

K-State Research and Extension

NEWSLETTER

Doniphan County

March/April
2026

www.doniphan.k-state.edu

4-H NEWS

Doniphan County Extension Services

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K-State Research &
Extension /4H in
Doniphan County



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

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

****Enrollment will stay open
throughout the winter till May 1st ,
but after November 30, 2024 points
will no longer be earned for your
clubs Standard of Excellence.**

CALENDER OF EVENTS

MARCH

- 7—County 4-H Day
- 15—Beef Weigh-In
- 21- Regional 4-H Day

APRIL

- 13- 4-H Council
- 26-Sheep and Goat Weigh-In and
Project Day

MAY

- 1 - Last Day to make project
changes
- 1- Last day to buy livestock tags, turn
in tag numbers to the office.
- 1- Horse ID papers due into the office

REGIONAL 4-H CLUB DAY

SATURDAY, MARCH 21st 2026

In-Person at Atchison Elementary School.

**REGISTRATION DEADLINE—March
11th —Top Purples have first choice to
perform at Regionals. If they choose not to,
alternates will be given the opportunity.**

***There will be a Regional FCS Judging
contest at the Atchison school the morning
of our Regional 4H Club Day. It will be set
up in one of the rooms. All three age divi-
sions will be set up. This will be a contest,
not a school.**

4-H Discovery Days - 2026

Kansas 4-H Discovery Days is planning
to be in-person on KSU campus

When: June 3-5, 2026

Who: Youth ages 13-18 before Janu-
ary 1, 2024 are invited to register

Cost: TBA

Registration: Coming soon

REMINDER:

**May 1st will be here quickly. Please log
on to your 4H Online account and re-
view your 4H projects you have chosen
to participate in this year!**





AWESOME 4-H CAMP!

Campers excitement like fireflies' lighting a summer's evening, sparks childhood memories of fun-filled, stress-free, spontaneous days.

Attending summer camp can be a time for experiencing nature and the outdoors, making new friends, and learning life skills. Summer camp is more than just a vacation. Camp is a learning adventure like no other place to gain self-confidence, practice cooperating with others, and experiencing life beyond one's own world. The outcome of camping is for those life lessons to contribute in a positive and significant way that enhances the child's adjustment into their adult years.

New Camp Opportunities

4-H Clubs, Units and previous camp groups may choose to coordinate with their families to attend a designated session.

For session pricing and to register, visit <https://www.rockspringsranch4hcamp.org/>.
***Doniphan County 4-H Council will pay half cost for any Doniphan County 4-H Member. Full Scholarships are available through Kansas 4-H Foundation. Click on Camperships.



**It Is Coming.....County Fair
Planning will began in March!**

County Fair Dates: Saturday, July 25th,
Sunday and the week Monday, July 27th - 31st

FAIRBOOK CHANGES

In the months to come we will be preparing for the County Fair. There will be a few changes in wording in the fairbook you will need to pay attention to. Angela will note these changes in the front of your fairbook.

***One change worth noting-
Photography prints Must Use adhesive spray glue, no photo tape allowed.



COUNTY FAIR 4H T-SHIRTS

All 4-Hers are to wear county fair t-shirts during their projects judging. Every year we place a new order of t-shirts for those who do not have a t-shirt or have out grown their old ones.

Each 4-Her can have one shirt, cloverbuds can have one shirt, New 4-H members can have two. The colors this years are: Aquatic blue, Clover green or Heather purple.

Please contact your club leader to order your t-shirts; 4-Hers name, color and size of their shirt choice.

*The shirts are free for Doniphan County 4-H members.

**Other shirts ordered at a cost of \$12 (2x and larger \$15).

Please have all orders to the Extension Office before May 1st.

Communication Opportunities at the State Fair and 2026 Public speaking

Remember that 4-H Members ages 9 and older who participate in 4-H Day and received a Purple or top blue ribbons can take their project talks, demonstrations and illustrated talks to the Kansas State Fair. Poetry entries can also be entered.

Public Speaking entries can come to the State Fair; however, regardless of the topic used locally, all contestants at the State Fair will use the same topic "How has your journey in 4-H contributed to being Beyond Ready for current challenges and future goals?" More information can be found in the 2026 State Fair Book.

