

# Extension Connection

DECEMBER 2019

## Finney County 4-H Club Days

Finney County Club Days will be held on **Saturday, February 8th, 2019** at the Horace Good Middle School starting at 8am. 4-H Club Days is an opportunity for youth to showcase their talents for the public. It is a time for 4-H members to share what they know with others! Youth may take part in several different events, including public speaking, project talks, extemporaneous speaking, demonstrations, illustrated talks, digital presentations, reading, show & tell, musical events including choral, vocal, & instrumental, dance events including square & folk, and talent events such as skits and plays. Those receiving the Top Blue Awards will have the opportunity to advance to Regional Club Days that will be held in Dodge City on March 7th. We have a variety of resources available at the Extension Office to help you prepare for Club Days. They can also be found on the Finney County Website under the 4-H Youth Development tab.

**Entries will be due Monday, January 27th. Paper entry forms are available on the Finney County Extension webpage.**



## VERY IMPORTANT ANNOUNCEMENT!

Please take notice that at the regular monthly meeting of the Finney County Fair Board on Monday, November 11th, the board voted to make a change/addition to the requirements of 4-H'ers at the fair, as follows:

**It has been agreed that the attendance for 4-H is mandatory and they must attend 4 meetings per year to be eligible to participate in the fair.**

This change/addition to the requirements is to become effective beginning with the 2020 County Fair (the October 1, 2019 through September 30, 2020 4-H Year). All attendance requirements must be verified by the 4-H Club Leaders.

Note: If they do not meet attendance requirement, this will NOT disqualify youth from participating at the fair, they can participate as open class.

### Extension Office Holiday Hours

The Extension Office will be closed  
December 23rd thru January 1st



### Dates to Remember

12/23-1/1	Extension Office Closed
1/3	Sewing for Service 9am-Noon
1/5	Finney Flyers Club Meeting Happy Hustlers Club Meeting Sherlock Strivers Club Meeting
1/8	Record Books for Regionals Due Extension Board Joint Meeting
1/9	Regional Record Book Judging
1/12	Kourageous Kids Club Meeting
1/13	Wide Awake Club Meeting
1/20	Extension Office Closed
1/27	Beacon Boosters Club Meeting Cloverbuds 4-H Council Meeting

The November 11, 2019 meeting of the Wide Awake 4-H Club was called to order at 7PM at Plymel School with role call being What are you thankful for. Flag salute was led by Cort Baker. Minutes from previous meeting were read and approved. Leaders reported members need to be at the Achievement banquet Nov 24 at 4:30 to help set up. Members were notified that 4-H council members would like live entertainment for the banquet and were encouraged to share their talents. Request for additional committee volunteers was made. Christmas Party was briefly discussed and may be a bowling party.

A motion was passed to help pay for the meat at the achievement banquet. The Club was reminded to re-enroll by Dec. 15 to pay \$5. After that the cost is \$15. Parents were reminded to sign up on the Remind App for better communication with Leaders. Members were asked to be sure to let the secretary (Emma Lightner) know they are in attendance if they come late. Once the secretary turns the attendance into the extension office, it is final.

Emma Lightner reported anyone who wanted to help package Operation Christmas Child items to meet at Extension Office at 4:30 on 11-12-19.

Trell Baker gave a parliamentary tip. Baby Shark song was led by Macy Hands and Cort Baker. Project talks were given by Cole Lehman and Jaylee Speer. Recreation was led by Jill Schmeeckle, Lauren Lightner and Jade Audrey. Next meeting will be a Christmas Party. Time & Date TBA.

Jaylee Speer

Reporter

Wide Awake 4-H Club



In order to meet the club seal requirements for publishing club reports, we will be publishing them in the Extension Connection. Your club is encouraged to continue to submit them to the Telegram and submit them to the Extension Office via email to [steph66@ksu.edu](mailto:steph66@ksu.edu).

