The Thomas County Extension Council have selected Mike and Tanner Brown as their Appreciation Award recipients for their continued support of Thomas County Extension. The Brown family has been hosting the Thomas County Wheat Plot and tour for around 20 years, which provides valuable information for area farmers. The plot takes an immense amount of time and effort from this team to put together each year. Having a test plot in Thomas County allows other farmers to see what varieties are working well in our own area of the state. Mike also served for many years on the Extension Executive Board. Their continued support and willingness to provide land for this educational plot is appreciated and not overlooked.

Thank You, Mike, Tanner, and your families, for all you have done for the Thomas County Extension Program.

Adams Bank & Trust is a large supporter of 4-H. They made a generous donation at the county Fair that paid for livestock consignment fees and advertising. This allowed many 4-H families to save their money at livestock weigh-in. Not only do they make donations to 4-H livestock projects, they also take a special interest in other 4-H events. For example, when they heard we wanted to encourage comradery by sponsoring an after-Fair lunch for all 4-H members and their families, they wanted to contribute. The 4-H Council was able to host this event without using 4-H funds, due to the generosity of Adams Bank & Trust. Without their support, the Thomas County 4-H program would not be where it is today.

Therefore, we would like to recognize Adams Bank & Trust with the 2022 Friend of 4-H Award and look forward to many more years of working together. Thank you for all you do for the Thomas County 4-H Program.

Each year the 4-H Council selects a “Family of the Year”, based on their service and dedication to Thomas County 4-H. This year we would like to recognize the members of the Amanda and Justin Wolf Family.

Amanda and Justin have both been volunteering with 4-H for several years. They have both volunteered their time at various events including livestock weigh-ins, shooting sports practices and at Fair. Amanda has been a Fair superintendent helping with livestock and is going to training this month to become a BB instructor. In addition, Justin and Amanda both play a crucial role in securing Round Robin belt buckles each year. Amanda has also served as a valuable resource for club and countywide fundraisers.

In addition to Amanda and Justin, the Wolf kids have been active in the Thomas County 4-H program. Over the years, Tinsley and Deegan have been involved in many projects including: swine, sheep, horse, rabbits, dogs, visual arts, shooting sports and rocketry. They have also served various leadership roles within their club. You can always count on the Wolf family to be one of the first to volunteer their time and efforts at fair, community events, and 4-H fundraisers.

This family lives 4-H, so please join me in congratulating the 2021-2022 Thomas County 4-H Family of the Year, The Wolf Family. Thank you for all you do for the Thomas County 4-H Program.
December
6th-7th—FSMA Produce Safety Grower Training- 1-5pm online both days. This training is for produce growers in Kansas and Missouri and other regulatory or support personnel. Purchase tickets here!
7th—K-State Garden Hour: Accessible Gardening for All – 12pm-1pm via Zoom
Gardening is a passion for so many people, however due to physical challenges, many people find themselves limited or unable to garden. Learn tips, tricks, and ways to make your gardening experience adaptable for everyone. Register here!
13th—Farm and Ranch Transition Conference Join us from 8:30am-3:00pm in discussing the future of the farm and how to take those first steps. Scholarships are available! More information and Registration here!
Locations: 13th-Colby, 14th-Salina, & 15th-Erie

January
17th & 18th—Cover Your Acres—8am-5pm in Oberlin. For more information click on Register here!
27th—Tri-State Cow/Calf Symposium – Hosted at the Bird City American Legion

February
1st & 8th—The Power of Negotiation & Communication—Land Leasing Strategies for Midwestern Ag Women (& Men). A 4-part workshop for landowners & tenants. Colby location offered, Register here!
7th—Swine Profitability Conference—Hosted at the Stanley Stout Center in Manhattan, KS
15th-17th—Women Managing the Farm Conference- Located in Manhattan, the theme this year is Grow: Your Community, Your Operation, Your Tomorrow. Register here!
Weed Management Schools—Stay tuned for more information!
Crop Talk Online Series—Stay tuned for more information!
Election Results

2022 Program Development Committee Members

Congratulations to those elected to the Extension Council Program Development Committees (PDC). The 2023 PDC members are listed below:

**Agriculture**
Matthew Smith, Justin Shields, Dustin Quenzer, Shanda Mattix, Tanya Gerstberger, Kiel Roehl

**Family Consumer Sciences**
Elisa Horinek, Christina Beringer, Lynn Eisenbart
Jacque Golemboski, Jessica Vaughn, Mandy Focke

**4-H Youth and Development**
Amanda Juenemann, Marie Skolout, Megan Roemer,
Pete Ziegelmeier, Diane Harter, Amanda Reid

**Community Vitality**
Brette Hankin, Tiffany Evans, Mike Hamilton
Judy Luedke, Linda Taylor, Emaily Lear

2022 Executive Board Members Elected

At the Thomas County Extension Annual Meeting on November 4th, nine Program Development Committee members were elected to serve on the Thomas County Extension Council Executive Board. The officers are: President—Dustin Quenzer, Vice President—Brette Hankin, Secretary—Amanda Juenemann, Treasurer—Mike Hamilton. The members at large are: Matthew Smith, Pete Ziegelmeier, Tiffany Evans, Tanya Gerstberger, and Jacque Golemboski.