NEW SCHOLARSHIP

The Doniphan County Extension 4-H Program and Development Committee has made a New Doniphan County 4-H Scholarship available. This scholarship we provide full cost to the 2026 State Discovery Days, if selected.

Our next 4-H Fiscal year that starts October 1, 2026, will include all 4-H State Leadership events; KYLF, CIA and DD in the scholarship application.

Applications can be found on our website and available at the Extension office.

*If you have any questions, please contact agents Kathy or Katherine.

2026 Doniphan County Fair Animal Updates

DOG & PET SHOW UPDATES: Moved to Sunday of fair week. This will allow youth to participate who were unable to in previous years due to the post-fair rush.

HORSE UPDATES: Added two novice walk trot classes. These are titled: Walk/Trot Western Pleasure (ages 7-9 or 2 years or less in project) and Walk/Trot Horsemanship (ages 7-9, or 2 years or less in project).

PROOF of COGGINS tests will be due with Horse Identification papers on May 1st. If there is a conflict, please contact Katharine prior to May 1st to work with her.

More updates will be shared soon.

YQCA

Youth for the Quality Care of Animals (YQCA) is a national multi-species livestock quality assurance program that began in 2017 after the merger of PQA and BQA curriculum. This is a rotating, annual training open to youth 8 to 21 years of age. YQCA provides 60 minutes of education each year on proper care and handling of livestock with lesson topics rotating each year.

Katharine is now a certified YQCA instructor and is planning 1-2 2026 in-person youth trainings. You must still log onto the program to enroll using your 4-HOnline credentials to log in at: www.yqcaprogram.org. The online format is always available, but starting in 2026, Doniphan 4-H will have an in-person option. Be on the lookout for a scheduled in-person trainings, and directions from Katharine. **All 4-H/FFA youth members must complete this training if they plan on competing at State Fair and KJLS.**

Livestock Weigh-in Dates and Tag Information
Cloverbuds that are showing their own animal, must have a county 4-H tag. All animals that show at county fair must have an acceptable county 4-H or EID tag. See below for more info. If there are questions contact Katharine, BEFORE May 1st 4-H deadline.

BEEF & DAIRY

Beef Weigh-in: SUNDAY MARCH 15, 2026 2:00 PM to 3:30 PM @ 4-H Fairgrounds

-All MARKET STEERS and HEIFERS must be weighed in and tagged at this weigh-in.

-All BREEDING HEIFERS, BEEF COWS, & DAIRY CATTLE must have registered tattoos, EIDS, or county tags turned in by May 1st

-All BUCKET CALVES must be tagged with a county 4-H tag.

SHEEP & GOATS

Sheep and Goat Weigh-in: SUNDAY April 26, 2026 1:00 PM to 2:00 PM @ 4-H Fairgrounds

-All MARKET WETHERS or EWES/DOES must be weighed and tagged at this weigh-in.

-All BREEDING EWES and DOES must be identified with a county tag, EID, or registered tattoo by May 1st.

-All DAIRY GOATS must be identified by May 1st – tagged or registered tattoo.

SWINE & REMINDERS

All market and breeding swine must be TAGGED and identified by May 1st.

If a tag falls out of an ear or an animal dies before fair, please contact Katharine Sharp at the Extension office ASAP. **Remember, if the animal is not reported by May 1st, it CANNOT be shown at County Fair in July!**

Species	County Tag	EID Tag
Beef & Dairy	\$1.00	\$4.00
Goat, Sheep, & Swine	\$1.00	\$3.25

Doniphan County 4-H Shooting Sports – MANDATORY Shotgun Safety Meeting

Matt Symns, certified 4-H shotgun instructor, will be holding a mandatory shotgun safety meeting on Saturday, March 28th at the 4-H Building, from 2:00 PM to 3:00 PM.

Youth that plan to participate this year MUST attend in order to compete. One parent/guardian must attend with their youth. Please let us know you will be in attendance.

Spring 4-H Project Day

Sunday, April 26th



**Begins 2:00 PM, OR following
Sheep & Goat Weigh-in
4-H Building**



Come learn about:

Dog Project

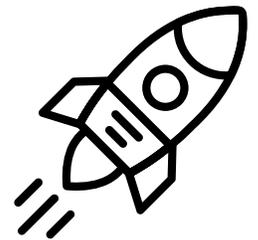


Table Settings

Foods: Frosting Rule



Rocketry

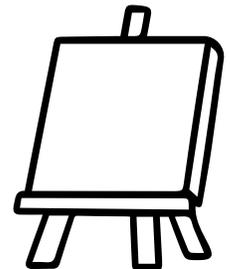


Entomology

Veterinary Science



Communications



Bring your questions!

