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# Thomas County

## K-State Research and Extension News

Knowledge  
for Life

Laurel Despain

4-H & Youth Development

ldespain@ksu.edu

Joanna Johnson

Office Professional

joannajohnson@ksu.edu



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Research and Extension

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### We're Hiring!

The Thomas County Extension Office is looking for a motivated individual to join our team as an Ag & Natural Resources Agent. Please help us spread the word and contact our office if you or someone you know may be interested. For more details about the position and applying, click [here](#).



### Scholarships

The Kansas 4-H Foundation and Thomas County 4-H Council have scholarships available for high school seniors. Check out the 4-H Tidbits page to learn more!

### Beef Weigh-In

Beef weigh-in will be held Saturday, February 17th 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.

### Join us at the 4-H Council Fundraiser!

Stop by for Fried Chicken lunch and dinners to go! Saturday, March 30th 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! Suggested Donation of \$14 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 31—May 25, 2024.

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!

KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE

# Upcoming Events

## February

**6th-7th--High Plains No-Till-** in Burlington, CO

[Register here!](#)

**7th--K-State Garden Hour:**

Gardening for a Changing Climate

[Register here!](#)



**9th--Local Food Producer Workshop-** in Olathe, KS and virtually

[Register here!](#)

**10th--Local Food Producer Workshop-** in Hutchinson

[Register here!](#)

**13th--Alfalfa Winter School-** in Great Bend

[Register here!](#)

**14th--Living Well Wednesday webinar:** Women's Health and Functional Medicine

[Register here!](#)

**14th-16th--Women Managing the Farm**

**Conference-** Held in Manhattan, the theme this year is "Rise".

[Register here!](#)

**20th--Crop Talk Webinar Series:** Management Tactics for Wheat Production

[Register here!](#)



**21st--Field to Fork webinar:** How to Create Beautiful Flowerbeds & Landscapes Good Enough to Eat

[Register here!](#)

**21st-22nd-- Farming Evolution-** in Holyoke, CO

[Register here!](#)

**27th--Crop Talk Webinar Series:** Biological Products and Their Role in Soil Fertility

[Register here!](#)

**28th--Field to Fork webinar:** Gardening with Arthritis and Pain

[Register here!](#)

## March

**1st--Cattlemen's Day-** in Manhattan

[Register here!](#)



**1st--Local Food Producers Workshop-** in Hays

[Register here!](#)

**5th--Crop Talk Webinar Series:** Managing Areas of Fields with High pH

[Register here!](#)

**6th--K-State Garden Hour:** Selecting & Planting Fruit Trees for Kansas

[Register here!](#)

**6th--Field to Fork webinar:** Understanding Product Dating: Food Safety vs. Food Quality

[Register here!](#)

**6th--Farm & Ranch Transition Conference-** in Garden City. Repeated sessions will be held in Great Bend on 3/7 and in Manhattan on 3/8.

[Register here!](#)

**11th-12th--Soil Matters Conference-** in Dodge City

[Register here!](#)

**12th--Crop Talk Webinar Series:** Fallow Replacement Options in Dryland Rotations

[Register here!](#)

**13th--Field to Fork webinar:** Spuddles, Vader Tots and Small Fries: Let's Talk Potatoes!

[Register here!](#)

**13th--Living Well Wednesday webinar:** Navigating Diets, Supplements, and Women's Health in a Confusing World

[Register here!](#)



**20th--Field to Fork webinar:** Tips for Preserving the Bounty of the Harvest

[Register here!](#)

**27th--Field to Fork webinar:** How to Grow Garlic & Other Alliums

[Register here!](#)

## Calving Season

Kansas State University veterinarian Gregg Hanzlicek said being prepared ahead of calving season is the best way for producers to assure they will bring home the newborn calves successfully.

A key to having a successful calving and production season is for cows and heifers to be in the appropriate body condition, which according to Hanzlicek is a score of 5-7. He said he has seen many cattle in the 3-4 range in the past few months. "It really comes down to having a formulated ration that is balanced for protein and energy."

Scour vaccines are a crucial component of the prevention program, Hanzlicek said heifers will require two doses of the scours vaccine, while cows need one. The timing of those vaccines is "very, very important," he said. Also, Hanzlicek recommends establishing a clean calving area to help reduce the risk of scours. "There's two major risk factors for scours," he said. "One is the lack of colostrum consumption. The other is a contaminated environment that the babies are born into."

Hanzlicek recommends having a location to move the pairs off the calving area to keep the calving facility less contaminated with the scour organisms. Getting the calf here safely is another factor to consider, "Most operations are going to have to help at least one animal during the calving season," Hanzlicek said. The last national survey indicated that 1 of every 100 heifers and 2 of every 100 adult cows will need assistance. Being prepared to pull a calf is important. Hanzlicek said producers should have the following items on hand:

- Clean straps or chains.
- OB sleeves.
- Lube.
- Working calf pullers.
- Veterinarian's phone number.

