Beef Weigh-In

Beef weigh-in will be held Saturday, February 18th from 9:00am to 11:30am at Colby Community College Farm. Tags are $3.00 each. Please bring cash or check to pay for your tags the day of weigh-in. 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 a tag at our fair. Thank You to Adams Bank & Trust for their donation from last year covering our advertising fees for this upcoming year!

Join us at the 4-H Council Fundraiser!

Stop by for Fried Chicken lunch and dinners to go! Saturday, February 25th hosted by the City Limits Convention Center. Lunch will be served from 11:00am—2:00pm and Dinner will be served from 4:00pm—7:00pm. Meals include fried chicken, corn, mashed potatoes, biscuits, and a cookie. Pull in the East entrance for the drive through pick up line or join us inside to enjoy! Suggested Donation of $12 with 50% of proceeds go back to the Thomas County 4-H Council.

Walk Kansas is Almost Here!

Get your teams together now! The KSRE Walk Kansas health initiative will be held March 26—May 20, 2023. The goal of Walk Kansas is to help teams of six people or an individual team be more active, make better nutrition choices, and walk away stress. For many, it’s a great way to get motivated to lead a healthier life. Sign up and Walk Kansas!
Upcoming Events

February

3rd—Kansas Local Meat Marketing Workshop—Wichita, KS
For more information, Click here!

6th-10th—Farmer’s Market/Direct-to-Consumer Virtual Workshop—noon-1pm each day
For more information, Click here!

7th—Crop Talk Webinar Series: Spring Annual Forages to Fill the Gab in Cattle Feed
For more information, Click here!

7th—KSU Swine Profitability Conference—Manhattan, KS
For more information, Click here!

7th-8th—High Plains No-Till Conference—Burlington, CO
For more information, Click here!

7th-8th—FSMA Produce Safety Grower Training (virtual)— 5pm-9pm both days
Click here to register!

8th—Grain Marketing Workshop: Corn— 12:30-5pm in Atwood, KS
For more information, Click here!

8th—Living Well Wednesday Webinar: Hypertension Awareness, Prevention & Management
For more information, Click here!

14th—Crop Talk Webinar Series: Climate Smart Agriculture- What’s All the Buzz?
For more information, Click here!

15th—Grain Marketing Workshop: Corn— 9:30am-2:30pm MT in Tribune, KS
For more information, Click here!

15th—NW Area Weed Control Meeting-9am-noon MT in Sharon Springs & 4:30-7:30pm CT in Atwood
Registration requested by Feb. 10th.
For more information, Click here!

16th-17th—Women Managing the Farm—Manhattan, KS
For more information, Click here!

21st—Crop Talk Webinar Series: Alternative Weed Control Research from Kansas
For more information, Click here!

22nd—Living Well Wednesday Webinar: Mental Health
For more information, Click here!

24th—Kansas Local Meat Marketing Workshop—Olathe, KS
For more information, Click here!

28th—Crop Talk Webinar Series: Corn Tillers-The Good, The Bad, The Ugly
For more information, Click here!

March

1st—K-State Garden Hour Webinar Series: Houseplants: Basics & Beyond– Noon-1pm
Click here to register!

3rd—K-State Cattlemen’s Day—Manhattan, KS
For more information, Click here!

3rd—Kansas Local Meat Marketing Workshop—Parsons, KS
For more information, Click here!

8th—Living Well Wednesday Webinar: Stretching Your Food Dollar
For more information, Click here!

22nd—Living Well Wednesday Webinar: Positive Parenting
For more information, Click here!

April

5th—K-State Garden Hour Webinar Series: Growing to New Heights with Vertical Gardening—Noon-1pm
Click here to register!

18th & 20th—Online Grant Writing Workshop-1:30-4:30pm both days
Click here to register!

