September 2021

Go to www.sunflower.ksu.edu for more details on these programs.

Inside Your Newsletter...

Scheduling the Last Irrigation of the Season..........................Crop Production page
Using Weaning Weight Ratios to Gauge Cow and Calf Performance.......Livestock page
Dining with Diabetes—Online.............................................Family & Consumer page
Static Exhibitor winners from each County.........................4-H Youth Development page

That’s A Wrap for the County Fairs

Swine Show at the Cheyenne County Fair enjoyed by many

Appreciation BBQ at the NW Kansas District Free Fair—
Sunflower & Country Clovers 4-H Club

Wallace County 4-Her’s
Scheduling the Last Irrigation of the Season

As the growing season wraps up, producers have an opportunity to improve their water productivity by properly timing their final irrigation application. This is an important decision as an early termination of irrigation can result in reductions in grain yield, primarily through reductions in the kernel weight yield component. Conversely, a late termination of irrigation results in unnecessary pumping, energy consumption, and increasing the risk of soil compaction at harvest due to increased soil water and the risk of water loss through drainage.

With the goal of matching available water to crop needs while avoiding excess, it is important to understand crop water use requirements late in the growing season. Anticipated water use from various growth stages until physiological maturity for corn, sorghum and soybeans is in Table 1.

Research in western Kansas has shown the importance of keeping the management allowable depletion limited to 45% during the post-tassel period. In other words, maintaining available soil water contents above 55%. By knowing anticipated water use from a given growth stage and remaining soil water in the profile, producers can add just enough irrigation water to meet that demand and maintain profile available soil water content above 55%.

By closely following the growth and development of the crop, one can know when physiological maturity, i.e. black layer in corn, has been reached and at that point water use for the production of grain yield has ceased and additional irrigation is certainly unnecessary.

Termination Based on Calendar Date

Traditionally many producers have used a fixed calendar date to determine their final irrigation. Long-term studies conducted at the Northwest Research-Extension Center at Colby show the potential problems in this approach. Table 2 shows silking, maturity, and irrigation termination dates for a long term study in corn. Over the course of this study, the irrigation termination date for maximum grain yield varied from August 12 to September 21. This is a significant departure from a general rule of thumb using Labor Day as a termination date. As shown, the use of a fixed date on the calendar without regard to crop progress, soil water status, or ET demand would have resulted in both forfeited yield and wasteful pumping across this timeframe.

### Table 1. Water use from growth stages until maturity for corn, grain sorghum and soybeans.

<table>
<thead>
<tr>
<th>Stage of Growth</th>
<th>Approximate number of days to maturity</th>
<th>Water use to maturity (inches)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blister</td>
<td>45</td>
<td>10.5</td>
</tr>
<tr>
<td>Dough</td>
<td>34</td>
<td>7.5</td>
</tr>
<tr>
<td>Beginning dent</td>
<td>24</td>
<td>5</td>
</tr>
<tr>
<td>Full dent</td>
<td>13</td>
<td>2.5</td>
</tr>
<tr>
<td>Black layer</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Grain Sorghum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mid bloom</td>
<td>34</td>
<td>9</td>
</tr>
<tr>
<td>Soft dough</td>
<td>23</td>
<td>5</td>
</tr>
<tr>
<td>Hard dough</td>
<td>12</td>
<td>2</td>
</tr>
<tr>
<td>Black layer</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Soybeans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full pod</td>
<td>37</td>
<td>9</td>
</tr>
<tr>
<td>Beginning seed</td>
<td>29</td>
<td>6.5</td>
</tr>
<tr>
<td>Full seed</td>
<td>17</td>
<td>3.5</td>
</tr>
<tr>
<td>Full maturity</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

Termination dates adapted from K-State MF2174, Rogers & Sothers.