Please let us know if you are coming, or have questions:

(785) 985-3623 or kgsharp@ksu.edu

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County

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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Doniphan County 4-H Shooting Sports: Mandatory Shotgun Safety Meeting



Saturday, March 28th
2:00 pm
4-H Building



- Youth & Parents must attend
- No firearms at this practice

Please contact with questions:

- Matt Symns, Certified Shotgun Instructor
- Katharine Sharp, Extension Agent - 785-985-3623

Please let us know if you are coming!

kgsharp@ksu.edu

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Doniphan County

Agriculture & Natural Resources News

Katharine Sharp

Doniphan County Agriculture Agent



Northeast Kansas Sheep and Goat School coming to Effingham March 5th

K-State Extension in Atchison County will be hosting the 2026 Northeast Kansas Sheep and Goat School in Effingham, on Thursday March 5th starting at 6:30 pm. This meeting will be held at the Effingham Blue Building, 304 Main Street, Effingham, KS. K-State Extension Sheep and Goat Specialist, Dr. Kelsey Bentley, will be covering "Parasite Management", and "Integrating Sheep and or Goats into a Cattle Operation". This event is free to attend and snacks will be provided. Please register you will be attending by contacting your local Extension Agent, Katharine Sharp.

Doniphan Garden Talk Series: Spring into the Garden coming to Wathena March 26

Save the date to attend this upcoming Doniphan Garden Talk on Thursday March 26th starting at 2:00 pm at the Wathena Community Building. Kansas Forest Service Forest Health Coordinator, Shad Hufnagel will begin with "Tree Health" which will cover an overview of several major and immediate threats to Kansas trees. K-State Extension NE Area Agronomist Tina Sullivan will cover "Lawn and Garden Soil Management" teaching about the importance of soil sampling and proper fertilizing. Selena Smith, Certified EMG, will cover "Planning your Flower Beds" and will touch on natives and using Grazon. Katharine Sharp, EMG Coordinator, will share about the "Extension Master Gardener program in Doniphan County". She will cover volunteer requirements and about upcoming training and volunteer opportunities. Contact Katharine if you plan on attending – **the first 12 people who RSVP and ATTEND will receive a free bare-root Eastern Redbud tree while supplies last.**

Doniphan County 4-H Project Day will be Sunday, April 26th

We will be holding a Spring 4-H Project Day on Sunday April 26th starting at 2:00 pm or following the Market Sheep and Goat Weigh In at the 4-H Building. Come learn about 4-H projects you may already do, or *learn a new one for 2026*. Please see the flier for more info on which projects.

Presentations and demonstrations will be taught by 4-H Volunteers, 4-H members, and Extension Agents.

Farm Safety Day on May 13th for 4th and 5th graders

I am excited to share about a partnership between K-State Extension in Doniphan County and the Doniphan County Health Department that will be hosting the first ever Doniphan County Farm Safety Day for all 4th and 5th graders in the county. We are in need of adult and potential youth volunteers that can either donate farm equipment, or help out on the day of the program. We are excited to use the Progressive Agriculture Foundation curriculum. Please contact Katharine Sharp if you have an interest in volunteering in this program.

2026 Kansas Custom Rates Survey is Open!

The Kansas Department of Agriculture is seeking feedback from Kansans for the 2026 Kansas Custom Rates Survey to collect information on rates paid for agricultural custom work. The survey is administered through the Kansas State University Land Use Survey Office and will be open through March 31, 2026. Please be sure to fill out this survey as custom rate values are in demand, but the data relies on survey input from you! Fill it out here: www.tinyurl.com/custom26



Doniphan Garden Talk: Spring into the Garden Thursday, March 26th

Welcome 2:00 PM

Tree Health

Shad Hufnagel, Kansas Forest Service

Lawn and Garden Soil Management

Tina Sullivan, K-State Extension NE Area Agronomist

Planning your Flower Beds

Selena Smith, Certified Extension Master Gardener

About the Extension Master Gardener Program in Doniphan County

Katharine Sharp, County Extension Agent & EMG Coordinator

RSVP for Head Count

**Contact: (785)-985-3623 or
kgsharp@ksu.edu**

Wathena Community Building

**303 E. St Joseph Street
Wathena, KS**

KANSAS STATE
UNIVERSITY

Extension
Doniphan County

This institution is committed to providing equal opportunity for participation in all programs, services, and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, and American Sign Language), may be requested by contacting the event contact Katharine Sharp four weeks prior to the start of the event at 785-985-3623. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.

