November 2022

Business After 5!

Please join us to welcome our new 4-H Agent at our Business After 5 event on Thursday, November 10th hosted at the Thomas County Extension Office. Come learn more about the office and meet our newest team member!

Holiday Office Closings

Reminder: The Extension Office will be closed for Veteran’s Day on Friday, November 11th. The Office will also be closed for Thanksgiving from Wednesday, November 23rd through Friday, November 25th, 2022.

In this Issue:

Upcoming Events, page 2

Agriculture Focus, page 3
~ Importance of Parasite Management in Cattle

Family and Consumer Sciences, page 4
~ Swapping Ingredients for the Holidays!
~ How to Thaw a Turkey
~ What is Clostridium Perfringens?

4-H Tidbits, pages 5-7
~ Achievement Banquet, Enrollment
~ Project Events

November Calendar, page 8
**November**

29th—Central Kansas Beef Summit— 8:30am-2:50pm in Salina. Hear from industry specialists and ask our crisis management panel questions. [Register here!](#)

30th—Crop Pest Management School— 8am-5pm in-person in Beloit. For more details & to [Register here!](#)

30th & Dec. 1st—Kansas Turf & Landscape Conference – in-person in Manhattan. This Annual Conference is an excellent way to learn about turf and landscape management and will offer credit hours for Applicator Categories 3A (Ornamental) and 3B (Turf Pest). For more details & to [Register here!](#)

**December**

1st—Crop Pest Management School— 8am-5pm in-person in Grainfield. For more details & to [Register here!](#)

1st—Pesticide Safety Procedures for Ag Workers Workshop (Worker Protection Standard)— 10am-5pm in-person in 3 locations 1st-Manhattan, 8th-Olathe, 12th-Wichita.

Kansas State University officials have announced a series of free workshops to provide training that will reduce the risk of illness or injury to agriculture workers who are exposed to pesticides while on the job. For more details & to [Register here!](#)

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

Join Calla Edwards, Butler County Horticulture Extension Agent to 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**

18th, 25th, Feb. 1st & 8th—KSRE Women in Ag Series— in-person location in Colby. Women and Men are encouraged to attend all sessions of this series.

17th & 18th—Cover Your Acres— 8am-5pm

27th—Tri-State Cow/Calf Symposium – Hosted at the Bird City American Legion

Soil Fertility Schools— Stay tuned for more information!

Kansas Corn Schools— Stay tuned for more information!

**February**

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. Registration coming soon!

Weed Management Schools— Stay tuned for more information!

Crop Talk Online Series— Stay tuned for more information!
Calves are full of life this time of year and getting a jump start on their internal parasite management is key to keeping them healthy.

The only way to stay ahead of the internal parasites, also known as worms, is to understand the life cycle of the worm. Brad White, veterinarian and BCI director stated, “Parasites live in the gut of cattle where they lay eggs. They then leave the cattle’s gut in the feces that end up throughout the pasture they are in. The pasture larvae climb up on the leaves and are then consumed by any animal grazing.”

This leads to the parasites spreading quickly throughout herds. Cattle may become sickly and appear thin. Having parasites will hurt the weight gain of cattle and their overall health.

It is best to treat the whole herd when any cattle are found with parasites. Since they are internal it is nearly impossible to find the one causing the issues until it is a larger problem.

Calves are a much bigger concern when discussing parasites. Their immune systems haven’t developed enough to fight off the parasites causing them to have a more difficult time getting rid of them.

It is recommended to treat calves within the first three months and then follow up one more time within the year to keep the worm count low.

Another key point to watch out for is how many cattle you have in a certain pasture. The more cattle in an area, the more likely the animals will acquire an infection.

Brian Herrin, who serves on faculty with the Department of Diagnostic Medicine and Pathobiology in K-State’s College of Veterinary Science, says, “Cattle that eat out of bunks or in a dry lot are less likely to be impacted by parasites than those that eat off of the ground or graze pasture.”