### Table 2. Silking, maturity, and irrigation termination dates for a long-term study in corn.

<table>
<thead>
<tr>
<th>Year</th>
<th>Date of Anthesis</th>
<th>Date of Maturity</th>
<th>Irrigation Season Termination Date For 80% Max Yield</th>
<th>90% Max Yield</th>
<th>Max Yield</th>
</tr>
</thead>
<tbody>
<tr>
<td>1993</td>
<td>20-Jul</td>
<td>30-Sep</td>
<td>5-Aug</td>
<td>5-Aug</td>
<td>15-Aug</td>
</tr>
<tr>
<td>1995</td>
<td>20-Jul</td>
<td>29-Sep</td>
<td>5-Aug</td>
<td>13-Aug</td>
<td>18-Aug</td>
</tr>
<tr>
<td>1999</td>
<td>23-Jul</td>
<td>6-Oct</td>
<td>24-Jul</td>
<td>13-Aug</td>
<td>20-Sep</td>
</tr>
<tr>
<td>2000</td>
<td>12-Jul</td>
<td>20-Sep</td>
<td>14-Sep</td>
<td>20-Sep</td>
<td>20-Sep</td>
</tr>
<tr>
<td>2001</td>
<td>16-Jul</td>
<td>29-Sep</td>
<td>30-Jul</td>
<td>22-Sep</td>
<td>22-Sep</td>
</tr>
<tr>
<td>2002</td>
<td>22-Jul</td>
<td>30-Sep</td>
<td>4-Aug</td>
<td>30-Aug</td>
<td>7-Sep</td>
</tr>
<tr>
<td>2003</td>
<td>22-Jul</td>
<td>23-Sep</td>
<td>3-Aug</td>
<td>3-Aug</td>
<td>18-Aug</td>
</tr>
<tr>
<td>2004</td>
<td>19-Jul</td>
<td>28-Sep</td>
<td>8-Aug</td>
<td>21-Aug</td>
<td>27-Aug</td>
</tr>
<tr>
<td>2008</td>
<td>24-Jul</td>
<td>10-Oct</td>
<td>31-Jul</td>
<td>6-Aug</td>
<td>27-Aug</td>
</tr>
<tr>
<td>Average</td>
<td>19-Jul</td>
<td>27-Sep</td>
<td>2-Aug</td>
<td>13-Aug</td>
<td>28-Aug</td>
</tr>
<tr>
<td>Standard Dev.</td>
<td>3 days</td>
<td>6 days</td>
<td>13 days</td>
<td>19 days</td>
<td>13 days</td>
</tr>
<tr>
<td>Earliest</td>
<td>12-Jul</td>
<td>14-Sep</td>
<td>17-Jul</td>
<td>17-Jul</td>
<td>12-Aug</td>
</tr>
<tr>
<td>Latest</td>
<td>24-Jul</td>
<td>10-Oct</td>
<td>14-Sep</td>
<td>21-Sep</td>
<td>21-Sep</td>
</tr>
</tbody>
</table>

* Estimated dates are based on the individual irrigation treatment dates from each of the different studies when the specified percentage of yield was exceeded.

Additional information in K-State publication: MF2174 ‘Predicting the final irrigation for corn, grain sorghum, & soybeans’.

K-State Research and Extension is an equal opportunity provider and employer.
Using Weaning Weight Ratios to Gauge Cow and Calf Performance

With weaning right around the corner for most, or already underway, producers should consider using weaning weight data to better understand calf growth and cow productivity. With records kept for birthweight, weaning weight (then adjusted), and dam information, the weaning weight ratio can be calculated to determine which calves are above average for growth (above 100) and those that are not (below 100) compared to their own sex and calf crop. This would aid a producer in identifying cows that consistently produce poor performing calves year after year. Without such data, producers may be unintentionally keeping unproductive cows and retaining heifers out of them as well.

Weaning weight (WW) is often used to determine calf growth and value. However, WW must be put into context to better understand calf growth and compare a calf to its counterparts. Implementing a 205-day adjusted WW to standardize weights is a recommendation by the Beef Improvement Federation (BIF) to account for calf age and age-of-dam. By adjusting the weaning weight to 205 days, calves born at different times of the calving season and to cows of different ages can be compared more fairly. Age of dam (AOD) adjustments can be found below in Table 1. While this approach is not perfect, it can certainly provide more confidence to comparing the weights of the first calf and the last calf of the crop at weaning.

\[
\text{Adjusted 205-Day WW} = \left( \frac{\text{Weaning Weight} - \text{Birth Weight}}{\text{Weaning Age (days)}} \right) + \text{Birth Weight} + \text{AOD Adjustment} 
\]

