2022-2023
4-H RE-ENROLLMENT & NEW ENROLLMENT

New 4-H members, as well as returning 4-H members, may enroll/re-enroll online starting Saturday, October 1, 2022. ALL returning 4-H members need to be enrolled by December 1st, 2022 in order to participate with 4-H in the 2023 Fair. At this time, please double-check all contact information for accuracy. Also, there is a $15 4-H program fee per child to enroll. The Extension Office highly recommends using a debit/credit card for payment to expedite the enrollment process. If you have questions regarding the fee, please call the Kansas State 4-H Office at (785) 532-5800. For other questions, please call the Extension office at (785) 460-4582.

4-H Project Record Books, Officer Notebooks, Club Seal forms & Achievement Pin forms
Due – Friday, September 30th!!! See Page 4 of this newsletter for more information.

Thank YOU!
The Thomas County Extension Office Staff and Executive Board would like to say Thank You to each and every individual and business that helped with the 2022 Thomas County Fair. Without sponsors, volunteers, Fair Board and the 4-H Families, we would not be able to have such a successful fair!!!

Seeking Candidates for Extension Program Development Committees
 Interested in making Thomas County a better place to live, work and farm? Want to develop your personal leadership skills? We’re looking for you!
Candidates are needed annually for positions on the Thomas County Extension Council. Each year, multiple residents age 18 or older are elected to a 2-year term on one of the four Extension program development committees: Agriculture, Family and Consumer Sciences, Community Development, and 4-H Youth and Development. If interested, please contact the Extension office.

Fair Premium Checks are available for pick-up at the Extension Office.
Body Condition Scoring

Learning how to assess a cow’s body condition will tell the producer if the animal is receiving enough food and nutrients. “Cows are ranked on a scale of 1 to 9, with ones being very thin and nines being extremely obese,” veterinarian Brad White said. “Cows post-weaning will typically score in the 4-6 range.” Veterinarian Bob Larson recommends evaluating the cows’ body condition at three points in the yearly cycle — at weaning, a few weeks prior to calving and right ahead of breeding.

Keeping a close eye on your cattle can help identify which cows need additional supplementation. This may mean pulling them to a different pasture or pen to make sure they are keeping up with the rest of the herd. Late summer/early fall is the best time to keep a close eye on the spring calving cows. During this time the ability to adjust supplemental needs is easier due to low nutritional demand. Beef cattle nutritionist Phillip Lancaster discusses that a cow with a good body condition score can maintain her weight with poor forage, which allows producers to supplement the cows with lower scores to catch up. He suggests all spring calving cows should be around a body condition score of 5 in December.

A body condition score of 5 is when the cow has a good overall appearance. Fat should cover a majority of the ribs, a small amount of fat in the brisket and areas on either side of the tail head have little evidence of fat cover. Alternate feed sources may need to be considered for this year. Take a look into different rations that could include silage, or allowing them to graze fields where crops failed.

White cautioned that producers following that option need to make sure there are no toxins in the field and think through how they transition the cows to a grain-based diet. “Turning out cows into a corn field is going to require different management than turning them out on corn stalks after the harvest,” White said. “Just make sure you have a plan on how you are going to handle the cows moving forward.”

Winter Wheat Varieties Report

The 2022 Kansas Performance Tests with Winter Wheat Varieties report is now online. The Kansas Agricultural Experiment Station annually compares both new and currently grown wheat varieties across different regions in Kansas. These performance tests generate unbiased information designed to help Kansas growers choose the best wheat varieties for their cropping system.

In this report, you will find a recap of the 2021-22 wheat crop. In the western part of the state, this precipitation mostly occurred before September 15. While moisture was available, growers in western Kansas planted wheat fields fairly early to ensure good emergence and a decent stand establishment in the fall. However, the remainder of the fall was dry in the western portion of the state, with precipitation totals of less than one inch. A recap of insect pressure and diseases is also included. More importantly, the results of the 2022 wheat variety performance tests are also shown.

Producers and crop consultants can use this resource to help select wheat varieties for their operation by checking for varieties that show a consistently good performance in their region. Be sure to keep extenuating environmental conditions in mind when examining test results.

