

Cowley County Extension 311 E. 9th Ave P.O. Box 538 Winfield, KS 67156 620-221-5450 620-441-4565

Staff:

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Are you involved in your kids' activities? No, I mean really involved. Are you getting into what your kids are doing and really getting involved? As parents, oftentimes we are tasked with being the chauffeur, the baker, the snack picker-upper, etc. and we get lost in our own world. While the kids practice or participate in their activity, we sit and wait. How many times have you been at the park/practice/an event with your kids and many of the adults are just there, not really involved in what's going on. They're sitting on the bench watching, just hanging out. I know because I've done this. We've accepted as a society (for the most part) that this is ok. It's ok because we're tired. It's ok because we're busy. It's ok because we just got off work. It's ok. It's normal. Parents don't practice with the kids (unless they're the coach), parents don't play at the playground, parents don't participate in the program. That's not

something adults do. This is normal. I get it.

Have you ever tried not being "normal"? Have you ever tried really getting involved in what you're kids are doing and experienced the same fun they're having? Have you ever decided, "I'm going to climb the rocks at Island Park with my kids.". Or, "I'm going to run with them." Have you tried it? Why not? You should. After the initial shock of, "Oh my goodness, my mom (or dad) just went down the slide/slid down the pole/ climbed the rocks/climbed the monkey bars!", your kids will enjoy you and you will enjoy your kids! Kids are fun, have fun with them!

One thing I love about 4-H is that it truly is a family affair. And...it should be. 4-H gives your kids the opportunity to try and learn new things. It also gives parents the opportunity to try and learn new things with their kids. 4-H projects

are an opportunity for discovery for kids and adults. Learning together as a family helps to strengthen the family unit. You don't have to know about rabbits/rockets/cooking/ gardening/photography/insert new project here to get involved in 4-H. This is a learn-by-doing program! We need adults who want to help kids learn, and, you don't have to know what you're doing to help kids start learning. It's ok to learn along with them!

We encourage our kids to keep learning and to try new things. The same should be true for us, as adults. The best way to teach our kids valuable skills and characteristics is to model those same skills for them. Show your kids that you aren't afraid to learn or try new things. Get involved!

Kelsey Nordyke



Extension Office Closed

The Cowley County Extension Office will be closed Monday, November 11th in observance of Veteran's Day. We will re-open Tuesday, November 12th. We will also be closed Thursday, November 28th & Friday, November 29th for the Thanksgiving holiday.



2019-2020 enrollment is underway

If you have not re-enrolled, please log on to ks.4honline.com and complete the process for every 4-her and adult volunteer in your household. You already have a profile if you were enrolled last year. Be sure to answer ALL the health questions and health insurance information including the policy number.

!Barn 4 Awards

If you ordered Chamber Bucks for your Champion/Reserve Champion awards, they are available for pick up. Please make arrangements to do so ASAP.

'State Fair Exhibits

We have a few state fair entries that have not been picked up. Please make arrangements to do so ASAP.

Kansas State Fair Premium

Available for pick up at the Extension Office.

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Upcoming Meetings

4-H Council and Junior Leaders will meet Monday, November 18th in the Extension Office Meeting Room. 4-H Council will meet at 7pm followed by Junior Leaders at 7:45pm.

If you were selected to represent your club at 4-H Council and find you cannot attend, please let your leaders know and find another member to serve in your place.

4-H Achievement Celebration

Join us Saturday, November 9th in the Brown Center, at Cowley County Community College (215 S 2nd St. Arkansas City), as we celebrate the achievements of our 4-H members. Doors will open at 5:30 p.m. and dinner will begin at 6:00. Each family is asked to bring a covered dish for the dinner. Table service and drinks will be provided. Members who completed KAP's, Achievement Pin Applications and Scholarship Applications will be recognized, as well as state to national contest participants, community leaders to Cloverbuds. Clubs will be recognized with Club Seals for their annual accomplishments and service.

4-H Officer Training

Don't miss the opportunity to be trained for leadership within your club as an officer at 4-H Officer Training! Join us Sunday, November 17th from 1:00-4:30 p.m. at the Butler County Community Building; 200 N. Griffith Street, El Dorado. This year's training will be held in partnership with Butler County and Sedgwick County 4-H. Register at http://bit.ly/officertraining today!