While adjusting the weaning weight (WW) of calves can minimize the effect of calf age and age of its dam (AOD), it cannot be used to minimize the effects of other factors. Due to the adjustment’s limits, WW should only be compared to calves in the same contemporary group. This means that calves should only be compared when they are the same sex, in the same age range, and under the same management. As a rule of thumb adjusted 205-day WW should only be used to compare calves within a 160 to 250 day age range (Gould, 2015). Furthermore, adjustments should always be calculated and reported separately for bulls, steers, and heifers. Lastly, comparisons should only be made between animals managed the same. This means that the calves born out on grass and managed there should not be compared to calves born and raised in the dry lot. This will ensure that animals are compared fairly, and not one group has an advantage over the other due to nutrition or physiological differences such as hormones. Comparisons made within contemporary groups of adjusted weaning weight can be useful alone, however using that information to calculate WW ratios will present the data in a straightforward manner.

When utilizing WW ratios, one can quickly identify if an animal is above or below average within their group. When ranked highest to lowest, a percentage of the poorest producing dams can be quickly identified. While it should be understood that things out of the cow’s control can happen, a cow that consistently produces far below average calves could potentially be culled. The equation for Adjusted 205-Day WW found below will convert the adjusted WW and group average adjusted WW into a convenient value that can be used for ranking.

\[
\text{Adjusted 205-Day WW Ratio} = \frac{\text{Individual Adjusted 205-Day WW}}{\text{Group Average Adjusted 205-Day WW}} \times 100
\]

The data below in Table 2. is an example of three bull calves pulled from a larger calf crop:

<table>
<thead>
<tr>
<th>Calf ID</th>
<th>Dam ID</th>
<th>AOD</th>
<th>AOD Adj.</th>
<th>Calf Sex</th>
<th>Birth Weight</th>
<th>WW</th>
<th>Weaning Age</th>
<th>205 Adj. WW</th>
<th>WW Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>0110</td>
<td>7567</td>
<td>4</td>
<td>+20</td>
<td>Bull</td>
<td>72</td>
<td>600</td>
<td>225</td>
<td>573</td>
<td>97</td>
</tr>
<tr>
<td>0120</td>
<td>9514</td>
<td>2</td>
<td>+60</td>
<td>Bull</td>
<td>76</td>
<td>575</td>
<td>205</td>
<td>635</td>
<td>107</td>
</tr>
<tr>
<td>0158</td>
<td>4620</td>
<td>7</td>
<td>+0</td>
<td>Bull</td>
<td>84</td>
<td>515</td>
<td>195</td>
<td>537</td>
<td>91</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Entire Calf Crop Average</td>
<td>75</td>
<td>555</td>
<td>210</td>
<td>592</td>
</tr>
</tbody>
</table>

While calf #0110 is the heaviest at weaning and appears to be more valuable than the other two calves selected, he was given an advantage of extra time and a prime aged dam. When you eliminate or reduce the effect of these two advantages by adjusting the weaning weight, the calf now becomes below average with a WW ratio falling under 100 compared to the rest of the bull calves in the herd. This does not mean he is a bad calf, however it helps put the situation into perspective before we jump to conclusions. Calf #0120 was not the heaviest of the three selected as examples, however he was younger at weaning and was born to a first calf heifer, two disadvantages compared to the first calf considered. When the WW was adjusted he becomes the clear front runner of the three calves shown and is clear above average for his WW ratio. Calf #0120 shows exceptional growth compared to the bull calves in his calf crop boasting his own genetics and his dam’s mothering abilities.

Weaning weight ratios can be an important and useful tool for producers interested in identifying calf and cow performance up to weaning. With the collection of a few pieces of data (birth date, birth weight, age of dam, and weaning weight) adjusted weaning weights and ratios can be calculated to rank calves based on growth performance. This information can then be used to make culling decisions and selecting replacements. Anything that can be measured to help make more informed selection decisions can make herd improvements over time.

For more information or resources for weaning weight ratios, please visit or call the Cheyenne County Extension Office at (785)332-3171. For more resources and event announcements, please follow us on Facebook at K-State Research and Extension Sunflower District.