The online version of the 2022 variety performance report is available here and performance test results from previous years are available here.
Food Safety Education Month: Food Thermometers

When cooking any meat, poultry, and egg products, a food thermometer is the best tool in your kitchen to determine if the food is done and safe for consumption. What does “doneness” mean? It is when the food is cooked properly and has desirable sensory aspects of the food such as texture, appearance, and juiciness. These are subjective. Safely cooked food is when pathogenic microorganisms, which can cause illness, are destroyed. The “doneness” temperature is the minimum internal temperature to destroy these harmful microorganisms. This temperature varies by food product. The food thermometer is the best tool to measure temperature accurately. It can also help keep from overcooking the food. Using color to determine “doneness” is not reliable. Research has shown that using meat color is unpredictable. Hamburger patties may be brown in the middle, yet the temperature has not reached the 160°F minimum temperature. Also, the patty may be pink in the middle, yet the temperature has reached the 160°F temperature.

Remember these three temperatures:

- 145°F for steaks, roasts, chops, fish
- 160°F for ground meat; egg recipes
- 165°F for all poultry; reheating leftovers; casseroles

Source: USDA FSIS Kitchen Thermometers and Safe Minimum Internal Temperature Chart

Preserving Summer Squash

Recommendations for canning summer squashes, including zucchini, that appeared in former editions of So Easy to Preserve or USDA bulletins have been withdrawn due to uncertainty about the determination of processing times. Squashes are low-acid vegetables and require pressure canning for a known period of time that will destroy the bacteria that cause botulism. Documentation for the previous processing times cannot be found, and reports that are available do not support the old process. Slices or cubes of cooked summer squash will get quite soft and pack tightly into the jars. The amount of squash filled into a jar will affect the heating pattern in that jar. It is best to freeze summer squashes or pickle them for canning, but they may also be dried.

Source: National Center for Home Food Preservation

September is National Fruits & Veggies Month

As part of the 2021 International Year of Fruits and Vegetables, the Produce for Better Health Foundation has designated September as National Fruits & Veggies Month.

Fruits and vegetables are available year-round as fresh, canned, dried or frozen. Many Americans do not meet the recommended daily intake of produce.

The goal of this promotion is to raise awareness and benefits in eating fruits and vegetables to have a more diversified and well-balanced diet. It also focuses on the problem of food waste and loss associated with the fact that fruits and vegetables are highly perishable.

How can you help promote fruits and veggies? Resources are available to share messages via social media, cooking ideas, learning about produce used in different cultures, or create food challenges.

There are educational resources to help consumers include fruits and vegetables into their daily diet plan, not just during September.
Project Records, Officer Notebooks, Club Seal forms, Achievement Pins

⇒ Project Recognition / Record Books—(previously called Kansas Award Portfolio or KAP): Each record includes sections where the 4-H member can talk about the goals and experiences they had in their project over the past year. They can also include photographs. There are three age divisions - Junior (7-9 yr. olds), Intermediate (10-13 yr. olds), and Senior (14-18 yr. olds). There are also two different forms, depending on which project you want to talk about. One is a general form and the other is for animals, which includes pets, dogs, poultry, rabbits and all livestock projects. A record form should be completed and turned in for each project the 4-H member would like to have judged. These forms are available at the Extension office, or online. We also have examples of the forms at the Extension Office if you would like to see a finished product. Please, use only the new record book forms from the office or the link above. Contact the office if you have trouble finding the forms or have questions about completing them.

⇒ The Historian, Reporter, Secretary, and Treasurers’ notebooks for each club should be turned in to be judged as well.

⇒ 4-H members should also turn in their application forms for their annual achievement pins. These pins will be awarded at the Achievement Banquet, and the forms can be found in the office or online.

⇒ Reminder to leaders that Club Seal and Club Project reports are also due to the office. We understand that Club Projects as well as items that were required for Club Seals in the past, may look different or may not have happened this year. However, we would like club leaders to turn in the Club Seal application with as much information as possible. We would like to highlight the work each club has done this year.

All of the sections listed above are due on Saturday, October 1st which means getting it to the office on Friday, September 30th!!

Record Book Judging

Thomas County record books will be judged in mid-October. If you would like to be a volunteer judge, please let the office know. Parents can judge a project their child has not entered a record book for. This can give valuable insight as to how other 4-H members work on their projects.

4-H Council Elections & Officer Training

New Officers will be elected at the September 26th 4-H Council meeting. Clubs should each have their council representatives chosen by this time. Members who would like to run for office need to attend this meeting and must be 11 years old or older this coming 4-H year. The meeting will be a joint meeting between the current council members and the future members.

Officer Training will be Monday, October 24, 2022 at 6:00 PM in the 4-H Building. We will start off with pizza and conversation then break up into groups for the training. Please RSVP to the Extension office with how many slices of pizza you would like ($2 for each slice – includes drink) by noon on the Friday before training – October 21st. The October 4-H Council meeting will follow.
**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.***

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**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 or their BAND group. 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.