<u>Membership</u>

In order to be a regular member of Cowley County 4-H, the member must be 7 before January 1st, 2020.

<u>4-H Family Handbook</u>

The 4-H Family Handbook is available to all 4-H members. Come into the office to pick up your copy today, or visit www.cowley.ksu.edu.

Project Materials

The Extension Office has a variety of project materials and curricula available for checkout and/or purchase. Please contact the Extension Office for more information.

Bylaws

A club's constitution and bylaws help to define and outline the administration of a club. It is imperative that new clubs determine their constitution and bylaws before becoming chartered by the National 4-H Council. The articles of the constitution and bylaws determine the official name of the club, state where and when meetings will be held, set up how business will be conducted, determine officers and even allow for planning of dissolution. Officers of existing organizations should review the club's bylaws annually. Clubs should also provide a copy of their bylaws to the Cowley County Extension Office. Officer teams that have not reviewed current bylaws are encouraged to do so under the guidance of adult leadership. A sample constitution and bylaws may be found at www.kansas4h.org/p.aspx?tabid=498

Grant Funding Information

Is your club thinking about applying for grant funds for an upcoming event or activity? Beginning in 2013, the Cowley County Extension Council Executive Board established the expectation that all grant submissions made in the name of 4-H (any applicant, any funding source) needs to be reviewed prior to submission. This step will allow the Cowley County Extension Council Finance Committee to review all submissions to provide insight and suggestions. This also insures that the 4-H clover is used appropriately and non-discrimination/equal opportunity components exist. There are also situations where funds might have to be processed through Kansas State University.

If your club or project leaders are considering grant applications or extra funding sources, please submit in writing a copy of the grant application to Kelsey at least 5 business days prior to the grant deadline. We encourage creativity in fundraising and applaud the efforts of groups seeking external funding sources.

New format for 4-H Junior Leadership

Youth, ages 12 and older, are invited to participate in county-wide Junior Leadership activities. For 2019-2020, a new format will be available to help youth discover and practice leadership skills:

- Meetings will be held every other month following 4-H Council (approximately 7:45 p.m. for 45 minutes).
- Youth led activities at various times and locations to support 4-H project interests or community service. Have an idea? We'll provide guidance so you can lead!

On November 18th, 4-H Junior Leader officers will be elected. If you are interested and willing to be

nominated, please contact Kelsey or Becky prior to this meeting.

Extension Council Elections

The Cowley County Extension Council is comprised of four Program Development Committees (PDC's) that work with County Extension Agents to develop and direct the work of our organization to meet the needs of Cowley County citizens. The PDC's are Agriculture/Natural Resources, Family and Consumer Sciences, 4-H Youth Development and Community Development. Extension Council elections are held annually to elect PDC members to a two-year term. The Extension Council Executive Board is a nine-member board elected from the PDC's to serve a one-year term to assist with overseeing the work of Extension in Cowley County. Extension Council Elections will be held November 23rd 4:30 p.m. to 6:30 p.m.at Baden Square 700 Gary St. Winfield.

Cowley County citizens of voting age (18) are welcome and encouraged to vote.

Candidate biographies will be posted at <u>www.cowley.k-state.edu</u>.

Thank you, thank you, thank you!

When you buy groceries at Dillon's 4-H Council can benefit!! It's as easy as swiping your Dillon's Plus Card when you buy groceries. During the 2nd & 3rd quarters, 4-H Council received \$171.41 from supporters who are participating in Dillon's Stores' Community Rewards Program! With that money, we can give back more to our community, support youth programming, help pay for 4-H camp and award scholarships to our amazing 4-H'ers!

To enroll in the Community Rewards Program and contribute to Cowley County 4-H, go to the secure website https://www.dillons.com/account/enrollCommunityRewardsNow The NPO (non-profit organization) number you will need to enroll is JG419. You must re-enroll each year. (This does not take away from your credit/points on your plus card.)

4-H Fair Theme

Be a part of something BIG! This year, we will use a theme for the 4-H Division at the Cowley County Fair. Members are invited to submit their ideas to the Cowley County Extension Office by November 8th, 2019. The theme will be chosen by popular vote at 4-H Achievement Night. After the theme is chosen, 4-H'ers will be invited to submit design ideas for the fair book.

