Welcome Back to 4H Online! Kansas 4-H welcomes you to another year of convenient online enrollment!

Visit: https://v2.4honline.com/

Please enroll by November 30, 2021

**Enrollment will stay open throughout the winter but after November 30th points will no longer be earned for your clubs Standard of Excellence.

*Be sure to use the enrollment code to get your FREE enrollment fee that can be used till November 30th 2021.

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4H ACHIEVEMENT NIGHT will be Sunday, November 14th at 6:30 p.m. We will have a catered supper. Leaders are asked to bring desserts.

Achievement Night Club Duties:
Set Up & Table Decorations—Circle B & Bendena

Drinks – Midway Meadowlarks & Troy Triangle

Clean Up – Highland Cloverpatch & Doniphan Star

16th ANNUAL ICE SKATING PARTY
4-H County-wide Ice Skating Party will be on WEDNESDAY, December 29th at Bode Ice Arena in St. Joseph, MO.

We have the skating rink from 7:30– 9:30 p.m. The 4-H Council will pay for the rink and the $2 skate rental for those skating.

A refreshment table will be set up.

Drinks: Circle B, Troy Triangle and Midway Meadowlarks

Snacks: Wathena Sunflower, Bendena, Doniphan Star and Highland C.

All 4-H families are welcome at this event.

Please Remember - all 4-H children skating must have completed the on-line enrollment, that includes participation forms.

*If they bring a guest, the parent must be in attendance or a participation form filled out and signed by the guests parent.

2022 4-H COUNCIL OFFICERS
President - Lilly Juhl
Vice-President - Abe Houghton
Secretary - Sara Houghton
Treasurer - Cayley Grable
Parliamentarian - Alex Williams
Reporter - Karlie Grable
Historian - McKenna Gatz

Congratulations! We are proud of you for stepping up and being 4-H Youth Leaders!
Volunteer Project Leaders

Please enjoy the Kansas 4-H Volunteer Project Leader Training Series recordings and resources. The resources are designed to help provide tangible examples of activities you can do with youth in their 4-H projects and connect you to useful resources to aid in your teaching.

These recordings can be accessed at: https://www.kansas4-h.org/volunteers/project-leaders/index.html

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HOLIDAY OFFICE CLOSED - November 25th and 26th
December 24th—January 2nd.
*Call or text Kathy for questions or concerns.

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RAMBLING TRAVLERS

The Doniphan County 4-H Rambling Travelers group will “reactivate” in 2022. Interested 4-H youth must be 14-18 in 4-H years. Please contact Kathy if interested.

Our 2022 trip will be the last week of June. Our first meeting will be at the January 4-H Council meeting. Interested youth need to be present at this meeting.

REMINDER—CASH 4-H ACHIEVEMENT NIGHT CHECKS ASAP! THANK YOU!
Welcome to our Club! We Are Glad You Are Here!

This is an outline of what you can expect throughout our club meeting. Please ask if you have questions.
The club meeting starts with the American flag salute, followed by the 4-H Pledge. The pledge is on the back page.

Youth officers lead the club through the meeting agenda. You may be asked to participate. Here are some examples of how you can participate in the business meeting:

- Roll call and Introduction of Guests — You will be asked to stand and be introduced by the president. You may answer the roll call question if you wish.
- Business — This is where the club makes decisions for activities they have planned as well as bring up new ideas.
- 4-H community clubs often follow parliamentary procedure or a consensus decision-making process.
- Community clubs sometimes utilize committees to work on specific projects and those representatives share their progress with the group.
- Officers are elected at the beginning of each 4-H year. As you grow in the program, this is a leadership opportunity you could participate in.

4-H helps youth explore their interests and master life skills. Through experiential learning, 4-H teaches by having youth engage in hands-on educational learning experiences. During the learning process, youth reflect on the experience and then learn to apply it to a new situation.

At a community club meeting, members will often give talks and demonstrations about their projects or the club may do a hands-on learning activity to learn new skills.

Please join in by listening carefully, getting involved, and showing your appreciation.

In 4-H, the critical components of a successful experience are a sense of belonging, independence, mastery, and generosity. At each community club meeting you can expect interactive activities to support these essential learning elements. There are many ways that a 4-H community club participates in group building activities. Here are some examples:

- Songs
- Recreational games
- Refreshments or meal
- Service projects
- Conversation
- Ice breakers, energizers, and team building activities

We look forward to seeing you again! Our next meeting will be ____________________________.

If you have any questions before our next meeting, call our New Family Coordinator, ____________________________;
Club Leader, ____________________________, or Club President, ____________________________.
November/December 2021

Dear Friends,

Cold & windy, turkey & dressing, friends & family; the holidays are fast approaching! We wish all of you a Joyful and Wonderful Holiday Season!

Sincerely,

Kathy Tharman
Thank You for all the kindnesses you give. Your thoughtful words, kind acts and generous gifts of time, make a difference. I wish all of you a Happy Holiday Season! Kathy ♡

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.