## Club Reports

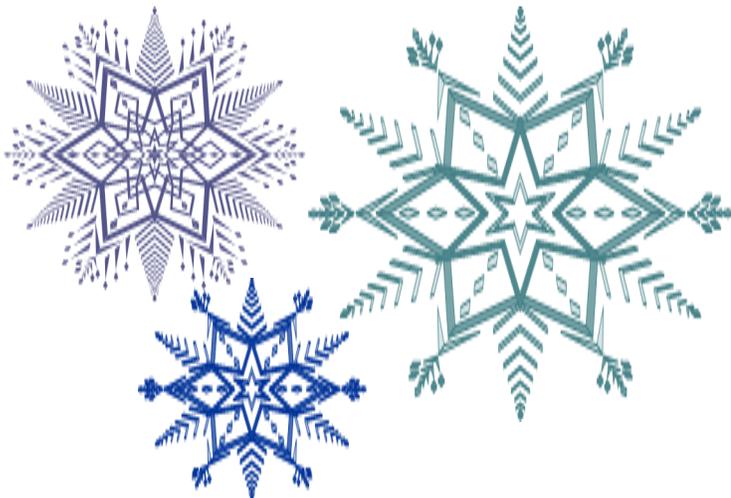
By Morgan Hammond-Reporter

The Sherlock Strivers 4-H Club met Monday, December 2nd at Hefty Seed in Garden City. Roll call was answered by saying Christmas Break plans. We had 11 members and 7 adults, 3 guests and 1 leader present.

In old business, members were reminded that enrollment is going on now and if the \$5.00 dues were paid by December 15<sup>th</sup>, the 4-H Council would pay the remaining \$10.00. The yearly Achievement Banquet was held on November 24<sup>th</sup> and the Sherlock Strivers were represented well, members got some nice awards and our club received our Purple Seal. December's community service project was discussed. We are filling stockings with food to give to elementary school principals to hand out to families that need a little extra help during the Christmas break. December 8<sup>th</sup> is the Christmas parade in Garden City. We will have a float in the parade and after the meeting is over we will go to the shop and work on the float.

Under new business, we discussed Community Service projects for January. The yearly Honor Flight will be held in January and our club decided to donate \$50 to the Honor Flight. Members were also made aware that 4-H Club Days will be in February. It was discussed and voted that our January meeting will be held at the bowling alley, where we will bowl and then conduct our meeting. Our next meeting will be January 5<sup>th</sup> at 6:00. Members were also made aware that 4-H Club Days will be in February.

December birthdays were celebrated. The meeting was adjourned, members and parents went to help put finishing touches on the parade float.

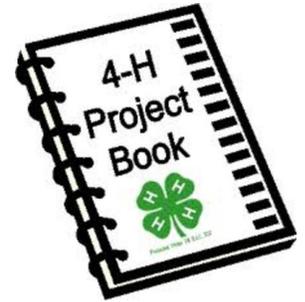


## Regional Record Book Judging

Regional record book judging will take place on January 9th. If you qualified for regionals, your books are due at the Extension Office on January 8th.

Remember, each project that you qualified in needs to be in its own notebook.

Contact the Extension Office if you have questions.



### Attention to all Finney County 4-Hers

Come be part of a  
Community Service Project

## SEWING FOR SERVICE

We need your help in sewing blankets and pillowcases for the  
Western Kansas Child Advocacy Center in Finney County.

The WKCAC mission is to heal the trauma of abuse to children and adults through prevention, support and services. Blankets and Pillowcases are given to the children to help them work through the trauma they are experiencing.

Come help the community while learning  
some basic sewing skills.

Join us  
Friday, January 3, 2020  
9:00 am-12:00 pm  
At the Grandstand Room

Please call the Extension Office if you are planning to attend.  
620-272-3670

# CORNER



## FACS



Holidays are a time for family, friends, food and fun, but it is also the time for building strong families through holiday traditions. Many of us grew up with traditions that we follow at the holidays. Christmas dinner menu, gift giving, when and how to open gifts, church services, or other holiday activities are some of the makings of holiday traditions.

In America, there are many Christmas traditions, as our “melting pot” culture has brought many nationalities and traditions together.

We have carols from England and Austria and decorated Christmas trees from Germany. Santa Claus, or St. Nicholas, in a red suit originated in Scandinavia and his arrival through the chimney to fill stockings is reminiscent of the Netherlands. His sleigh drawn by reindeer began in Switzerland and our holiday parades may be a carry-over from Latin religious processions.