If producers are going to follow a rotational grazing schedule, timing of rotation is critical.

“Once the eggs pass into the feces, they take a few weeks to develop and if the timing is wrong, infectious larvae might be peaking at the time when the cattle are put back on the pasture,” Herrin said.

Parasites thrive in warm weather but tend to have a harder time surviving very cold and very hot weather.
Swapping Ingredients for the Holidays!

“Healthy” and “holiday” don’t usually find themselves in the same sentence, especially when it comes to food. But that doesn’t have to be the case. Holiday celebrations and traditions are an important part of life to be enjoyed. You can learn to reduce the large amounts of fats and sugar usually found in holiday recipes and focus more on the “star” ingredients fruits and vegetables. With a little planning and a few simple changes, it is possible to enjoy great tasting holiday foods while still maintaining a healthy lifestyle and avoiding the weight gain often associated with the holiday season.

Simple substitutions may improve the nutrition levels of each dish. Easy substitutions include using a sugar substitute in the place of sugar, adjust whole milk to low fat or skim, for flour have half white and half whole grain, and try oil instead of margarine. Traditional family recipes are a staple in most households, but this may be a new reason to try a new recipe.

<table>
<thead>
<tr>
<th>Mashed Potato Recipes</th>
<th>Calories per ½-cup serving</th>
<th>Fat per serving (grams)</th>
<th>Carbohydrates per serving (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traditional Mashed Potatoes*</td>
<td>130</td>
<td>3</td>
<td>23</td>
</tr>
<tr>
<td>Light ‘n’ Creamy Mashed Potatoes</td>
<td>80</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td>Yogurt Mashed Potatoes</td>
<td>70</td>
<td>0</td>
<td>16</td>
</tr>
</tbody>
</table>

*Made with half-and-half cream and butter.

What is Clostridium Perfringens?

You may not hear it about it much, but Clostridium perfringens is one of the most common foodborne illness sources with about 1 million cases in the U.S. each year. Common symptoms are diarrhea and stomach cramps within 6-24 hours of eating contaminated food.

Where is it commonly found? In foods that have been temperature abused. This means the food was kept at unsafe temperatures, between 40°F—140°F, and pathogen grows and multiplies. Common food sources include soup, stews, gravies, meat, poultry, casseroles and other large amounts of food. Outbreaks tend to happen where large groups of people are served the meal. These outbreaks occur mostly in November and December.

So, as you plan your holidays, remember to keep hot food hot, cold food cold, and cool leftovers safely by dividing large quantities into small quantities to cool quickly.

Thawing Turkey Guide

Are you buying a frozen turkey for your holiday meal? Remember to plan ahead to thaw it safely and in time for roasting. The refrigerator is the best choice to safely thaw frozen food. Do not leave it sit on the countertop at room temperature.

Allow about 24 hours for every 4-5 pounds of frozen turkey. It will likely take longer. So for a 12-pound turkey, plan for at least three days thawing time in the refrigerator.

The cold water method can be used in a pinch. Leave the turkey in the wrapper. Submerge it in a clean sink or large container full of cold water. Change the water every 30 minutes and allow about 30 minutes per pound of turkey. Cook immediately.

See How to Safely Thaw a Turkey from the USDA for more information.
**Join 4-H Today!**

**New 4-H Year Begins in October**

October is a month of change in many ways. Fall has begun, weather is cooling down, the leaves are changing, and 4-H is not immune to its influence. October also marks the beginning of the new 4-H year and the opening of member enrollment. Where can youth and parents start if they are interested in enrolling in 4-H and want to learn more about what 4-H has to offer? The following are some questions and answers that can help any prospective members or parents learn more about America’s largest youth development organization.

**What is 4-H?**

4-H is one of America’s oldest and largest youth development organizations. It is a volunteer-led, informal education program administered through local county extension offices, state land-grant universities and the USDA. It features nearly 6 million members, rural, suburban, AND urban, throughout all 50 states and some foreign countries.