Intervening at an appropriate time is important. "If we intervene too early and the cow or heifer is not dilated, we can injure the tissues and hurt the calf," Hanzlicek said. "If we intervene too late, a lot of times that's when we end up with stillborn calves." According to Hanzlicek, once a cow has reached the second stage of labor, they should give birth within 30 minutes. A heifer should calve within an hour. Second stage labor is when the heifer or cow can be observed experiencing uterine contractions, or the water-bag or calf's feet are visible. If assistance from the producer is needed, and they are unable to extract the calf within 15 minutes, then help – either a veterinarian or someone with more experience -- should be called. Following calving, the calf should be up and nursing within two hours, Hanzlicek said. If not, a colostrum replacer can be given to help get the calf started.

"Colostrum-based powders are the best way to go, and I would recommend that every producer have one or two bags of powder replacer on hand during the calving season," Hanzlicek said.

To read the full KSRE news release visit [here](#).

### **Additional tips for calving in cold weather:**

The right actions at the right times for healthy winter calving is crucial.

1. Prepare a shelter before calving begins
2. Utilize windbreaks
3. Use the proper bedding
4. Feed, Feed, Feed

For more information and additional tips from Makin' Hay, visit [here](#).



## NDSU Field to Fork Webinars



North Dakota State University Extension will again host the Field to Fork Wednesday Weekly Webinar series. It will be held online from 2-3pm on Wednesdays from February 21st through May 1st.

Experts from across the region will provide information about growing, preserving and preparing specialty-crop fruits and vegetables safely.

Presentations will be recorded and archived for later viewing, in case participants are unable to attend. The webinars are free of charge, but registration is required. For more information and to register, [visit the Field to Fork website](#).

## American Heart Month

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. You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to our day or choosing healthy foods, can have a big impact on protecting #OurHearts.

Heart health isn't a destination, it's a journey--and every day is a fresh start! Here are some simple ideas to reduce your risk for heart disease and keep your heart healthy:

- ◆ Try adding an extra vegetable to dinner
- ◆ Take a 30-minute walk
- ◆ Get 7-9 hours of sleep
- ◆ Ask others to join you on the journey

Learn more at the [National Heart, Lung, and Blood Institute](#) website.



## Bake for Family Fun Month

The [Home Baking Association](#) has designated February as "Bake for Family Fun Month." Each week they have prepared baking activities, recipes and opportunities to help families get started in the kitchen! This can be a multi-generational activity with tasty treats to share.

This is the list of ideas for each week in February.

- Week 1 – Let's Get Started Baking
- Week 2 – Bake for My Valentine
- Week 3 – Baking History and Traditions
- Week 4 – Baking for Others



## Safety of Canned Foods that Freeze in Winter

Recent cold weather has created challenges for all of us. Power outages can lead to many problems. If you have canned foods, either home canned or commercially canned, in a storage location that froze, what can you do?

Check for broken seals or seams in metal cans or broken glass in home canned foods due to expansion of the food and liquid inside the container. If all are intact, they can be saved. Thaw gradually and store at room temperature.

For commercially canned foods, if seams are broken, that can lead to contamination and be unsafe to eat. Discard these cans.

For home canned foods, discard broken glass containers. If the lid became unsealed, and the jar thawed to room temperature, discard these too.

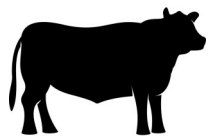
If a glass jar became unsealed but is still frozen, this can be safely used immediately or transferred to a new container and stored in the refrigerator or freezer.

During cold weather, wrap jars or cans in paper and cover with blankets to insulate them. Another option for vulnerable storage locations is to prop open pantry or cupboard doors to allow warm air inside.

For more information on food safety during power outages, visit the [KSRE Food Safety website](#) or the [Oregon State University Extension](#)..



## Beef Weigh-In



Beef weigh-in will be held **February 17th from 9:00 am to 11:30 am** at the CCC Farm. Make-up day will be **February 24th** if necessary. Tags are \$3 each. 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.

## 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 and additional documentation must be submitted online no later than **March 1**. Thomas County 4-H Council Scholarships are 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 22nd at Colby Community College. 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!

Please note that due to limited entries and participation from the surrounding counties in recent years, Regional Club Day has been cancelled indefinitely.

## Thomas County Fair 2024

The 2024 Thomas County Fair will be held July 29th—August 3rd.

- Dog Show: July 20-21
- Fashion Revue: July 23
- Talks & Visual Arts Judging & Set-up: July 25
- Horse Show: July 27

This year's fair theme is Fiesta at the Fair.



## Junior Producer Days

Junior producer days are held to provide educational material and hands-on experiences for youth, parents, leaders, and extension agents. Click [here](#) for the flyers, more information, and registration.

