4-H NEWS  

**GOOD LUCK**

TO ALL WHO ARE PARTICIPATING at THE KANSAS STATE FAIR– Best of Luck!! We are very Proud of you!

**CALENDER OF EVENTS:**

**SEPTEMBER**

6- Office Closed for Labor Day
18 - Doniphan County Tractor Pull - Concessions, Council fund-raiser
30- Deadline for Record Books to the office AND Achievement Level Pin forms

**OCTOBER**

1 - On-line Re-enrollment Open
6 - Record book judging, 4:00 p.m. at the 4-H building. Set up for 4H Fall Invitational at the same time.
7 & 8—4-H Fall Invitational.
11- Office closed for Columbus Day
18 - 6:00 p.m. - Officers Training
  
7:00 p.m. - Council Meeting

**NOVEMBER**

14 - Achievement Night, 6:00 pm
20 & 21 - KYLF and Leadership Forum
30 - 4H Enrollment Completed
   
On-line

**September/October 2021**

2021 Kansas Youth Leadership Forum and Leaders Forum

**What:** Build your leadership skills and potential through workshops, consulting groups, inspirational speakers and more. In addition, the 2022 State 4-H Youth Leadership Council will be elected at KYLF.

**When:** November 20-21, 2021

**Where:** Rock Springs Ranch

**Who:** Youth 14-18 years of age before January 1, 2021

**Registration:** Open late Summer of 2021

**Early Registration Deadline:** October 15, 2021

*4H Council pays half cost!

**4-H ACHIEVEMENT NIGHT** will be Sunday, November 14th, at 6:00 p.m. Council is considering meal options due to Covid19 restrictions. More information will come later.
RECORD BOOKS AND ACHIEVEMENT AWARDS DUE IN THE OFFICE BY SEPTEMBER 30TH

There are 9 different levels of Achievement Awards that 4-H members can earn. These awards are earned by a 4-Her’s involvement in the program. The beginning pin levels have simple requirements, as you increase in years the requirements become more challenging. (They must be completed in order, one per year). I strongly urge every 4-H member to fill out the application for an Achievement pin, it is your reward for a job well done. :)

Member Achievement Plan 1 - (Membership Pin)
Member Achievement Plan 2 - (Bronze Pin)
Member Achievement Plan 3 - (Clover Pin),
Member Achievement Plan 4 - (Emerald Pin)
Member Achievement Plan 5 - (Silver Pin)
Member Achievement Plan 6 - (Silver Guard Pin)
Member Achievement Plan 7 - (Leadership Pin)
Member Achievement Plan 8 - (Gold Pin)
Member Achievement Plan 9 - (Gold Guard Pin)

The 4-H Key Award, the highest pin a 4-H member can earn, is also due by SEPTEMBER 30TH. You must be 16 by January 1st of the current year before applying for this award.

These plans can be picked up at the office or downloaded from the 4-H website: www.kansas4-h.org/resources/4-h-library/awards-and-recognition/index.html or https://bit.ly/3278Lgd

RECORDBOOK’S will be due in the office by September 30th - We will be using “Traditional” recordbook pages, Not KAP’s as we have in the past few years.

Go to: www.kansas4h.org – click on Resources, 4-H Library, Record keeping.
Kansas 4-H Generic Record Form (Publication 1106) - Ages 9-18

The Simplified Record Form will be used for 4-H ages 7 & 8 year olds.

Record books Should contain in order:
Personal page, 4-H Story, Permanent Record pages, Project Record Sheets (4-H Generic Record Form, publication 1106). Pictures are optional but recommended.

* There is a link on our website:
https://www.doniphan.k-state.edu/4-h/

TRACTOR PULL FUNDRAISER

The Doniphan Fairboard will be having their 7th annual Tractor Pull on Saturday, September 18th. This will be one of the last 4-H Council fundraisers for the year!

5:00 p.m. - 7:00 p.m.—Bendena and Midway Meadowlarks
7:00 - 9:00 -Doniphan Star and Circle B
9:00 - 11:00 —Wathena Sunflower, Troy Triangle and Highland Cloverpatch

***Please read 4-H letters and newsletter for current information. We hate that some are missing deadlines to participate in fun events!

4-H Record books will be judged Wednesday, October 6th, starting at 4:00 p.m. at the 4-H building. All Club leaders are needed to help judge.
ON-LINE ENROLLMENT BEGINS OCTOBER 1!!

Kansas State 4-H will be continuing on-line enrollment for the new 2021 - 2022 4-H enrollment year.

What you need to know now:
* You cannot start the 2021 enrollment until October 1st.
* Please re-enroll, on-line by November 30th.
* Each 4-H family will be submitting one enrollment, listing children and their projects

* Kansas Participation forms will be part of the online system.