Holiday Office Closings

The Thomas County Extension Office will be closed for Christmas and New Year’s from December 23rd—January 3rd.
**Protecting Strawberries Against the Cold**

Strawberry plants need time to gradually adjust to winter conditions and temperature drops to become cold resistant. Sudden changes in temperature can severely damage strawberry plants, said Kansas State University horticulture expert Ward Upham.

“Strawberry plants are better able to withstand colder temperatures in the middle of the winter than in the fall before they have gone through much cold weather,” Upham said. “For example, if temperatures suddenly plummet below 20 degrees Fahrenheit before the plants harden to the cold, they can be severely damaged. A drop to 15 degrees F may kill them.”

Strawberry plants should be mulched between Thanksgiving and Christmas to protect them from low temperatures and heaving damage.

“Heaving damage occurs when the alternate freezing and thawing common in Kansas winters heave plants out of the ground where the roots are exposed and the plants die from lack of water,” Upham said.

Wheat straw is recommended as mulch if it is free of weed seed and wheat kernels. Prairie hay also makes a good mulch, Upham said.

To apply the straw or hay, shake flakes apart to break down large chunks, which helps insulate the plants and avoid damage by delaying blooming in the spring, Upham said.

“Mulch should be removed gradually in the spring as plants begin new growth,” he said.

Some mulch can be left to keep berries off the ground and conserve moisture.

**Look Out for Mouse Damage to Fruit Trees & Plants**

Be on the lookout for mouse tunnels around your fruit plants. Trunks and roots of apple trees are among the favorite meals for mice. There is probably no damage yet. But if we receive enough snow to cover winter food supplies, mice will begin to feed on the lower area of tree trunks and roots. This feeding may be severe enough to girdle tree trunks and kill the trees.

Mice like to hide in dead grass and weeds around the trees, especially close to the trunks. They will often tunnel near the soil surface and feed on the tree bark. You can check for mice by placing baited mouse traps in PVC or other pipe near your trees. Insert the traps far enough so that pets are unable to reach the trap. Check the stations about once a week and reset traps if necessary.

Mouse damage can be severe enough to kill trees that are old enough to bear fruit. Clear dead grass and weeds away from your trees and monitor for mice if you are using mulch around your fruit plants.
Freezing Dough for Holiday Prep

To save time during the holidays, or any time of year, prepare yeast dough ahead of time and freeze into dough balls for rolls to bake later. The trick is using a dough with extra yeast because slow freezing can damage yeast.

According to Fleischmann’s Yeast, it is best to use dough recipes developed for freezing. These recipes are high in yeast and sugar and low in salt. It is recommended to use bread flour to help maintain bread structure. Another alternative is to increase the yeast by 1/4 to 1/2 teaspoon per 3 cups of flour to your favorite bread recipe. Dough that has extra yeast can compensate for potential freeze damage. After preparing and kneading the dough, shape into rolls or flatten into a disk and wrap airtight. The dough can be frozen up to four weeks. When ready to use, thaw at room temperature or slowly in the refrigerator. Once thawed, shape, let rise, and bake as directed.

Some examples of freezer dough recipes include:

Freezer pizza dough
Master bread dough

Cookie dough can also be prepared and frozen to save time when baking for the holidays. Drop cookie dough can be prepared, scooped onto a cookie sheet, then frozen. After freezing, cookie dough can be removed from the cookie sheet and stored in freezer packaging to be baked later. Always remember to wash your hands after handling raw cookie dough. Resist the urge to snack on raw cookie dough because of the foodborne illness risks due to eating raw flour and eggs. Another time-saving holiday option instead of freezing dough, is to bake the products first. Freeze cookies individually, store them in layers, and keep different types of cookies separate to avoid flavor mingling. Allow them to cool completely before wrapping them tightly and placing them in the freezer. Let them thaw in the wrapping before using. Rewarm baked goods for a short time in the microwave for that just out of the oven taste.

For more tips and fun freezer-friendly cookie recipes, visit the Pillsbury website.

Refrigerator & Freezer Odors

As winter approaches, so does the possibility of power outages. Refrigerators and freezers can hold cold temperatures for a short amount of time. But if power outages linger, food can become unsafe, spoil and can leave residual odors.

Food odors can be hard to remove. Dispose any spoiled or questionable food. Remove shelves, drawers, and ice trays to wash in hot soapy water. Rinse with a bleach sanitizer of one tablespoon bleach per gallon water. Wash the appliance interior with a mix of hot water and baking soda, then sanitize. Leave the door open to air dry. These steps may need to be repeated several times. Some other tips to remove odors are on the USDA website.

If meat juice or spoiled food has lingered in an appliance, it may have seeped into the insulation. At this point, the appliance may need to be discarded. Remove the door, if possible, or lock it in some manner to make it child proof.
**Achievement Banquet**

On November 18th, we had another successful Achievement Banquet where we celebrated many 4-Her’s and their accomplishments from this past year. If anyone would like a copy of the Banquet Awards Listing, please contact the Extension Office. Also, we still have some prizes for members to pick up.