For more upcoming events visit our webpage!
Winter Livestock Waterers

As temperatures fluctuate in North West Kansas, we are starting to see those colder nights making an appearance. Livestock producers know good and well how important water is for their animals which is making the thought of winter weather a little more difficult to accept. Now is the perfect time to double check the watering systems that are set up for your animals.

Having access to water that is clean and drinkable will make a large difference in your herd throughout the upcoming months. On a Cattle Chat podcast, veterinarian and BCI director Brad White, was talking about cattle herds during the cooler months, “Cattle will typically drink about 1 gallon of water per day for every 100 pounds of weight they are able to maintain.” Keep in mind that lactating cows will consume more water than dry cows.

Goats need two to three gallons of water daily. However, goats may get by on only about a half-gallon a day or less while grazing lush green grass. In addition, a lactating doe requires more than two to three gallons of water, depending on how much she is getting from grass, hay and how much milk she is producing. Sheep will consume anywhere from ½ to 5 gallons of water per day, depending upon their physiological state, the content of water in their feed, and environmental conditions. Requirements increase greatly during late gestation and lactation. Water intake is positively correlated to feed intake.

Clean water is vital to keep your herd condition up and your animals healthy. This is also a great time to consider what size of tank you will have to keep the water flowing without it freezing this winter. This may mean looking into a frost-free watering system to help make your life easier on those chilly mornings.

“Investing in a freezeproof waterer can be expensive but the savings in time and labor of breaking ice may be well worth it,” White said. If you have free flowing water, cattle and other livestock are likely to drink more throughout the day which will help them maintain their body condition. Even if you invest in a frost-free system, veterinarians still urge producers to clean them periodically.

Livestock waterers can get filled and cluttered with items that could prevent the water from being clean or block the flowing system. Hay and alfalfa debris, feed, other saliva and dirt throughout the winter can cause problems in the tanks.

White suggests that if you have cattle drinking from a well to have it tested periodically to make sure it is safe at all times.
2023 National Festival of Breads

The 2023 National Festival of Breads is going virtual! This is a yeast bread competition for adult amateur bakers. So start your mixers and get baking!

Four categories for this year’s contest include Quick and Easy, Wholesome and Healthy, Go Nuts, and Say Cheese. Recipes must be original, which means never published in the same or substantially the same form. Recipes must state the brand and type of flour along with the brand and type of yeast. It must contain at least 75% wheat flour and produce one or more loaves or one dozen or more rolls.

Contest entry begins at 12:00AM CST on January 1, 2023 and ends at 11:59:59 PM CST on February 13, 2023. Refer to the 2023 Official Rules and Regulations for all details.

February is American Heart Month

National news of a prominent football player suffering from a heart condition has brought to light the need for heart disease education and information. What do you do to protect your heart?

February is designated as American Heart Month. As a leading cause of death in the U.S., it is important to make your heart a priority. Many steps in self-care can greatly improve your heart health. Learning CPR can save a life.

Here are seven self-care steps you can take to heart health.

1. Start with a self-care checklist for the week. Choose from these ideas to get started.
2. Check your blood pressure and know what the numbers mean for you.
3. Make healthy eating goals and simple changes to your diet for big benefits. You too can eat a heart-healthy diet!
4. What is your wellness routine? Part of that is getting quality sleep and reducing stress.
5. Treat yourself! You deserve some fun to break up your normal responsibilities.
6. Who inspires you? Those “feel good” people can improve your heart too!
7. What is your favorite way to take care of your heart? Get outside and take a walk to benefit your heart and mind.

Learn more at the National Heart, Lung, and Blood Institute website.

Avoid Food Safety Penalties!

The final big game of the football season is almost here! If you are planning to host a party to cheer on your favorite team, here’s some food safety reminders to plan a safe event.

Pregame—First and foremost, wash your hands before preparing any food. Have a food thermometer handy to ensure cooked food or leftovers reach safe internal temperatures.