2021- Kansas 4-H has a $15 enrollment fee for each 4-Her. The fees will be used for program enhancement, project support, and volunteer development. While the funds are collected at the state level, the state office intends to get input from counties across the state to set priorities for the funds, to ensure that everyone benefits.

4-H STIMULUS PACKAGE!!
EARLY BIRD SPECIAL! 4-H COUNCIL IS PAYING ALL ENROLLMENT FEES FOR THOSE WHO ENROLL BY NOVEMBER 30TH. YOU WILL HAVE TO CALL THE OFFICE TO GET THE WAIVER CODE!

Paying for the fee is done during annual re-enrollment on 4-H Online. Towards the end of the enrollment process, you will be asked how you intend to pay. Options list: use a credit or debit card online, mail in a check to the state office, no fee (for Cloverbuds), request a waiver, or USE A COUPON CODE IF SPONSOR IS paying your fee. (ONLY FOR THOSE WHO ENROLL EARLY, BY November 30th).

Our office will send a check in for all enrolled. Both the local and state offices approve enrollment, and enrollment is not complete (you won’t be an “active” member) until payment is received.

The 4-H Year begins October 1st, 2021. National 4-H Week is the first week of October. What a wonderful time to ask a friend to join the Doniphan County 4-H Club

2021 4-H FALL INVITATIONAL WILL BE HELD ON OCTOBER 8th and 9th.
We will need 4-H members to bring to the building inside exhibits to be displayed. Please bring them to the office or the 4-H building on Wednesday, October 7th from 4-7 p.m.
*If you would like to do a demonstration during the rotations, please talk to Kathy.
*This event will be open to all Doniphan Public Schools, ages K-5.

Doniphan County 4-H Club Officer’s Training
Please mark your calendar for October 18th at 6:00 p.m. at the 4-H Building. Learn and have tons of fun, so make sure your officers can make it!

4-H PROJECT GUIDE
https://www.kansas4-h.org/projects/project-guides/ProjectSelectionGuide.pdf
Exploring your interests through 4-H project work is an excellent way to discover new skills and potential careers. While projects can vary depending on your local program and availability, this guide offers a starting point for each of the official state 4-H projects. Resources for each project can be ordered through your county or district extension office.

Enjoy your 4-H project experience!
September/October 2021

Dear Friends,

The beauty of Autumn is just around the corner. We are looking forward to harvest, apple cider, football and all Extension programs! Have a Great Season!

Sincerely,

Kathy Tharman
County Extension Director
DCHC VAN TRIP
"Sites to See In Our Own Backyard"
We will visit attractions in
Doniphan, Brown and Nemaha Counties.
THURSDAY, OCTOBER 14Th.
COST $12 - INCLUDES Travel Costs.
Agenda:
8:00 a.m. - Leave Extension office
Noon - Lunch in Horton
5:00 p.m. - Arrive back in Troy

Our day travel will include visits to: Ron Allerton Murel, MaHushKah Museum,
Skeezix’s Toy Museum, Spirit of Hiawatha,
Werner Wagon Works, Sycamore Springs,
St Bede’s Church, JR Crafts, etc.

FALL EVENT
"LOCAL JOURNEY"
FRIDAY, NOVEMBER 5th
All EHU members and guests are welcome to join
us for a morning of fun lessons and laughter! We will start the morning at
9:30 a.m. with registration, coffee, juice & cookies.
We will also be having Holiday craft/food booths. Please call the office
to reserve a table if you would like to set one up.
We will have a noon potluck luncheon.

Club Duties:
Moray - Cookies
Bendena - Drinks and Set-up Lunch table
Pollyanna - Drinks and Set-up Lunch table
Happy Time - Registration & Name tags
Helping Hands - Morning Coffee and Juice

*Our program will include Jason Midyette
“A Lonely Death of Railroads”.
Each club will have approx. 10 minutes to
highlight a favorite local site or attraction.
Amy Masters will teach us a Make n Take Craft.
*Each Club needs to provide a $10 door prize.

WHEN YOUR INCOME DROPS
Unemployment, a reduction in wages, termination
of support payments, and other emergencies can be
traumatic experiences that leave you wondering
how you can make it through such critical times.
You can direct your financial affairs by taking a
close look at your obligations and making
informed decisions about what to do.

When your incomes decreases, or becomes
uncertain, but the bills don’t, keep these five “Cs”
to making ends meet in mind.