---

**Table 1. Age of Dam Adjustment Factors for WW based on BIF Standards**

<table>
<thead>
<tr>
<th>Age of Dam (AOD) at birth of calf</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>+60</td>
<td>+54</td>
</tr>
<tr>
<td>3</td>
<td>+40</td>
<td>+36</td>
</tr>
<tr>
<td>4</td>
<td>+20</td>
<td>+18</td>
</tr>
<tr>
<td>5-10</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>11 and older</td>
<td>+20</td>
<td>+18</td>
</tr>
</tbody>
</table>

Adapted from “Calculating calf-adjusted weaning weights and herd indexes” by K. Gould, 2015, Michigan State University Extension
Dining with Diabetes--Online

The Dining with Diabetes Online course is provided by Kansas State University Research and Extension educators and trained Dining with Diabetes course instructors and is designed for adults with type 2 diabetes, prediabetes, and their family members, caregivers, and support persons.

This course helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, and label reading. This course is not intended to provide individual prescriptions for diabetic meal planning and it is not intended to replace diabetes education furnished by qualified health care professionals.

Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? This course can help!

THE COURSE INCLUDES

▪ A professional extension educator and Dining with Diabetes Instructor
▪ Educational videos
▪ Meal planning and healthy snack tips and ideas
▪ Healthy recipes
▪ Cooking demonstration videos
▪ Interactive discussion questions

Registration Start Day: September 7, 2021
Registration End Day: September 27, 2021
Program Start Day: Module 1: October 4, 2021
Module 2: October 11     Module 3: October 18
Module 4: October 25     Module 5: January 24

Kansas DWD Online Course Program Fee will be $25.00 a person.

Call the Sunflower Extension office in Wallace County for information on how to get signed up at 785-852-4285.

Diabetes is a common, costly, and serious disease. More than 34 million adults in the United States have diabetes, and one of five of them don’t know they have the disease. A diagnosis of diabetes can be scary, but studies have shown that with healthful eating and modest regular physical activity, type 2 diabetes can be delayed, controlled, and even prevented.

Much of the food a person consumes is broken down into glucose and is used for energy to fuel the body. Glucose in the bloodstream is also called blood sugar. When the glucose level in the blood increases, it signals the pancreas to produce and release insulin. The hormone insulin helps glucose enter your cells to be used as energy. With diabetes, your body doesn't make enough insulin or the body can’t effectively use the insulin that it produces. When there is a lack of insulin, blood glucose builds up in the blood and can result in health problems, or diabetes complications. A fasting blood glucose of 126 mg/dl or greater, when tested at least twice, is one way a diagnosis of diabetes may be made.

Since 2005, the number of adults diagnosed with diabetes has more than doubled. Type 2 diabetes accounts for over 90% of diabetes cases. Here are common risk factors to monitor for prediabetes or type 2 diabetes.

Check the risk factors that describe you.

- Are overweight
- Are age 45 or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than 3 times a week
- Had diabetes while pregnant or gave birth to a baby weighing more than 9 pounds.
**Cheyenne County**

**Arts & Crafts**
Andrew Andrist, Tyson Andrist, Clayton Emzen, Landon Hendricks, Daniel Hoard, Danika Hoard, Jasper Hunt, Kolbie Leach, Collyn Ludowese, Tayson Ludowese, Carter Matthias, Addison McAtee, Ashton McAtee, Jace McAtee, Reagan Milne, Sierra Milne, Cutter Nitzel, Mason Rieger, Max Rieger, & William Simmonds

**Clothing & Textiles**
Molly Gilliland & Britney Rethke

**Entomology**
Reagan Milne

**Fashion Revue - Buymanship**
Isabella Bandel, Molly Gilliland, Jaseer Hunt, Brady Ketznier, Hayden Ketznier, Kolbie Leach, Jacelyn Milliken, & Landyn Wilson

**Food & Nutrition**
Isabelle Bandel, Blaine Emzen, Clayton Emzen, Molly Gilliland, Landon Hendricks, Matthew Hendricks, Hayden Ketznier, Collyn Ludowese, Makalia Mathies, Jacelyn Millkin, William Simmonds, Carter Wilson, & Landyn Wilson

**Pets**
Reagan Milne & Sierra Milne

**Photography**
Isabella Bandel, Jordyn Faulkender, Molly Gilliland, Billeigh Hilt, Jasper Hunt, Hayden Ketznier, Dallas Later, Makalia Mathies, Addison McAtee, Jaclyn Milliken, Reagan Milne, Jillian Morris, Mason Rieger, Max Reiger, Bailey Workman, & Alexis Zimblerman