County Committees

Serving on a county-wide committee is a great way to get involved and provide some input into our activities. Sign up is ongoing throughout the year and will begin at the September 4-H Council ting. A complete listing and description of each

Meeting. A complete listing and description of each committee is listed below. If you see a committee you'd like to be involved with, please contact Kelsey.

Achievement Celebration Committee

Committee Duties:

Select committee co-chairs and an adult advisor.
Select a date for the celebration. The traditional date is the first Saturday in November. A date should be selected at the May or July 4-H Council meeting.
Select where the celebration will be held.
Select a theme for the celebration, plan/collect

decorations and purchase paper goods and drinks.

Design the cover for the Achievement Celebration program.

Plan and prepare decorations for the location and set them up prior to the program.

Clean up decorations and facility after the program. Return all items to appropriate places.

Extension Office Duties:

Organize all awards and the script.

Provide signs and set-up supplies as needed by the

Publicize event in the 4-H newsletter.

Answer any questions of the committee.

Contact award presenters.

Correspond with the school and book the location.

Club Day Committee

Committee Duties:

Select committee co-chairs and two adult advisors. Select a date for Club Day. A date should be selected at the May or July 4-H Council meeting.

Select where Club Day will be held.

Recommend judges at the November meeting. One judge should be secured per room.

Publicize the event in local news media.

Be available to assist with room set up on Friday afternoon, the day prior, to the event.

Be available the day of the event to work at the front "Information Table" and to check on judges periodically during the day.

Bring judges items they need, and collect score sheets for the tabulation room.

Check in with each room to be certain that room monitors are present, and find substitutes in the event of an absence.

Sort completed score sheets by club.

Be available to assist with room clean up on Saturday late morning. Rearrange classrooms, and return all items to the appropriate location.

Return all Extension supplies (easels, ribbons, score sheets, pencils, tape, signs, etc.) to the Extension vehicle.

Extension Office Duties:

Collect entries and produce a schedule for the event. Send judging correspondence to judges.

Orientate judges prior to the judging start time.

Provide paper, pencils, judge packets, door signs and other supplies as needed by the committee.

Publicize the event in the 4-H newsletter, and assign clubs rooms and time slots for room monitoring.

Answer any questions of the committee.

Correspond with the school and book the location.

Fashion Revue Committee

Committee Duties:

Select committee co-chairs and two adult advisors. Select a theme for the public fashion revue by the May 4-H Council meeting.

Plan and prepare decorations for the public fashion revue.

Set up and decorate prior to the evening public fashion revue.

Clean up stage decorations and fashion revue location. Return all items to appropriate places.

Committee members may also be asked to help with judging tear down.

Recruit script readers.

Extension Office Duties:

Provide signs, judging supplies and other office supplies needed by the committee.

Handle all details associated with the judging portion of the day.

Secure judges for the judging portion.

Write the script for the public fashion revue.

Provide resources needed by the judges.

Book the location of the judging and the public fashion revue.

Answer any questions of the committee.



National 4-H Week Committee

Committee Duties:

Select committee co-chairs and two adult advisors. Determine county-wide events using the National 4-H Week theme.

Promote Cowley County 4-H during National 4-H Week. Publicize 4-H Week events in appropriate media outlets.

Extension Office Duties:

Print needed signs.

Publish events in the 4-H newsletter.

Answer any questions of the committee.

Correspond with Community Leaders.

Finance/Policy Committee

Committee Duties:

Select committee co-chairs and two adult advisors. Determine the annual 4-H Council budget under the guidance of the 4-H Agent.

Present the budget to the 4-H Council at the November meeting for approval.

Extension Office Duties:

Keep record of funds spent for budget line items. In cooperation with the Treasurer, pay 4-H Council bills. Answer any questions of the committee.

Fair and Shows Committee

Committee Duties:

Select committee co-chairs and two adult advisors.

Determine needed foodstand improvements and present to 4-H Council for approval.

Coordinate needed improvements of the foodstand. Purchase supplies to make foodstand improvements. Plan the program for 4-H Sunday at the fair.

Promote 4-H Sunday at the fair.

Secure speakers for 4-H Sunday at the fair.