### 2024 Junior Beef Producer Day

Date: Saturday, March 2, 2024

Cost: \$20/person

Registration Deadline: February 12



### 2024 Junior Sheep Producer Day

Date: Saturday, March 16, 2024

Cost: \$20/person

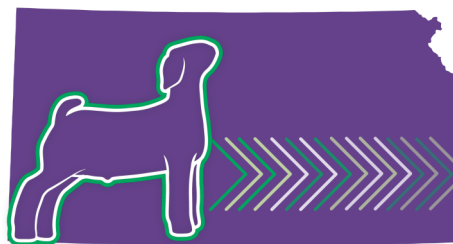
Registration Deadline: February 26



## Small Animal Weigh-In

Small animal weigh-in will be held **April 27th from 9:00 am to 12:00 pm** at the Thomas County Fairgrounds. Make-up day if necessary will be **May 2nd from 4:00 pm to 7:00 pm**. Tags are \$3 each. Please bring cash or check to purchase your tags. Please have your livestock ready and if you will be out of town please make arrangements beforehand.

We need volunteers to help unload, load, and move the animals during weigh-in. Please contact the office if you are able to help!



## Goats Across Kansas Series

Meet with producers for their insider tips on selecting the best goat for your barn with the first session on February 4th at 2:00 pm (it will be recorded for those who register). This first session is titled, "Ask Before You Buy!" there will be more sessions so stay tuned to participate in those!

If you are interested in the swine, beef and/or sheep project(s) as well and missed out on those series, visit [here](#) to view sessions covering selection, feeding and showmanship, health/diseases and daily care, fair preparation, breeding and industry careers.



## 4-H Camp 2024

Ready, set, register! 2024 4-H camp sessions at [Rock Springs Ranch](#) are now available for registration. This includes half week, full week, Leaders in Training (LIT), and Counselors in Training (CIT) sessions. A full list of session dates and costs for Summer Camp 2024 and additional details can be found [here](#).

## Project Goals

With reenrollment complete, youth have selected their projects and now it is time to set their 2024 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.

## ZBooks—Online Record Keeping

Speaking of goals, this would be a great time to create an account with ZBooks to begin working on your record books for 2024! ZBooks is an online record keeping platform that is extremely user friendly and designed specifically for Kansas 4-H Project Record Books.



Features of Zbooks include mobile friendly, internet based, unlimited entries, permanent records that roll over year to year, and step-by-step tutorials! There is even a section

specific for setting goals for the upcoming 4-H year. Visit [here](#) for instructions on registering for an account, creating member profiles, new project reports, etc.

## Club Attendance

For the 2023-2024 year program year, 4-H members wishing to participate in the livestock auction are required to **attend 5 club meetings between the months of August 2023 and July 2024 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.

## 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, in their 4-H clubs, and communities. It will be held June 5-7 on the K-State Campus. Registration is coming soon.

## Project Leaders & Volunteers

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.

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](mailto:joannajohnson@ksu.edu).



## Spring Shows are Coming!

Check out the Thomas County 4-H BAND group to see what shows are coming up around our area. We will be uploading new flyers as we receive them.

## Camp Lakeside—Save the Date!

Camp Lakeside will be held on June 10th-11th this year. We have 10 camper spots (ages 7-10) and 2 counselor spots (ages 14-18) available. Be on the lookout for registration. This year's camp will be safari themed, welcome to the jungle!



# February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 AH—Meeting @ 4-H Bldg. 7pm	6 High-Plains No-Till	7 High Plains No-Till 	8 Fairboard Mtg. @ 8pm	9 Local Food Producer Workshop - in Olathe & online	10 Local Food Producer Workshop - in Hutchinson
11	12 BPG—Meeting @ Henry Hall 7:30pm GEM—Meeting @ Gem Comm. Bldg. 7pm SV— Meeting @ 4-H Bldg. 7pm Reg. due for Jr. Beef Producer Day	13 Alfalfa Winter School - in Great Bend	14 	15 Women Managing the Farm	16 Women Managing the Farm	17 Beef Weigh-In
18	19	20 Crop Talk Series	21 Farming Evolution 	22 Farming Evolution	23	24 Beef Weigh-In (Weather date)
25	26 4-H Council Mtg.  Reg. due for Jr. Sheep Producer Day	27 Crop Talk Series	28 	29	March 1 State 4-H Scholarship application due	
					PP = Pawsome Paws SS = Shooting Sports AH = Abilene Hustlers	BPG = Brewster Prairie Gem Gem = Gem 4-H SV = Solomon Valley



# **K-STATE**

**Research and Extension**

**Thomas County Office Complex**

**350 South Range Ave. Suite 16**

**Colby, Kansas 67701**

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>**

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**K-State Research and Extension Thomas County 4-H**



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