**Self Determined**
Andrew Andrist & Tyson Andrist, Matthew Hendricks, & Jasper Hunt

**Shooting Sports**
Alex Dart, Zarin Enfield, Joel Gilliland, Landen Later, Tayson Ludowese, Carter Matthias, Britney Rethke, Shannon Rethke, Ty Rethke, Mason Rieger, & Caleb Todd

**Space Tech - Robotics & Rocketry**
Kolbie Leach, Collyn Ludowese & Tayson Ludowese.

**Wildlife**
Sierra Milne

**Woodworking**
Taos Dale, Zarin Enfield, Sierra Milne, Britney Rethke, Shannon Rethke, Ty Rethke, Mason Rieger, & William Simmonds

---

**Sherman County**

**Arts & Crafts**
Halle Bhend, Hannah Dechant, Katelynn Hill, Liz Hill, Taylor Sanderson, Nikkolas Stasser, Aelah Tew, Travyen Conger, Jarek Crow, Manten Crow, Elly Evert, Brooklyn Fitzgibbons, Logan Fitzgibbons, Dylan Flanders, Quade Gattshall, Kerrek Lockhart, Michael Mangum, Ashlin McClung, Pierce Roeder, Coletin Schritter, Winston Tew, Ryker Wendt, Barrett Williams, & Kaleb Williams

**Aquarium & Hand Pets**
Halle Bhend & Coletin Schritter

**Booths**
Jarek Crow & Trumun Hooker

**Clothing**
Rylea Martin & Hayden Short

**Crops**
Truman Hooker

**Fiber Arts**
Linnea Gattshall, Katelynn Hill, Liz Hill, & Hayden Short

**Floriculture**
Halle Bhend, Linnea Gattshall, & Aaron Owens

**Food & Nutrition**
Mason Berls, Matthew Berls, Ryan Berls, Halle Bhend, Addylnn Bolin, Gracelyn Coon, Travis Coon, Jarek Crow, Elly Evert, Logan Fitzgibbons, Linnea Gattshall, Brooklyn Kannady, Rylee Martin, Ashlin McClung, Jaylee Quain, Hayden Short, Hudson Short, Marceline Stasser, Ryker Wendt, Kaleb Williams, Elia Wolf, & Emily Wolf

**Food Preservation**
Jarek Crow & Hayden Short

**Garden**
Halle Bhend, Harrison Bhend, Caleb Dechant, Brooklyn Fitzgibbons, Linnea Gattshall, Aaron Owens, Aelah Tew, Dallin Tew, Kimberly Tew, & Winston Tew

**Photography**
Jarek Crow, Manten Crow, Trevor Daise, Hannah Dechant, Ashlin McClung, Elia Wolf, & Emily Wolf

**Shooting Sports**
Mason Berls, Matthew Berls, & Jarek Crow

**Wildlife**
Mason Berls, Matthew Berls, & Jarek Crow

**Woodworking**
Halle Bhend & Kaleb Williams

---

**Wallace County**

**Arts & Crafts**
Makenzie Welsh, Myriah McQuillan, Baylee Wagoner, Kensi Wright, Desiree McQuillan, Ayva Wagoner, Annabelle Myers, Hope Perry, Claire Helsel, Madelynn Wright, Bodie Larson, Jaelyn Daily, Regan Stramel, Payton Riedel, & Calley Stubbs

**Clothing & Textiles**
Addison Aldridge & Myriah McQuillan

**Fashion Revue - Buymanship**
Regan Stramel, Jaelyn Daily, Addison Aldridge, Claire Helsel, Hayden Stubsb, Blaise Fischer, Annabelle Myers, Myriah McQuillan, Kensi Wright, Kaitlyn Smith, Aliza Davis, Payton Riedel, Jensen Vandike, Calley Stubbs, Kasen Stramel, Tye Poe, Madelynn Wright, & Brennan Aldridge

**Fiber Arts**
Annabelle Myers & Leah Kregor

**Food & Nutrition**
Trey Larson, Desiree McQuillan, Nicholas Hartman, Kean Dinkel, Allison Smith, Oliver Hartman, Myriah McQuillan, Claire Helsel, Ayden Aldridge, Jynas Stafford, Lincoln Stramel, Blakely Aldridge, Jensen Vandike, Hayden Stubsb, Annabelle Myers, Kenli Larson, Ja’Asia Stafford, Payton Riedel, Abigail Davis, Kayson Brown, Austin Smith, Addison Aldridge, Ayden Aldridge, Desiree McQuillan, Madelynn Wright, Jayton Dansk, Trent Larson, Kasen Stramel, Jaelyn Daily, Brookley Dinkel, Regan Stramel, Kaitlyn Smith, Blaise Fischer, Brennen Aldridge, & Bodie Larson