Don’t play dirty! – Prevent cross contamination by keeping raw meats and poultry away from the veggie tray or other ready-to-eat foods. Have several utensils ready to keep foods separate also.

Half time is here! – How long has your hot or cold food been sitting at room temperature? Use the 2-hour rule and reheat hot foods or chill cold foods for safety. Keep foods out of the temperature danger zone (40-140°F), you just want touchdowns in the end zone!

Postgame—Pack leftovers in small shallow containers for quick chilling. You will be a winner!
**Beef Weigh-In**

Beef weigh-in will be held February 18th from 9:00am to 11:30am at the CCC Farm. Weather date will be February 25th if necessary. Please bring cash or check to purchase your tags. Tags are $3 each, and 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. If you plan to take an animal to the Kansas State Fair, please let us know so we can get an EID tag for you. Our county fair tags are not accepted at the State Fair.

**Scholarships**

The Kansas 4-H Foundation partners with Kansas 4-H to offer over 50 different scholarships to help fund higher education for 4-H youth who are high school seniors or older. For a copy of the application and a list of available scholarships, please visit the Kansas 4-H Youth Development website. All applications, additional documentation and reference letters must be submitted online no later than March 1.

The Thomas County 4-H Council Scholarship is open to Thomas County high school seniors enrolled in 4-H. Applications are available at the Extension Office and must be turned in by March 15th.

**County Club Day**

County Club Day will be held on March 10th. Now is the time to start thinking about how you might like to participate. Activities include demonstrations, project talks, dancing, music and dramatics, reading, etc. More information involving registration will be given in future newsletters, so stay tuned!

Also, plan to add Regional Club Day to your calendar. It will be held March 24th at Brewster School.

**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 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.

**KS Equine Webinar Series**

This series gives 4-H members, volunteers, and parents skill and knowledge about horses and the industry in KS. Webinars will be hosted live the third Monday of each month at 7:00 p.m. Central Standard Time. For more information and registration click here.

**Sheep Across KS Series**

Meet with producers for their insider tips on selecting the best lamb for your barn with the first session on February 5th at 5:00 pm (it will be recorded for those who register). This first session is titled, “Ask Before You Buy!” To register please visit this link.

**Spring Shows are Coming!**

The Extension Office receives information about livestock spring shows regularly throughout the late winter and early spring months. To help get this information out to our 4-H members please check the Thomas County 4-H BAND group to see what shows are coming up around our area. We will be uploading new flyers every Friday in the afternoon.
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 later this spring.

Discovery Days

Discovery Days offers in-depth training through educational sessions from content and youth development experts. Members will learn new ideas, techniques, and skills they can use personally and in their 4-H clubs and communities. It will be held June 7-9 on the K-State Campus. Registration is coming soon.

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 2023, 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.

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.

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.

Volunteers

The enrollment date for adult volunteers is the same as that for 4-H members, October 1st. This year, new and returning volunteers need to complete the Volunteer Application/Renewal on 4-H Online. If you have questions, call Joanna at 785-460-4582 or email joannajohnson@ksu.edu.

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.

Club Attendance

New for the 2022-2023 year, 4-H members wishing to participate in the livestock auction are required to attend 5 club meetings between the months of August 2022 and July 2023 and complete the Youth for the Quality Care of Animals (YQCA) training each year. 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 their club’s page on the BAND App.
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<td>5 Sheep Across Kansas Webinar</td>
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<td>16 NW Area Weed Control Meetings Field to Fork Webinar Reg. due for KS Jr. Swine Producer Day</td>
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<td>19 Valentine’s Day</td>
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<td>21 Crop Talk Webinar</td>
<td>22 Living Well Wednesday Webinar Field to Fork Webinar Reg. due for KS Jr. Goat Producer Day</td>
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<td>24 4-H Beef Weigh-in Back up date 4-H Council Fundraiser 11am-2pm &amp; 4-7pm</td>
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PP = Pawsome Paws
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.