Holiday Dollars-Six tips to keep spending down and feel in control:
1. Set a holiday budget and keep track of what you spend. Include all expenditures, not just the cost of gifts. Figure costs of food, entertainment, decorations, travel expenses, holiday cards and postage as well as the cost of new clothes for the season. If possible, look at how much you spent last year to help set your budget.
2. Decide how you will cope with stress. Taking a short walk or putting on some music at home to dance to will help burn calories and clear your mind.
3. Plan whenever you can. If you are going to make cookies or donate cookies, select a family favorite, double it and put the extras in the freezer to keep them fresh and have them available for family gatherings.
4. Avoid impulse shopping. Start shopping far enough in advance, so you will not be pressured to buy the first item you see in the store or catalog. This allows you to compare similar items and take advantage of sales.
5. If entertaining family and friends consumes a large part of your holiday budget, consider potluck dinners or plan the menu and divide the preparation among the people attending instead of shouldering all the work and expense yourself.
6. Help keep your family and yourself from getting sick by encouraging everyone to wash hands before meal preparation and eating, cooking foods to proper temperatures, keeping foods at the proper temperature and avoiding cross contamination.
https://extension.msue.edu/newsletters
HEALTHY HOLIDAY GIFTS
AND DONATIONS
https://food.unl.edu

Fruit and Vegetable Bouquet. Try giving a colorful selection of fruits and vegetables, keeping them at peak quality by putting the basket together shortly before giving it. Examples of items to include are green and red grapes, apples, oranges, peppers, broccoli, cucumber, or zucchini.

Holiday Snack Jar. Choose a clear, covered container and add healthy snacks such as small boxes of raisins, trail mix, packs of various crackers or snack mixes, dried fruit, baked chips and pretzels. Personalize it further by decorating the lid and/or jar with holiday cheer.

Holiday Food or Beverage Mixes in a Jar. Mixes for soups, cookies, and beverages are popular gift items that are fairly inexpensive to make. The gift recipient will appreciate the attractive and thoughtful gift and also will value the convenience. Spice up your gifts. Zest up your holiday gifts this year by giving an assortment of herbs and spices. Examples that are good at replacing or mimicking the taste of salt include black pepper, minced garlic or garlic powder, minced onion or onion powder, basil, oregano, curry powder, and ginger. Examples of sweet-tasting spices that help reduce the need for sugar in certain foods and recipes are cinnamon, allspice, cloves, nutmeg, ginger, cardamom, mace, and anise.

Mailing Holiday Food Gifts. Food is a popular holiday gift and can be mailed safely if carefully chosen, well packaged and delivered in a timely manner. According to the Academy of Nutrition and Dietetics, non-refrigerated foods stay fresher longer, are safe at room temperature, and lower the risk of causing food poisoning. While you don't need to worry about the temperature of non-refrigerated foods, you should protect the original packaging. Coffee blends are easy to pack into decorative plastic or metal containers. Dried foods, nuts and dry mixes such as spiced teas, herb blends and party mixes, are also options.

Personalized Gift Certificates/IOUs: Give a “gift certificate” for healthy food from your kitchen. You could promise to cook a meal for several people or provide a baked good once a month for the next year. Other ideas include “gift certificates” for getting active together such as going walking or jogging or signing up for group classes.

Donating Food. Help your local food pantry improve the quality of food it distributes by donating healthier items:
Fruits: Canned fruit (such as peaches, pears and pineapples) in water or its own juices, no sugar-added applesauce, dried fruits (such as raisins, cranberries and apricots), or 100 percent canned or boxed juices.
Vegetables: Low-sodium or “no-salt-added” canned vegetables and soups.
Grains: Brown rice, oatmeal, popcorn, and whole grain cereals, pastas and crackers, and whole wheat tortillas.
Protein: Canned chicken, turkey or tuna (choose canned in water or lower fat), canned or dried beans (such as black, kidney, navy or pinto), unsalted nuts such as peanuts, almonds or walnuts, and peanut butter.
TURF

Apply Late-Season Nitrogen Application in November.

November is the time to give Kentucky bluegrass and tall fescue lawns the last nitrogen application of the season. Why November? Because while top growth slows in response to cool temperatures, grass plants are still making food (carbohydrates) by photosynthesis. A November nitrogen application helps boost the photosynthesis rate. Carbohydrates that are not used in growth are stored in the crown and other storage tissues in the plant. These carbohydrate reserves help the turfgrass green up earlier in the spring and sustain growth into May without the need for early-spring (March or April) nitrogen.

Those early-spring nitrogen applications are less desirable because they can lead to excessive shoot growth and reduced root growth. Other benefits of November-applied nitrogen for cool-season grasses include improved winter hardiness, root growth and shoot density.