**Photography**
Ja’Asia Stafford, Madelynn Wright, Layla Cox, Desiree McQuillan, Kensi Wright, Leah Kregor, Allison Smith, Ashlynn Rains, Myriah McQuillan, Kayson Brown, Brayan Rains, Payton Riedel, Austin Smith, Kaitlyn Smith, & Annabelle Myers

**Project Booths**
Claire Helsel

**Rocketry**
Lync Cox, Austin Smith, Jensen Vandike, Blaise Fischer, Jayton Dansk, Jerrek Dansk, & Jayven Dansk
Thank you and Congratulations to everyone who made the 2021 Cheyenne County Fair happen. We appreciate all your efforts made!

4-H Volunteer Project Leader Training Series

These sessions are designed to provide 4-H volunteer project leaders with tangible ideas and resources they can use to engage 4-H Youth. All sessions are FREE and will be recorded. The sessions are scheduled to start at 6:30 CST. The general outline for sessions is as follows:
- Sept. 21 – Personal Development – Public Speaking
- Sept. 23 – STEM – Rocketry
- Sept. 28 – FCS - Textile Science
- Sept. 30 – Animal Science – Livestock
- Oct. 5 – Service Learning
- Oct. 7 – Creative Arts – Visual Arts – Barn Quilts
- Oct. 12 – Financial Literacy
- Oct. 14 – Ag & Nat Resources – Wildlife

For more information or how to register, contact the Extension Office at 785-332-3171

Kansas Leadership Forum

The Kansas Youth Leadership Forum (KYLF) is planned for November 20-21, 2021 at Rock Springs 4-H Center. KYLF is for youth ages 14-18 before January 1, 2022. KYLF will feature leadership workshops, Youth Council Elections, and opportunities to learn and have fun.

We also will plan for an option for coming in Friday evening and having breakfast Saturday morning for those coming from a distance. Registration deadline is October 15, 2021 at an early bird rate or before November 1 at the regular rate.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Labor Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Closed</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>First Day of Fall</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-H council</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

KSF Ends
**IMPORTANT DATES**

September 6 ..............Labor Day/ Extension Office Closed  
September 10 - 19.....State Fair  
September 12............Prairie Dale  
September 19..........Sunflower  
September 20.........Country Clovers  
September 25............Flatlanders  
October 1....................2021-2022 4-H Enrollment Opens  
October 1-3 ..........KJLS  
October 3 - 9 ..........National 4-H Week  
October 9 - 10.........State Shooting Sports  
October 14...............Kansas 4-H Project Report Report Forms Due to Club Leaders  
October 15..............Kansas 4-H Project Record Report Forms Due to the Extension Office

**COUNTY FAIR**

Thank You! Thank You! Thank You!!!  
To all the volunteers who made our County Fair a success!  
Please be sure and thank your Fair Board, Carnival Board, Club Leaders, Project Leaders, Project Superintendents, Livestock Volunteers, 4-H Members, & Parents. Many hours of pre-fair set-up go into this event and continue through the fair week for this annual celebration.

ALSO, REMEMBER TO SEND YOUR GRAND CHAMPION AWARD THANK YOU, CARDS !!!

Grand Champion Jackets will be awarded in November at the Achievement Awards.

**4-H PROJECT RECORD KEEPING FORM**

**Question:** Why is record keeping an important part of 4-H?  
**Answer:** A good record reflects accomplishments and serves as the basis for awards, trips, and other forms of recognition. Few people enjoy record keeping; however, keeping good records is a valuable life skill. Keeping records helps you keep track of what you are learning and helps you measure your progress. Your records are useful in the future when you are applying for scholarships and completing job applications.