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**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!
Achievement Banquet

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

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 2023 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.

48 Hours of 4-H

Join us this fall in seeing just how much we can give back to our communities! The weekend after National 4-H Week is the perfect opportunity to setup a service project and join the 48 Hours of 4-H Service Challenge, October 8-9, 2022. This year the Thomas County clubs will be teaming up to clean up and fix areas we use during fair. Register your projects online and then follow up with a report so Kansas 4-H will see all the great work that happened across the state. Stay tuned for more information.

KYLF

Kansas Youth Leadership Forum will be held on November 19-20 at Rock Springs. This event is for youth ages 14-18 before January 1, 2023. It will feature workshops, consulting groups, inspirational speakers, Youth Council Elections, and opportunities to learn and have fun. Early registration is due mid-October and regular admission due November 1st.

Project Leader Training Series

A Kansas 4-H Volunteer Project Leader Training Series are available for individuals looking at becoming a project leader! Topics include: Personal Development: Public Speaking; STEM: Rocketry; FCS: Textile Science; Animal Science: Livestock; Service Learning; Creative Arts—Visual Arts: Barn Quilts; Financial Literacy; and Ag & Natural Resources: Wildlife. For more information go to the 4-H website.

4-H Re-enrollment

Re-enrollment opens on October 1st for all of our current 4-H members. To re-enroll please visit 4-H Online at v2.4honline.com.

You can also learn more about our different clubs and joining 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.

Resource Guide

The Extension Office would like to update our current Resource Guide of helpful information for 4-H families. If you have suggestions of something we can add, please let us know. This could be something you wish you knew when you were a new family or something you still don’t know much about. Help us help you!
High Plains Horseman's Day

Saturday, September 10, 2022
Colby Community College Farm
2002 County Rd 23, Colby, KS 67701
9:30 a.m. - 1:30 p.m.

Join us for Healthy Equine Presentations by:

Farrier, Trey Wilcox

MagnaWave Therapist, Jessica Bugbee

Equine Chiropractor, Dr. Kris Harris, DVM, DABVP

Kansas Horse Council, Justine Staten & Maddy Haggard

Question & Answer, after lunch with Dr. Kris Harris, DMV, DABVP

Register at: https://tinyurl.com/HPHD2022 or scan the QR code below
Lunch provided if registered by September 3rd

For more information please contact:
Shanda Mattix 785-460-5464 or shanda.mattix@colbycc.edu
Emily Bennigsdorf 785-460-4582 or ebennigsdorf@ksu.edu
Kelsi Wertz 785-673-4805 or kjwertz@ksu.edu

Hosted by: Sponsored by:
Upcoming Events

**September**

7th -- **K-State Garden Hour: Recommended Trees for Kansas**- Noon-1pm via Zoom
Click here to register and see past presentations!

17th -- **Leavenworth County Garden Symposium “Live Life in Full Bloom”**- 8:30am-4pm at Riverfront Community Center in Leavenworth, KS
Click here for more information!

24th -- **Parkinson’s “Moving to Live” Fall Conference**- 9am-4pm at City Limits Convention Center
Click here to register!

27th -- **Ag Lenders Conference** in Salina, KS
28th -- **Ag Lenders Conference** in Manhattan or Livestreamed via Zoom
Click here to register!

29th -- **Beef Stocker Field Day**- 9:30am-5pm at the KSU Beef Stocker Unit in Manhattan, KS
Click here for a schedule and to register!

30th-October 1st-- **10th Annual Women in Denim Event: Winds of Change** at The Gathering Place in Colby
For more information, visit the Thomas County Conservation District Facebook page. To register, call 785-443-4830 or 785-462-7671 ext. 174.

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**2022 Seasonal Flu & COVID-19 Vaccination Clinic**

**Colby Drive thru Clinic**
September 29, 2022
12 PM – 6 PM
Thomas County Health Department annex

**Brewster Clinic**
October 11, 2022
Senior Center: 9–10:30am
High School: 11 am–12pm

**Rexford Clinic**
October 12, 2022
Red Barn: Time Pending
High School: 11am–12pm

Be Prepared with the following:
- Have payment or copy of insurance
- Wear loose fitting clothes
- Vaccine Consent form filled out online prior to receiving flu shot. We will not accept a previous year’s consent.

**FLU COSTS:**
Please check back for costs.
Most insurances cover the cost of the flu vaccine.
Payable by cash, check, credit card, or insurance. The cost will be adjusted for children and adults without insurance.

Dates subject to availability of flu vaccine.
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**Notes:**
- 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:

[Link: 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.