**What does 4-H offer?**

- Leadership opportunities for youth at the local and state level.
- Recognition for work and achievement through fairs, scholarships, awards, and more.
- Opportunity to participate in county, regional, state, and national events, including camps, educational programing, leadership positions, and conferences.
- Decision-making skills and opportunities through participation in club meetings, community service, and project work.

**What makes 4-H different from other youth development organizations?**

- **Self-determination** — Youth decide what projects they want to participate in, as well as how their clubs operate and support members and the community they live in. 4-H is the only youth development organization where members actually decide how it operates.
- **Experiential learning** — Members actively participate in their interest areas. Want to learn about insects? Start a bug collection in the entomology project. Like to work with your hands? Build a rocket in rocketry or a table in woodworking projects. Learn to bake your favorite pie in foods and nutrition project. Interested in something that isn’t an official project? No problem! Enter the Self-Determined project and come up with your own unique creation.
- **Research-based support from local, state and national experts** — 4-H is administered in Kansas through K-State Research and Extension, giving 4-H members, volunteers, and leaders access to the latest data in research and youth development.

**Why 4-H?**

A better question might be “Why not 4-H?”

A recent study of 4-H’ers across Kansas showed some positive results in areas of decision making, leadership, communication, and citizenship.

- 95% are comfortable making their own decisions
- 89% don’t succumb to peer pressure
- 96% reported they can make a difference through community service
- 95% reported an increased effort to allow everyone to have a voice.

Who wouldn’t want youths to be better leaders, citizens, communicators, and make better decisions? So I ask again, why not 4-H?

**Joining 4-H**

If you, or someone you know, is interested in joining 4-H, contact the Thomas County K-State Research and Extension office at 785-460-4582.

You can also learn more about joining and the different clubs in Thomas County by going to our website. Feel free to contact Club Leaders to get a feel for how you might fit into that club.

You can also Follow us on Facebook @Thomas County Extension/4-H.

**Please note:** 4-H Online Registration will be open for enrollment on October 1st. It has been updated to the 2.0 version. If you have any issues with re-enrollment please contact the office and we can assist you.
4-H Week in Thomas County

National 4-H Week was held October 3rd-9th. Thomas County 4-H Clubs were incredibly active in our community that week. This year, all four clubs showed citizenship and community service by working on projects on the Thomas County Fairgrounds. Here are some examples of what our clubs worked on.

Abilene Hustlers re-painted the Putt Putt course obstacles. They also created a display at Pioneer Memorial Library to showcase different projects available in 4-H.

Brewster Prairie Gem repaired and re-painted obstacles and equipment used for the Pawsome Paws Dog Project.

Gem 4-H re-painted the white wooden benches on the Fairgrounds.

Solomon Valley removed staples from the Beef Barn and talked to the after school program in Colby.

Shooting Sports Projects

4-H members who are enrolling in the various shooting sports disciplines must enroll via 4-H Online in a timely manner so they will receive full educational benefit of the sport. 4-H members must be 8 years old before Jan. 1 of 2022 to participate in shooting sports. The deadline to enroll in the BB, Air Pistol, and Air Rifle projects is coming soon. Stay tuned for more information.

Club Meetings in December

Please double-check with club leaders regarding the date and time of your monthly meeting in December. Many clubs are holding meetings along with other activities and they may be at a different time and/or location than usual.

Achievement Banquet

The Achievement Banquet will be held on November 18th in the 4-H building at 6:30pm. This event will showcase the winners of the 2022 Fair and the achievements of 4-H members from this past year.

As in previous years, club members and their families will contribute to the meal.

Abilene Hustlers: Side Dishes

Brewster Prairie Gem & Gem 4-H: Desserts

Solomon Valley: Main Dishes

Junior Producer Days

Junior producer days are held to provide educational material and hands-on experiences for youth, parents, leaders, and extension agents. Junior Swine Producer Day will be held Saturday, March 11th and Junior Meat Goat Producer Day will be held Saturday, March 18th. Keep your eye our for more information and registration for these events.