Extension Office Duties:

Publicize foodstand work days.
Check out foodstand key to committee chair(s).
Print 4-H Sunday programs.
Publish events in the 4-H newsletter.
Answer any questions of the

committee.



Consumer Judging Contest Committee



Committee Duties:

Select committee chair(s) Develop judging classes

Plan and coordinate county-wide Consumer Judging Events

Extension Office Duties:

Print information
Provide information to members.
Publish information in the newsletter
Answer any questions of the committee.
Provide consumable/print materials.

Awards Committee

(Adults Only)

Committee Duties:

Select committee co-chairs.

Provide training to families on completing KAP's and 4-H records.

Provide training to screeners to judge record books.

Coordinate dates and times to screen record books.

Recruit volunteers to screen record books.

Provide a list of record book screening results to 4-H Agent.

Determine judging criteria for scholarships and award applications.

Meet with 4-H Agent/4-H PDC to approve record screening process as needed.

Extension Office Duties:

Print information.

Provide information to members.

Publish information in the 4-H newsletter.

Update information on the Cowley County Extension Website.

Answer any questions of the committee.

Correspond with Community Leaders.

Community Service Committee

Committee Duties:

Select committee co-chairs (youth) and two adult advisors.

Determine county-wide service projects.

Promote service projects to clubs and community.

Extension Office Duties:

Provide oversight.

Print needed signs.

Publish events in the 4-H newsletter.

Answer any questions of the committee.

Correspond with Community Leaders.

4-H Council 101

Facts about 4-H Council:

- Meetings last about 30 minutes.
- All meetings begin at 7:00 p.m.
- Meetings are held at the Extension Office Meeting Room located in the Cowley County Courthouse.
- 4-H Council has a President, Vice President, Secretary/Reporter and Treasurer. Officers are elected at the September meeting.
- There are 6 meetings held in a year.
- Meetings are held on the third Monday of every other month, except January, due to holiday conflicts and July.

Meetings for the 2019-20 year are: November 18th, January 20th, March 16th, May 18th, July 23rd and September 21st. What to Expect:

- Council meetings are called to order by the President. The President selects attendees to lead the group in the flag salute and 4-H pledge.
- Officer reports are then given, followed by an agent report.
- Committee reports are given.
- New business is discussed and votes are taken.
- Announcements are offered, followed by adjournment 4-H Council is an organization that represents the views of each club. As a representative, you represent your club's viewpoints during 4-H Council. The representatives are responsible for taking information back to the 4-H Club. If a representative must be absent, it is recommended that a replacement be found for that meeting.

Help Wanted

members.

Cowley County 4-H seeks County-Wide Project Leaders for the upcoming year to provide positive learning experiences for 4-H youth. The volunteer(s) in these positions would be responsible for the following:
-hold at least 6 educational project meetings/activities for project members throughout the year.
-serve as a resource to project members
-work under the direction of the Cowley County 4-H
Agent with direction from the 4-H Youth Development
Program Development Committee.
-communicate with families enrolled in the project(s)
Volunteers need not be current 4-H parents/family

To apply, contact the 4-H Agent at klnordyke@ksu.edu or 620-221-5450. All volunteers will be asked to enroll as a volunteer at ks.4honline.com and must complete the volunteer screening process including: volunteer service application, criminal background check,

orientation and review by 4-H PDC and Extension Council Executive Board.

We encourage our kids to keep learning and to try new things. The same should be true for us, as adults. The best way to teach our kids valuable skills and characteristics is to model those same skills for them. Show your kids that you aren't afraid to learn or try new things. Get involved!

Cowley County 4-H needs project leaders to organize learning opportunities throughout the year in many of the project areas. That could be you! Contact Kelsey today to find out more!

