Small Animal Weigh-In

The 4-H small animal weigh-in will be held at the Thomas County Fairgrounds on Thursday, May 5th from 4:00 p.m. - 7:00 p.m. If you want to show your 4-H goats, sheep, swine or bucket calves, please remember they must be weighed in at this time. Again this year, we will be charging for advertising in order to pay for the County Fair Livestock Advertisement in the newspaper. Ear tags are $3.00 each and advertising costs $5.00 per animal to be sold. We ask that you bring cash or check that day to pay for tags. Please note: our tags are NOT acceptable at the Kansas State Fair. If you have an animal you would like to nominate for the State Fair, please let the Extension Office know so we can get the correct EID tag for your animal.

We are still watching the weather and assessing the situation for weigh-in this week. We may re-schedule to next week, Thursday, May 12th. Please stay tuned, an announcement will go out by email and on BAND.

2022 Thomas County Fair

It’s time to start gearing up for Fair! Get your ideas ready for your club booths, parade floats and more. This year’s theme is “IT’S SHOW TIME!”
Agriculture Focus with Emily Bennigsdorf

Parasite Control for Cattle

Springtime is rolling in which means producers are starting to prepare cattle to head out to pasture. Unlike cow calf producers in the South East side of the United States we are lucky to have some time without flies. Creating a plan will help producers keep their cattle safe and healthy during the warmer months while helping to cut down on pasture contamination with internal parasites and worms. There are five major types of flies that cow calf producers should be aware of but in North West Kansas producers should be most alert about face flies and horn flies.

Face flies are not blood feeders, they feed off of the eye juices and secretions around the nose on the cattle; they will continue to feed, leave, and come back throughout the day. Face flies can lacerate the cornea and lead to a majority of pink eye issues in the pasture.

Horn flies will be seen on the backs and sides of the cows and bulls. They are blood feeders and eat 20-40 meals a day piercing the skin each time. Negative effects tend to show up when you see roughly 100-200 on each animal. Research is showing that producers don’t need to worry about the horn fly transmitting disease between animals.

Insecticidal ear tags are the primary way producers should try to control flies. Research shows that putting a tag in each ear per cow will drastically cut down the number of flies within the herd out in the pasture. The female face flies are the only ones that feed, since they are not on the face for a long amount of time the ear tag isn’t quite as effective. The horn fly on the other hand is directly affected by the insecticidal ear tag. The only time these flies will leave the animal’s body is when the female goes to lay eggs in fresh manure. The ear tags should be effective 3-5 months, just remember the insecticide will be decreasing while it is on the animal.

When choosing your ear tags look and see what the main ingredient will be. Pyrethroids, organophosphates, and macrocytic lactones will be the key insecticide ingredients to check for. If you are going to use insecticidal ear tags make sure to rotate your insecticide product to prevent resistance buildup in the fly population. If you are planning on using the two-tag system it is recommended to use a pyrethroid the first year, a pyrethroid the second year and an organophosphate the third year to get the best results.

Growth regulator products, that are ingested by cattle, will help with horn flies because they lay their eggs in fresh manure. It will also cut down face flies, but they will their eggs in both manure and other areas. These products are referred to as “pass through” products; one part will kill the larvae that is in the manure and the other will prevent the eggs from becoming adults. This will not cut down on other types, such as deer and stable flies, because they lay their eggs elsewhere. It is recommended to start feeding these products 2-3 weeks before the major fly season to gain concentration throughout the cows.

It is very important to remove the fly tags at the end of each season and properly dispose of them. The amount of insecticide in these tags is so minute it will only kill the flies that are most susceptible, if anything it will make the next generation more resistant to that tag later on.

It does look like ticks are already showing up so be aware of tick control moving forward this year.Livestock entomologists suggest controlling the red cedars in any pasture, ticks more than likely are hibernating and living there. Remember ticks spread disease such as anaplasmosis, Lyme disease, and more.
Making Sourdough Starter

Want to learn how to make a sourdough starter? Fermentation is a combination of art and science. It also takes time, proper temperature, moisture, acidity, nutrients, and production of carbon dioxide.

Best practices to remember include:

- Safe food handling methods such as clean hands and equipment plus using quality ingredients.
- Flour is a raw food! Do not taste raw sourdough starter.
- Wild yeasts are inactive on their own, but activate with water. Traditional sourdough starter does not use commercial yeast.
- Take care of your starter to survive and grow. This helps stabilize microbial volume and improve the metabolic process.

Source: Food Smart Colorado

Shopping Tricks to Reduce Grocery Bills

If you’ve been shopping at the grocery store lately, you know that the cost of many items has gone up. And that can cause us to question what foods you purchase. Here are some tips to save some money on your next grocery bill.