America, in turn, fattened up the jolly old man in the red suit and blended many traditions together to create the popular media image of Santa Claus who comes down the chimney on Christmas Eve, leaves gifts and stockings filled with treats and departs in a sleigh drawn by eight tiny reindeer.

In my own family, we have our special holiday traditions. On Christmas Eve we have soup and attend Christmas Eve service. Christmas day my husband and children have cinnamon rolls for breakfast and open our gifts and then join my extended family for our Christmas gathering. After a delicious and plentiful feast we play a game. Bunko is the game and everyone from my elderly mother to the great grandchildren play. Lots of hoots and hollers are expressed as everyone engages in the competitive fun.

A tradition is any repeated, shared activity that is full of meaning and satisfying for all family members. Traditions are the things that makes a family special, and one of the ways in which a family becomes strong. The traditions are important not so much for what is said or done, but for the results they give—the sense of belonging and togetherness that grows out of the shared experience.

This year will be a different Christmas and a building of a new family tradition. As life changes, so does the Christmas traditions. With the passing of my mother and my youngest son too far away to be home for Christmas, a new tradition will be created at my home. What does that new tradition look like? Not for sure, but am excited to see what my family decides to make of it.

As you celebrate the Christmas holiday, reflect on the traditions that make your family special. Ask family members to name the traditional activities or foods that are most meaningful to them. Encourage older members of the family to share stories of holiday traditions of their youth.

By building and celebrating your special traditions, your family can become stronger this year.

Happy Holidays!

**Ask the Agent**



If you have any questions, concerns, or topics that you would like me to address, please feel free to contact me via e-mail at [jasalle@ksu.edu](mailto:jasalle@ksu.edu) or call the Finney County Extension Office at (620) 272-3670



**Recipe of the Month**

**Fresh Cranberry Salsa**



**Ingredients**

- 1 bag Tortilla Chips
- 12 oz. fresh cranberries rinsed & drained
- 1/3 cup sugar
- 2 jalapenos ribs and seeds removed, minced
- 1/4 cup cilantro finely chopped
- 1/4 cup green onions finely sliced
- 1 tbsp. orange juice
- 1 tbsp. lime juice

**Directions**

1. Wash hands.
2. Add cranberries to your food processor and pulse until finely chopped. Do not puree, you want to have small pieces of cranberry.
3. Place the chopped cranberries in a bowl and add the sugar, stirring to combine.
4. Add jalapenos, cilantro, green onions, orange juice, and lime juice. Stir to combine.
5. Cover bowl with plastic wrap and store in the refrigerator for at least 30 minutes to let the flavors combine.
6. Serve with tortilla chips.

**CRANBERRIES**



700 million pounds of cranberries are grown in United States each year.  
5% are sold fresh  
95% is used for cranberry juice, sauce, and other cranberry products.

Most cranberry farms are found in Oregon, Washington, Massachusetts, New Jersey and Wisconsin.

Select cranberries that are bright red, plump, hard, and shiny.

Pick out berries that are shriveled, soft, spongy or brown.

Cranberries are harvested in mid-October.



First used by Native Americans for food, medicine, and a symbol of peace.

Thought to be part of the first Thanksgiving celebration in 1621.

Commonly used for red dye by the Indians and early American settlers.

Cranberries are one of the few fruits native to North American.



Cranberries are a Fat-free, cholesterol-free, and sodium-free fruit.

Cranberries are a good source of Vitamin C, Fiber and Antioxidants.

Cranberries help prevent tooth decay and may help prevent urinary tract infection.

Fresh cranberries refrigerate up to 2 months. Can be frozen up to 1 year.

Wash and rinse before use.

12 oz. bag = 3 cups or 2 1/2 cups chopped

Need to add sweetener such as; sugar, honey, apple juice, orange juice



**You Asked It!**

Tips From the Rapid Response Center

KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE

**Do you have questions about food?**

**Check out the Rapid Response**

**Center @**

**<https://www.rrc.k-state.edu>**

