi, Treasurer Mady, and Reporter Katelyn. Kayla provided the 4-H Council report. In old business, the club recapped the March service project, Fill the Fridge, and voted to reimburse Jill for the drinks provided to the teacher lounges. In new business, club members discussed a community service project for May. They also decided they would do a swimming party and club tour for the June meeting. Blake gave a project talk on his model car. In announcements, club members were reminded about YQCA training requirements for exhibiting livestock at the county or state fair. Tagging dates for livestock were provided. Also, there is a sewing project field trip at Hobby Lobby in April. Horse certificates are due June 1st. 4-H camps are coming up so members were encouraged to watch for information and sign up. The club sang Happy Birthday to Blake and Brody who celebrate birthdays in the month of April. After the meeting was adjourned, Parker led the club in a balloon race game and fun was had by all. Submitted by Katelyn Novack, Reporter

LAKE WIDE AWAKE- SCOTT COUNTY



The April monthly meeting of Lake Wide Awake was started by answering Who is your favorite Disney Character? for roll call. We had 24 members and two community leaders present at our meeting. This month's meeting was full of community service. We finished talking about our Library display of bubbles with the theme "We Love 4-H Don't Chew" and plan to set that up April 7th. Community leaders discussed upcoming dates and deadlines including add/drop date of May 1st. For recreation our club made yarn woven flower pots for centerpieces for Parklane Nursing Home. Our community service project for April was making six Easter baskets (3 boys and 3 girls) that we donated to Western Kansas Child Advocacy Center. We ended our meeting by setting our date to have our next meeting as a clean up day of Dearden Memorial Park in Shallowater. Story by Aaren Radke, Jr President