How much should you apply? One to 1 ½ pounds actual nitrogen per 1,000 sq. ft. of lawn area is sufficient. In order for this application to be effective the nitrogen must be readily available to the plant because the growing season is nearly over. Therefore, for a November application, use a soluble (quickly-available) nitrogen carrier such as urea or ammonium sulfate.

Many turfgrass fertilizers sold in garden centers and other retail outlets also contain soluble nitrogen and would work well at this time of year. Avoid products that contain water-insoluble nitrogen (slow-release) for this application. As always, sweep up any fertilizer that gets on driveways, sidewalks, or streets and reapply it to the lawn.

(Ward Upham)

FLOWERS

Garden Mums

As soon as garden chrysanthemums are done flowering, you may cut the plants back to 2 to 3 inches high. Some gardeners prefer to leave the top growth so that it provides some protection from fluctuating soil temperatures. If you choose to cut the tops off, apply a layer of mulch over the top of your mums after the ground has frozen or if the forecast calls for a sharp drop in temperature. Mums should not completely dry out during the winter. It may be necessary to water occasionally if sufficient rain or snow has not fallen.

(Ward Upham)

Draining Hoses and Irrigation Lines

Hoses and shallow irrigation lines may be damaged over the winter if water is not drained. If there is a main shut-off valve for the system, close it and then run through the zones to make sure any pressure has a chance to bleed off. Lawn irrigation systems usually have shallow lines. Though some lines may be self-draining, check to be sure there are no manual drains. If manual drains are present, they should be opened. Be sure to map them so they can be closed next spring before the system is pressurized. If there are no manual drains the system should be blown out with an air compressor. Lawn irrigation companies often offer this service. Drain hoses by stretching them out and coiling them for storage. Water will drain as you pull the hose toward you for coiling. Store in a protected place. UV light can make hoses brittle over time.

(Ward Upham)
Carrot Cake
Submitted by Opal Jamvold

2 cups sugar
2 tsp. baking soda
1 tsp. salt
2 cups flour
2 tsp. cinnamon
1 1/3 cup oil
1 tsp. vanilla
4 eggs
3 cups raw carrots, ground or finely grated
Stir together dry ingredients. Add oil and vanilla.
Mix well with electric mixer. Add eggs, one at a time, beating well. Add carrots. Pour into greased and floured 9 x 13 inch pan or 2 8 inch layer pans. Bake at 350° for 50-60 minutes. Ice with the following before cake is cold.

Icing:
1 8 oz. package cream cheese
1 lb. box powdered sugar
1 stick margarine
1 T vanilla
Nuts (optional)
Beat until creamy and spread.

15 Servings
Cake only: 359 Calories; Total Fat 20.7g; Sodium 354mg; Sugars 27.9g
Icing: 227 Calories; Total Fat 11.4g; Sodium 89mg

2 Ingredient Pumpkin Muffins
Submitted by Janis Eylar

1 (15 oz.) can pumpkin puree 1 (15.25 ounce) box spice cake
*Nuts & raisins can be also be added if desired
Preheat oven to 375°. Spray a muffin tin with cooking spray or line with paper baking cups. In a large bowl, use a spatula to fold together pumpkin and dry cake mix. Use a scoop to fill prepared muffin tins with batter. Bake for 18-20 minutes or until a toothpick inserted in center comes out clean. Cool in pan for 5 minutes and remove muffins to a wire rack. These freeze well.

12 Servings
143 Calories; Total Fat 1.3g

Slow Cooker Bacon Cheeseburger Soup
Submitted by Katrina Erazan

4 small russet potatoes, peeled and diced
1 small white or yellow onion chopped
1 cup shredded carrots
1 tsp. dried basil
1 tsp. dried parsley
3 cups chicken broth
1 pound lean ground beef
8 slices cooked bacon chopped
3 T butter
1/4 cup all purpose flour
2 cups milk
1/2 tsp. salt
1/2 tsp. black pepper
2 cups shredded pepper jack cheese or shredded cheddar cheese
Green onion chopped (for garnish)
Place potatoes, onions, carrots, dried basil and parsley in a large crock pot. Pour chicken broth over vegetables. Cover with lid. Cook on low heat 6 to 8 hours OR high heat 4 to 5 hours or until potatoes are tender. About 45 minutes before serving, cook and crumble ground beef in a large skillet over medium-high heat. Drain any grease. Pour cooked ground beef into crockpot. Add in the cooked chopped bacon as well. Carefully wipe out the hot skillet with a paper towel then add butter. When butter is melted, whisk in flour and cook until golden brown and bubbly. (about 1 minute) Whisk in the milk, salt and pepper. Pour mixture into the crock pot and stir to combine everything. Add shredded cheese to crock pot. Stir again. Cover with lid and cook another 20 minutes or until cheese is melted.

8 Servings
541 Calories; Total Fat 32.6g; Sodium 947; Sugars 5.4g

Recipes are due
December 15, 2021 from
Moray Homemakers.