Project Leader Training

A Kansas 4-H Volunteer Project Leader Training Series was held last fall. All sessions were recorded for future use. Topics include: Personal Development: Public Speaking; STEM: Rocketry; FCS: Textile Science; Animal Science: Livestock; Service Learning; Financial Literacy; and Ag & Natural Resources: Wildlife. You can find more information on the 4-H website. You can find additional resources for various projects on the 4-H website or you can contact the Extension Office for assistance.
Volunteers

It’s that time again and we need your help!! The enrollment date for adult volunteers is the same as that for 4-H members, October 1st. Returning volunteers will need to re-enroll on 4-H Online and verify their information just like returning 4-H members. If you are a new volunteer, please contact the office so we can get the forms and instructions to you. Call Joanna at (785) 460-4582 or email joannajohnson@ksu.edu.

***If you know someone who would be a great resource for our 4-H members to learn from, (friend, community member, etc.) please contact the office. We are always looking for new project leaders and volunteers.***

Club Attendance

For the 2022-2023 year, 4-H members wishing to participate in the livestock auction are required to attend 6 club meetings between the months of August 2022 and July 2023. 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. College students who enroll in 4-H for their final year must still attend 6 meetings either in person or by technology such as Skype or Zoom.

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.” Club leaders or a designated club member should send attendance sign-in sheets to Joanna after each meeting to ensure timely record-keeping. Sign-in sheets can be dropped off at the office or emailed to joannajohnson@ksu.edu.

Schedules & Calendars

A new 4-H year begins October 1, and with that our 4-H community club leaders and project program leaders are developing their schedule of events and activities. Please contact the Thomas County Extension Office at 785-460-4582 with the dates and locations of your meetings and events. Our office has a calendar posted on our website for your convenience. If you have a meeting or event you would like us to add, or if you make changes to regularly scheduled meetings, please let us know. This will help us keep an updated calendar and will help ensure you get the dates you need for the 4-H Building without scheduling conflicts.

This is a reminder that we get use of the building without a fee through the Thomas County Fair Board, so we need to appreciate their gracious offer. There are times when that building is rented to the public and that revenue is used for maintenance expenses.

This is also a good time to remind 4-H leaders that the building needs to be cleaned after each use, even if that means someone before you did a poor job of cleaning. Having our 4-H members clean the building after each use teaches responsible behavior. Leaving the building cleaner when we leave than when we arrive shows our appreciation and mature attitude.

A thank you note to the Fair Board for their support during the fair and for the use of the building would be a great way to show appreciation. The Extension staff wish you a great new 4-H year. Thank you!
# November 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>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Extension Annual meeting</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
</tr>
</thead>
<tbody>
<tr>
<td>AH—Meeting @ 4-H Bldg. 6:30pm</td>
<td></td>
<td></td>
<td></td>
<td>Fairboard Mtg. @ 8pm</td>
<td>Office Closed</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>13</th>
<th>14</th>
<th>15</th>
<th>16</th>
<th>17</th>
<th>18</th>
<th>19</th>
</tr>
</thead>
<tbody>
<tr>
<td>BPG—Meeting @ Henry Hall 7:30pm</td>
<td>GEM—Meeting @ Gem Comm. Bldg. 7pm</td>
<td>SV—Meeting @ 4-H Bldg. 7pm</td>
<td></td>
<td></td>
<td>Achievement Banquet</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>20</th>
<th>21</th>
<th>22</th>
<th>23</th>
<th>24</th>
<th>25</th>
<th>26</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office Closed</td>
<td></td>
<td></td>
<td></td>
<td>Office Closed</td>
<td>Office Closed</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>27</th>
<th>28</th>
<th>29</th>
<th>30</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>4-H Council Mtg.</td>
<td></td>
<td></td>
<td>December 1</td>
<td>Last day to re-enroll in 4-H to participate with 4-H at the Fair</td>
<td></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.