Control. Control as much of the
situation as you can. Don’t panic or
waste energy blaming yourself or
others. Remember, you and your family
can take control of your actions.
Claim. Claim benefits due to you.
Check eligibility
requirements for unemployment
benefits and other
assistance programs as soon as possible.
Communicate. Communicate with family
members about the new limitations on your
resources. Analyze your situation as a family unit
and plan accordingly.
Confer. Confer with creditors. Don’t ignore the
problem and simply default on payments to
creditors. Make every effort to work out a mutually
acceptable repayment schedule.
Change. Change your lifestyle. Be prepared to
make changes in your lifestyle at least temporarily,
so you can maintain basic essentials.
MF3498 April 2020 bookstore.ksre.ksu.edu
Plan Ways to Stretch Your Resources

Substitute
- Plan menus using lower cost foods.
- When grocery shopping, compare the cost per serving/unit.
- Buy seasonal produce.
- Consider imperfect or “ugly” produce when it meets your needs.
- Use frozen fruits and vegetables when fresh is unavailable.
- Use specials and coupons when they save money.
- Buy generic or store brands.
- Substitute less costly transportation — walk, bike, and carpool.
- Maintain your car to avoid costly repairs or replacement.
- Shop around for interest rates and financing terms.
- Consider location, cost of operation, taxes, and appreciation in your housing purchase.
- For household furnishings, shop sales, yard sales, rent, or share equipment or services.
- Compare energy savings in your housing purchase.
- Plan your clothing purchases.
- Modify existing clothing.
- Buy clothing when on sale.
- Shop yard sales for clothing.
- Sew at home.

Conserve
- Package food carefully in airtight containers.
- Store perishable foods promptly in the refrigerator or freezer.
- Use fresh foods promptly to reduce spoilage.
- Pay attention to dates on food packages to use older foods first.
- Use leftovers for lunch the next day.
- Don’t overeat.
- Save on fuel with good driving habits.
- Consolidate trips.
- Maintain vehicle and get recommended service.
- Maintain your house with minor repairs.
- Wash walls instead of painting.
- Conserve energy with insulation, weather stripping, storm windows, or plastic. Close doors and windows to retain heat. Use fans to cool your home.
- Reupholster or refinish furniture.
- Keep clothes clean.
- Follow care instructions.
- Store clothes properly.
- Protect leather items from water and salt.
- Consider care costs with purchase decisions.
- Reuse and recycle.

Use Your Own Resources
- “Brown bag” your lunch at work.
- Entertain at home.
- Plant a garden.
- Preserve food by canning, freezing, or dehydrating.
- Change oil, oil filter, anti-freeze, and wiper fluid.
- Wash car yourself.
- Do your own home repairs.
- Rent out a room, garden, parking space.
- Learn sewing skills.
- Sell unwanted items online or through a garage sale.

Cooperate with Others
- Form or join a food co-op.
- Participate in a Community Supported Agriculture (CSA) operation.
- Have potluck dinners.
- Share home food preservation equipment.
- Carpool or share rides.
- Barter your skills and services.
- Share housing.
- Cooperate with others to “fix up” your homes.
- Have family members cooperate on household tasks.
- Raise money with a neighborhood sale.
- Swap baby clothes, maternity clothes, sports equipment, etc.

Use Community Resources
- Use parks, trails, and other recreational areas.
- See if you qualify for SNAP benefits, the TANF program, or similar programs.
- Take auto repair/home repair classes.
Selena Smith - Doniphan County Extension Master Gardener

With fall and winter rapidly approaching, it's time to prepare the flower beds and gardens for it! Here are a few articles I found useful from KSU Ward Upham.

Things to do in September and October
- Soil testing. Contact the Extension office or Selena for how to do this.
- Clean iris beds of dead leaves and cut the healthy leaves back to ½ their height.
- Plant spring flowering bulbs
- Fertilize strawberry beds

Fall Planting of Asparagus & Rhubarb We sometimes receive questions as to whether asparagus or rhubarb can be moved in the fall. Though these crops are traditionally transplanted in the spring (mid-March to mid-April), a fall move can be successful. Wait until the top has been browned by frost and then cut back to the ground. Prepare the soil and fertilize as you would in the spring. See http://www.bookstore.ksre.ksu.edu/pubs/mf319.pdf for more detail on asparagus and http://www.bookstore.ksre.ksu.edu/pubs/ep99.pdf for more information on rhubarb. Water well after planting to ensure good root/soil contact. Mulching would be helpful on the rhubarb to prevent the plant from heaving out of the soil during the winter but asparagus requires no such treatment as it is planted much deeper. (Ward Upham)