The 4-H Project Record Keeping Forms are available at:  
[https://www.kansas4-h.org/resources/awards-and-recognition/ProjectRecognition.html](https://www.kansas4-h.org/resources/awards-and-recognition/ProjectRecognition.html)

Look over the KS 4-H Project Recognition Check Sheet

**What should your 4-H Project Recognition Form Include?**

- “1” inch binder with a plastic slipcover (recommended)  
- All animal project members will use the Animal Project Report Form starting with your project experience for the 2020 - 2021 year. (Choose your age division).  
- All other projects will start on the general 4-H Project Record Form. (Choose your age division).  
- Personal Page  
- Permanent Record

**Membership Pins**

Don't forget your membership pins for those who have attended regular club meetings and completed a 4-H Project Record Keeping Form.  
[https://www.sunflower.k-state.edu/4-h/forms.html](https://www.sunflower.k-state.edu/4-h/forms.html)  
[http://www.sunflower.k-state.edu/4-h/forms.html](http://www.sunflower.k-state.edu/4-h/forms.html)
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1.</td>
<td>2.</td>
<td>3.</td>
<td>4.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5.</td>
<td>6.</td>
<td>7.</td>
<td>8.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>9.</td>
<td>10.</td>
<td>11.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extension Office Closed</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>16.</td>
<td>17.</td>
<td>18.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>19.</td>
<td>20.</td>
<td>21.</td>
<td>22.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>23.</td>
<td>24.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>25.</td>
<td>26.</td>
<td>27.</td>
<td>28.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>29.</td>
<td>30.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **State Fair Begins:** September 10-19, 2021
- **Sunflower 4-H Club Meeting:** 3:00 PM, 4-H Bldg.
- **Country Clovers 4-H Club Meeting:** 7:00 PM, 4-H Bldg.
What is 4-H?
Kansas 4-H is open to youth between the ages of 7 to 19. The new 4-H year starts in October, so many prefer to join 4-H at the start of the school year.

Each of the four H’s on the clover represent ways youth can grow and develop in 4-H.

The four H’s represent:
Head-critical thinking, problem solving.
Heart-self-discipline, integrity, communication.
Hands-serving others.
Health-choosing healthy lifestyles.

4-H and the Community
As part of the 4-H experience, 4-H members are encouraged to learn about and contribute to the betterment of their communities. 4-H also utilizes a variety of community resources to enhance the educational experience of members. Those resources may include meeting places, guest speakers, volunteers and field trips.

Skills learned in 4-H last a lifetime:
- A positive self-concept.
- An inquiring mind.
- A concern for the community.
- Healthy interpersonal relationships.
- Sound decision making.

The reason for publishing this information in the newsletter is to remind 4-Hers and their families that decisions made in the public eye can sometimes come back on the 4-H program and all the young 4-Hers that idolize the older 4-H members.

There will be a 4-H Council Meeting September 13th. It will be held at the Extension Office In Sharon Springs.

Dates to Remember

September
6– Closed for Labor Day
7– State Fair Entries due to office
10– State Fair begins
13– 4-H Council Mtg
19– State Fair Ends

October
1-3—KJLS—Hutchinson
4– Record Books due to Office
3-9– 4-H Week
9-10– 48 Hrs of 4-H
11-17– 4-H Week
7– Record Book Judging-Garden City
31– Halloween

A sincere Thank You to all who helped out with the 2021 Wallace County Fair!!!

Kansas State Fair
September 10-19

Please have State Fair entries into Extension Office by 8:00 a.m. September 7th.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>closed</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Sunflower Extension District #6
Goodland Office
813 Broadway, Room 301
Goodland, KS 67735

Sunflower Extension District #6 Offices
www.sunflower.ksu.edu

**Goodland Office**
Karen Nelson
4-H Youth Development Agent/Director
karennelson@ksu.edu

Sherri Keith
Office Professional
sherrik@ksu.edu

**Sharon Springs Office**
Melinda Daily
Family & Consumer Science Agent
mdaily@ksu.edu

Wendy Benisch
Office Professional
wbenisch@ksu.edu

**St. Francis Office**
Heather McDonald
Livestock Agent
hfoxwor@ksu.edu

Linda Elfers
Agent Assistant
lelfers@ksu.edu

*K-State Northwest Research and Extension Center - Colby*

Jeanne Falk Jones
Multi-County Agronomist for Cheyenne, Sherman, and Wallace Counties
jfalkjones@ksu.edu

K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to physical, vision or hearing disability, or a dietary restriction please contact Karen Nelson at (785)890-4880.