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HYPERTENSION AWARENESS AND PREVENTION PROJECT (HAPp)

Self-Monitored Blood
Pressure and Nutrition
Education

What is HAPp?

HAPp blends the American Heart Association awareness campaigns with CC Healthy Heart Ambassador Blood Pressure Self-Monitoring Program. HAPp will include blood pressure and nutrition education.

HAPp Extension agents (Kathy Tharman) are trained Healthy Heart Ambassador coaches who close the loop on referrals by encouraging participants to share blood pressure readings with their healthcare team.

Participants use blood pressure tracking to inform lifestyle change.

HAPp Extension programs offer walk-in office hours in convenient and accessible locations (Doniphan Extension office).

WHO IS ELIGIBLE?

*Age 18 or older

*Hypertension diagnose or on anti-hypertensive medicine

*Interest in and readiness for the program

All HAPp activities are conducted by a KSRE agent trained as a Healthy Heart Ambassador Coach.

GOALS:

- *improve hypertension health literacy
- *become advocates for their own health
- *Help participants to make connections between lifestyle/behavior and their blood pressure readings.

- *Connect with community resources
- *Cooperate with their providers for blood pressure readings.

DONIPHAN COUNTY HAPp Program will begin March 10th 2026 at the Extension Office in Troy KS. 5:00 p.m. One hour time commitment

We will meet once a month on the 2nd Tuesday for four months; March - June.

- *You will receive a free blood pressure cuff and nutrition education.
- You must commit to the program for the four months. You will attend a one hour monthly lesson plus check in with Kathy to discuss your program progress.

CLASS LIMIT OF 8

No Cost

Register by calling the Doniphan County Extension office, 785-985-3623.

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Stay Strong, Stay Healthy



Stay Strong Stay Healthy Program March 17th - May 7th, 2026

I will be starting a new Spring class for Stay Strong Stay Healthy, Aging Adults.



Classes will be on Tuesday & Thursday mornings, from 9:30-10:30 a.m. Classes will begin on March 17, 2026.

Classes will be held at the Troy 4-H Building at the fairgrounds.

Cost will be \$15.

SSSH Program is 16 sessions. Twice a week for 8 weeks.

You will need to register at the Extension office by March 11, 2026

*These classes are for anyone ages 55-100!

You need not be an exercise enthusiast to participate!! The program is built around your individual abilities.

This program focuses on 3 objectives.

1. Increasing strength.
2. Increasing flexibility.
3. Increasing balance.

Join us and give yourself the chance to improve your overall health!

START PLANNING for Canning Now!

Be safe in the kitchen as well as preparing safely preserved food. Gardeners are eager to plant their gardens! Now is the time to make sure canning equipment is ready for the food preservation season. Here are some reminders.

Get dial pressure gauges tested. The Presto® Pressure Gauge tester will test gauges made by Presto including the brands National, Presto®, Magic Seal and Maid of Honor. We will not test All American brand gauges. If the test shows more than two pounds of pressure off, it should be replaced. Check your jars for cracks, chips, etc. Decide how many new lids to buy. Make sure rubber gaskets on pressure canners are not cracked and are still pliable.



Look for new tested recipes to try! For more information, see www.rrc.ksu.edu. Click on "Food Preservation".

Recipe Resources

The top three resources include:
National Center for Home Food Preservation - University of Georgia
So Easy to Preserve - University of Georgia
USDA Complete Guide to Home Canning

How-to Videos

All videos can be found on the K-State Extension YouTube channel.



K-State

Research and Extension

Doniphan County Office

P.O. Box 487

105 S. Liberty

Troy, KS 65087-0487

March /April 2026

Dear Friends,

It has been a Cold Winter but Spring is around the corner with Plenty of Extension Programs to participate in! Join the Fun!

Sincerely,

Kathy Tharman

County Extension Director