Work Garden Soil in the Fall Fall is the preferred time to prepare garden soil for next spring’s vegetable garden. Spring is often wet making it difficult to work soil without forming clods that remain the rest of the season. Fall usually is drier allowing more time to work the soil when it is at the correct soil moisture content. Even if you work soil wet in the fall and form clods, the freezing and thawing that takes place in the winter will break them down, leaving a mellow soil the following spring. Insects often hide in garden debris. If that debris is worked into the soil, insects will be less likely to survive the winter. Diseases are also less likely to overwinter if old plants are worked under. Also, the garden debris will increase the organic matter content of the soil. Working the debris into the soil is often easier if you mow the old vegetable plants several times to reduce the size of the debris. Fall is an excellent time to add organic matter. Not only are organic materials usually more available in the fall (leaves, rotten hay or silage, grass clippings) but fresher materials can be added in the fall than in the spring because there is more time for materials to break down before planting. As a general rule, add 2 inches of organic material to the surface of the soil and till it in. Be careful not to over till. You should end up with particles like grape nuts or larger. If you work your garden into the consistency of dust, you have destroyed the soil structure. (Ward Upham)

Lawn Seeding Best Done in September September is the best month to reseed cool-season lawns such as tall fescue and Kentucky bluegrass. See last week’s newsletter for information on how to seed or overseed. We usually recommend not planting Kentucky bluegrass past early October. However, you can get by with an early to mid-October planting for tall fescue. October 15 is generally considered the last day for safely planting or overseeding a tall fescue lawn in the fall. If you do attempt a late seeding, take special care not to allow plants to dry out. Anything that slows growth will make it less likely that plants will mature enough to survive the winter. Seedings done after the cut-off date can be successful, but the success rate goes down the later the planting date. Late plantings that fail are usually not killed by cold temperatures but rather desiccation. The freezing and thawing of soils heave poorly rooted grass plants out of the ground, which then dry and die. Keeping plants watered will help maximize root growth before freezing weather arrives. (Ward Upham)

Fall Plant/Seed Swap
October 2, 2021
Time: 9:00-10:00
Fairgrounds - outside, weather permitting

Bring seeds you have harvested, label them so we know what they are
Bring plant starts to share with others
Bring questions for Selena!
Parmesan Chicken
Submitted by Sharon Staudenmaier

4 skinned and boned chicken breast
1/3 cup dry bread crumbs
1/2 tsp. basil
1/8 tsp. black pepper
1 egg beaten
8 ounce tomato sauce
1/4 tsp. garlic powder
1/4 cup grated parmesan
1/4 cup mozzarella cheese

Flatten chicken breasts between waxed paper with rolling pin. Combine bread crumbs, basil and pepper. Dip chicken in egg, dredge in bread crumble. Put in light oiled skillet and cook until lightly browned on both sides. Place in a 12x8 inch baking dish. Combine tomato sauce, garlic powder and basil. Pour over chicken. Sprinkle with parmesan cheese over all. Cover and bake at 350° for 30 minutes. Remove cover and sprinkle mozzarella cheese over top. Bake 5 minutes more.

Serving Size: 3 T; Calories: 94; Total Fat: 0g

Sweet Zucchini Relish
Submitted by Darla Bletscher

2 cups chopped zucchini
1 cup chopped onion
1/2 cup chopped sweet green pepper
1/2 cup chopped sweet red pepper
2 T Ball salt
1 3/4 cups sugar
2 tsp. celery seed
1 tsp. nutmeg
1 cup cider vinegar

Combine zucchini, onion, green and red peppers; sprinkle with salt; cover with cold water. Let stand 2 hours. Drain; rinse and drain thoroughly. Combine remaining ingredients in a large saucepot. Bring to a boil. Add vegetables; simmer 10 minutes. Pack hot relish into hot jars, leaving 1/2 inch headspace. Add Pickle Crisp to each jar if desired. Remove air bubbles. Adjust two-piece caps. Process 10 minutes in a boiling water canner. Yields: 4 1/2 pints.

Calories 371; Total Fat 3.5g; Sugars 3.1g; sodium 719mg

Zucchini Bars with Cream Cheese Frosting
Submitted by Margaret Sutherland

3 eggs
2 cups sugar
1 cup vegetable oil
2 cups grated zucchini
3 tsp. Vanilla
2 1/2 cups flour
1/4 tsp. baking powder
1 tsp. salt
2 tsp. baking soda

Cream Cheese Frosting
1/4 cup butter, melted
1 tsp. vanilla
8 oz. low fat cream cheese
2 1/2—3 cups powdered sugar

Preheat oven to 350°. Grease 11x15 pan. In a large bowl, mix together eggs, sugar, oil, zucchini and vanilla. Add remaining ingredients. Pour in greased pan and bake 20-25 minutes, until top is golden and a toothpick inserted in the center comes out clean. Cool completely before frosting. For the Frosting beat butter, vanilla and cream cheese together. Add in powdered sugar to desired consistency. Makes 30 bars.

Calories 228; Total Fat 9.5g; Sodium 222mg; sugars 25g

Recipes are due
October 15, 2021 from
Helping Hands Homemakers.