- Shop store brands instead of popular brands. Have you tried a blind taste test to compare? You may find your family will not even notice any difference. Brands name foods are often selected because of advertising or packaging.
- Check unit pricing. The larger quantity size may not be a bargain. Check the unit pricing located on the tag on the shelf.
- Stretch meat with plant proteins. Adding beans to meat based soup or casseroles can stretch out meat and add beneficial nutrition.
- Properly store fruits and vegetables. Make the most of what you buy and use it in a timely manner. See our guide Safe Food Storage: The Refrigerator and Freezer and Safe Food Storage: The Cupboard for more information.
- Use ripe fruit in other ways such as a smoothie, quick bread, cobblers or crisps. This helps reduce food waste.
- Power up low-cost staples. Add protein and vegetables to mac and cheese or Ramen noodles to give them a nutrition boost.

Source: Iowa State University Extension

Sand Hill Plum—State Fruit of Kansas

Many native Kansans are familiar with sand hill plums as they grow in pastures and provide wind breaks across Kansas. The sand hill plum, or Chickasaw plum (*Prunus angustifolia*) became the state fruit of Kansas in April 2022. Some refer to them as the American Plum.

The tart fruit is a popular choice to make jam or jelly. When the fruit ripens, it changes from a green color to an orange-red blush color, then a dark red. Information to make a jelly, jam, fruit butter or just canning the plums can be found in the University of Wyoming publication, Preserving Food in Wyoming.

Source: Kansas Forest Service
**Horse Project**

- **Practices**— 4-H practices began at the CCC farm on April 14 and will continue on Thursdays. Riders will need to provide a negative Coggins test (within the last year) and will have to wear helmets per CCC policy.

- **Horse Level Testing**— 4-H Horse Project members who would like to compete at the District or State level, must complete the Level 1 workbook, do some community service work, attend an educational seminar, take & pass the Level 1 written exam, as well as take & pass the Level 1 riding exam. More information can be found on the [4-H Horse page](#).

- **NW District Horse Show**— The Northwest District Horse show will be held on July 7th in Norton. Entry deadline: June 17th. Registration can be found on the Showring Master [website](#).

- **4-H Equine Webinar Series**— This series will help 4-H members, volunteers and parents gain the skills and knowledge about horses and the horse industry in Kansas. Topics will include basic 4-H Horse project knowledge, horse health and college and career readiness. Webinars will be held live the third Monday of each month at 7pm and will be recorded for later viewing. For more info and to register, visit the Webinar Series [website](#).

**Fair Changes & Reminders**

The Kansas State Fair made some changes to their fair book that will affect our fair as well.

- One project that was introduced in 2021 is STEM: Ag Mechanics. This project is starting with an emphasis on welding and smithing. This project allows youth to explore areas of ag mechanics and metallurgy from repairing or repurposing items to the fabrication of new items.

- The second new project that began in 2021 is STEM: Architectural Block Construction. This project is starting with an emphasis on using architectural blocks (“Legos”) to construct dioramas. This project has been added to our Fair Book. Please note: this is NOT the same as a traditional Lego exhibit. Lego kits will still be entered under Visual Arts.

- Visual Arts classes were changed last year so our Fair matches the State Fair. Classes now include: Fine Arts, Clay & Ceramics, Leather & Jewelry, Three-Dimensional, and General Crafts.

- Reminder: Patchwork and quilted items will be judged at the Buymanship and Clothing Construction judging event. This is held Tuesday before Fair week (July 19th). They are listed under Fiber Arts in the Fair Book due to State Fair classes, but should be judged with other Sewing Construction pieces.

**Project Meetings/Events**

- **Dog Project**— Practices are being held on Tuesdays from 7-9pm at the 4-H Bldg. For more information, please contact Angie Harris at 785-443-2797.

- **Photography project**— Shutterbugs events

  - May 7th at 8:30am at Lee Richardson Zoo in Garden City, KS with $5 reg. fee for each of the first 5 members of a family. Age 5 and under are free.

- **Shotgun project**— The coaches are gearing up for the upcoming shotgun season. Safety meetings and practices will be held later this spring. Watch for more information and make sure you’re signed up for the shotgun project on 4-H Online.

- **Geology Project**— The State 4-H Geology Field Trip is scheduled for June 10th-12th in Fredonia, KS. Registration deadline is May 27th. For more information and to register, click [here](#).
**Poultry Testing**

Poultry testing will be on Wednesday, July 13th at the Thomas County Fairgrounds. This is for both 4-H and Open Class poultry exhibits. Please bring all poultry you will be bringing to fair so we can test for pullorum-typhoid and so we can give them a numbered leg band.

**Livestock Entry Limits**

Each exhibitor may only show 2 market animals per species and 2 breeding animals per species. Only 1 market animal per species may be sold in the livestock sale, per exhibitor.