**Band APP**

This is a friendly reminder for 4-H members, leaders, and parents to download and stay up to date with the BAND app. BAND is a mobile application used to facilitate group communication. You can find announcements, reminders, calendars, photos, files, and more on the application. There are groups for each club, 4-H Council and Thomas County 4-H. You can join the county group at this link. If you want to join a group or need help downloading/navigating the app, please contact the Extension Office.

**Beef Weigh-In**

Beef weigh-in will be held February 18th from 9:00am to 11:30am at the CCC Farm. Make-up day will be February 25th if necessary. Please bring cash or check to purchase your tags. Each market steer/heifer is required to have an ear tag at the county fair and state fair. Breeding animals are not required to have tags at our fair.

**Junior Producer Days**

The junior producer day events are one-day family educational programs to learn about the selection and management of swine and/or meat goat you livestock projects, as well as a variety of aspects related to the animal science industry. Each day is dedicated to one specie. There will also be an instructor-led YQCA certification class at the end of the day for each program.

Junior Swine Producer Day is scheduled for March 11, 2023 with a registration deadline of February 15. Junior Meat Goat Producer Day is scheduled for March 18, 2023 with a registration deadline of February 22.

Online registration for either day can be found here, or we have flyers available in the Extension Office.

**Horse Panorama**

The 2023 4-H Horse Panorama has been scheduled for January 28th at the K-State Salina campus. Horse Panorama is a compilation of various contests related to the Horse Project. Contests include: quiz bowl, hippology, public speaking presentations, photography and educational posters. Pre-registration will open December 2nd and is due by January 10, 2023. The registration fee is $55. For questions visit the Extension Office or contact Kelsey Nordyke at 620-222-1311 or e-mail klnordyke@ksu.edu.
Club Meetings in December
Please double-check with club leaders regarding the date and time of your monthly meeting. Many clubs are holding meetings along with other activities and they may be at a different time and/or location than usual. The calendar on page 6 lists more information.

Project Leaders
With a new 4-H year comes the need for project leaders. 4-H programs cannot thrive without dedicated leaders! Project leaders work closely with 4-H members, leaders, and parents within the local club or at the county level on a specific project. If you or anyone you know might be interested in becoming a project leader, please direct them to the Extension Office. We have a great library of resources to assist them and there are also trainings available.

Insect Spectacular
The Kansas 4-H Insect Spectacular, a two-day state-wide entomology workshop, will be held June 16-17, 2023 in Manhattan, Kansas. Classes will include basic pinning, basic and advanced identification, insect photography, and much more. Registration and full information will be available in the spring.

4-H Camp 2023
Ready, set, register! All 4-H camp sessions are now available for registration online. This includes half week, full week, Leaders in Training (LIT), and Counselors in Training (CIT) sessions. The discounted early bird registration rate ends on December 31, 2022. A full list of session dates for Summer Camp 2023 and additional details can be found in the Kansas 4-H Tip Sheet.

Project Goals
With reenrollment complete, youth have selected their projects and now it is time to set their 2023 goals.

- **Action:** What are you going to do?
- **Result:** What are you going to accomplish?
- **Timeline:** When are you going to complete the action?

A well-written goal combines all three of the above points! Project goals should be set by the end of January. The Kansas 4-H Program has a guide for Setting Project Goals for free online.

4-H at Home Holiday Activity Guide
Bring 4-H to your home this holiday season with fun, hands-on activities! 4-h.org has a free Holiday Activity Guide available with 15 at-home activities and over 20 tasty cookie recipes. You can print the guide or save a digital version for new ideas anytime. Help your kid continue doing and learning during the holiday season.
# December 2022

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Last day to re-enroll in 4-H to participate with 4-H at the Fair</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Crop Pest Management School @ Grainfield</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>AH—Meeting @ Frontier Ag 4:00pm</td>
<td></td>
<td></td>
<td></td>
<td>Fairboard Mtg. @ 8pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Transitioning Farm &amp; Ranches to Next Gen. Conference @ City Limits</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>hello winter</td>
<td></td>
<td>Office Closed</td>
</tr>
<tr>
<td></td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td></td>
<td>Merry Christmas!</td>
<td></td>
<td>Office Closed</td>
<td>Office Closed</td>
<td>Office Closed</td>
<td>Office Closed</td>
</tr>
</tbody>
</table>

**January 1, 2023**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>SS = Shooting Sports AH = Abilene Hustlers</td>
<td>BPG = Brewster Prairie Gem Gem = Gem 4-H SV = Solomon Valley</td>
<td></td>
</tr>
</tbody>
</table>

SS = Shooting Sports  
AH = Abilene Hustlers  
BPG = Brewster Prairie Gem  
Gem = Gem 4-H  
SV = Solomon Valley
Bookmark our website for quick reference to educational and informational resources as well as contact information for all of your questions:

http://www.thomas.k-state.edu

Check us out on Facebook & Twitter:

K-State Research and Extension Thomas County 4-H

K-State Research and Extension and Thomas County Extension are committed to making their services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Emily Bennigsdorf at 785-460-4582.