**Spring Shows**

Many counties still holding their annual spring shows. Check with the Extension Office periodically to learn about upcoming Livestock, Horse and Dog shows.

**YQCA Training Required for all Livestock Participants**

The Youth for the Quality Care of Animals (YQCA) certification training will be required for 4-H members ages 7-18 to be able to show and sell their livestock this year for fair. **Species that require certification include beef, swine, sheep, goats, poultry and rabbits.** This training focuses on food safety, animal well-being, and life skill development. The office will be hosting an in-person training for members to receive their certificate. The training will be Sunday, May 22nd at 2:00pm in the Thomas County Office Complex Board Room. If they cannot attend in-person date they are able to complete the training online. The training will be $3/participant in-person or $12 online. All certificates of completion are due to the office by July 7th. For questions and to RSVP, please call the Extension Office at 785-460-4582.

**YQCA Instructions**

- Go to the YQCA website ([yqcaprogram.org](http://yqcaprogram.org))
- Click “Login & Register” on the top-right
- If you have not registered before, you’ll need to create a new account. Parents need to create accounts for their children. You’ll need to retrieve your email to validate registration and complete the parental consent. This will then allow you to add children.
- Go to the Home page and select a course.
- Find the age of the child you want to enroll. Then select “Add to Cart” under either the Web-Based Training or the Instructor-Led Training.
- If you are attending one of the in-person trainings, you’ll want to choose the Instructor-Led Training. Select the State, then look for the 2 Thomas County trainings (they’re not in any particular order). Once you have chosen your training session, you can enter your credit card information to pay for the course.
- After members have completed the Instructor-Led Training, Emily will approve them on the YQCA website. Members who participate in the Web-Based Training will see their certificate after completion of their session. Members can then view and print their certificates to turn in to the Extension Office.

**4-H Post-Fair Celebration Lunch**

The Thomas County 4-H Council and Extension Office would like to invite all 4-H members and their families to a Post-Fair Celebration Lunch on Saturday, July 30th at 11:00am. Join us for some food and county 4-H comradery as we wrap up another successful Fair week!
Rock Springs Ranch 4-H Camp

Camp enrollment is open now. However, several changes have occurred. In the past, Thomas County has attended camp with the Great Northwest Camp Group. Due to recent changes at Rock Springs Ranch, that group is no longer together. In 2022, Rock Springs is offering flexible camp session opportunities. 4-H members can attend any session during the summer, not just a specific one. They are also offering Open Enrollment, allowing non-4-H members to attend. For more information on session dates, pricing rates and new leadership opportunities, please visit the Rock Springs Ranch website.

Entomology Project

Beetles, bugs, dragonflies and more! It’s time to get registered for the 30th Insect Spectacular. The State Entomology Workshop will be held Friday and Saturday, June 17th and 18th, 2022. We will be hosted by Arnold’s Greenhouse on Friday morning, located at 1430 Hwy 58 near LeRoy, Kansas. Then we will travel to the Chanute High School as the center for other activities. The event is open to all youth and adult volunteers interested in 4-H entomology! One parent/adult guardian from each family must register and attend with children.

The $70 registration fee includes Friday supper, lunch and snack Saturday, bottled water, class materials, t-shirt and handouts. Younger siblings under 4-H age, spouses, etc. that may be coming along, but not participating in the classes will need to pay a fee of $25.00. This will pay for the meal and snack Saturday, but does not include a shirt. For more event details and to register, please visit the Insect Spectacular website.

BAND App

The office and clubs will now be using the BAND app to communicate important information. Please select the main group and your club to register.

Thomas County 4-H:
https://band.us/n/a8a164M4D0x9n
Abilene Hustlers:
https://band.us/n/a8af6cM4DdyeT
Brewster Prairie Gem:
https://band.us/n/aaac63M5D7Z6d
Gem 4-H: https://band.us/n/aca96dM8D2Zb8
Solomon Valley:
https://band.us/n/a7a662McD5Z7s
14 and Older 4-H Member BAND:
https://band.us/n/aca464x9c5H23

Club Attendance

For the 2021-2022 year, 4-H members wishing to participate in the livestock auction are required to attend 6 club meetings between the months of August 2021 and July 2022. Members must attend meetings for the club they are enrolled in on 4-H Online. Business must be conducted at the meeting in order for the meeting to qualify for attendance.

Club members and leaders can check their attendance record by going to the Thomas County Extension website. Click on “4-H Youth Development”, followed by “Record Keeping.”
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<td>BPG—Meeting @ Henry Hall 7:30pm</td>
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<td>Small Animal Weigh-in (weather date)</td>
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<td>GEM—Meeting @ Gem Comm. Bldg. 7pm</td>
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<td>SV—Meeting @ 4-H Bldg. 7pm</td>
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<td>4-H Equine Webinar Series</td>
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<td>YQCA Training @ 2pm</td>
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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.