County-wide Project Leaders

The following volunteers are serving as county-wide project leaders:

- Austin Waite- Shooting Sports Coordinator and Shotgun
- Dustin Crittenden- Shooting Sports, Shotgun
- Jared Crittenden- Shooting Sports, Shotgun
- Joshua Roberts- Shooting Sports, Shotgun
- Joe Rasico- Shooting Sports, Archery
- Tim Evans- Shooting Sports, Air Disciplines
- Jason Mill- Shooting Sports, Air Disciplines
- DJ Holland- Shooting Sports, Air Disciplines
- Greg Dixon- Shooting Sports, Hunting Skills
- Justin Deal- Shooting Sports, Archery
- Jade Alquest- Shooting Sports, Air Disciplines
- Joe Shook- Shooting Sports, Air Disciplines
- Angie Krepps- Horse and Leathercraft
- Brayden Krepps- Horse and Leathercraft
- Dale Weishaar- Entomology
- Becky Henderson- Dairy Cattle
- Andy Murphy- Dairy Cattle
- Scott Murphy- Dairy Cattle
- Mary Foster- Food Preservation
- Vernan Stout- Horticulture/Floriculture, Food Preservation
- Peter Stout- Jr. Project Leader- Horticulture/ Floriculture
- Shannon & Madison Sultz- Photography
- Rachel Hanna- Dog
- Kerri McEntire- Dog





WANTED: CloverBud Leader

Do you enjoy helping young kids explore 4-H? Do you have a passion for introducing 5 and 6 year olds to the fun they will have as 4-H members in a hands-on, activity based setting? YOU could be our next CloverBud Leader! At the conclusion of the 2020 4-H program year, our current CloverBud Leader, Aimee Campbell will be transitioning out of the leader position. We are looking for a teen or adult who is interested in working with this great group of kids and could train with Aimee this year. If you or someone you know is interested, please contact Kelsey for more information.

Dairy Cattle Project

If you are interested in the Dairy Cattle project, please contact Becky Henderson at 620-438-3598, Andy Murphy at 620-218-1859 or Scott Murphy at 316-217-3384.

Southeast Area KAP Screening- Friday, January 17, 2020 in Eureka, KS

Adult volunteers are needed to screen KAP's for the Southeast Area Friday, January 17th in Eureka. This is a great opportunity to give back (especially if your member has ever sent a KAP to area or state screening) and to learn about what kids in other counties are doing with their projects. Please contact Kelsey by Tuesday, January 8th if you are willing to serve.



November To Do List for 4-H

- Re-Enroll for new 4-H year (<u>ks.4honline.com</u>)
- Purchase Raffle Tickets for Fall For Extension (@ the Extension Office)
- Call the Extension Office to sign up for County Committee, 620-221-5450
- Set Project Goals

 (<u>www.bookstore.ksre.ksu.ed</u>
 u/pubs/4H1100.pdf

Project Goal Examples

- · Learn a new technique
- Give a presentation at a club meeting
- · Give a talk/demo at County 4-H Day
- Do something outside of 4-H related to the project
- · Review 4-H fair book for exhibit requirements
- Test recipes, and <u>share samples</u> with Extension staff
- Explore new technology or equipment related to project area
- · Teach someone about the project
- · Identify an adult mentor
- Develop a system to track project expenses
- · Explore ways to make a profit

Shooting Sports News

Club Meeting

Sunday, Nov. 3rd @ 2:15 p.m. at the Winfield Fairgrounds

Air Discipline

Sunday, Nov. 3rd @ 3 p.m. at the Winfield Fairgrounds.

Archery

Thursday, Nov. 7th & 14th at 6:30 p.m. at the Winfield Fairgrounds.

Shotgun Discipline

Sunday, Nov. 24th at 2 p.m. at the Meadow.

For more information, contact Shooting Sports Coordinator,
Austin Waite at 222-1982 (no texting)
cowley4hshootingsports@gmail.com

Updates in between Flash Newsletters can be found on the Facebook page: Cowley 4H Shooting Sports. For more information on program, go to www. 4hshootingsportscowleyks.com.

4-H Shooting Sports Results

Sixteen Cowley County 4-H'ers attended the State Archery Match September 21st. Cody Deal, Caidon Rasico and Christian Engle participated in Recurve Barebow; Price Kindt, Lisa Moore, Wyatt McMinn, Stetson Shook, Adah Wolfe, McKenzie Deal and Amanda Bannon participated in Open Bowhunter; Barrett Pirtle, Micah Brown, Luke Brown, Hunter Mericle, Titus Mill and Aaron Wolfe participated in Open Compound.

The Compound Archery Team of Hunter Mericle and Aaron Wolfe place 3rd.Cowley County 4-H Shooting Sports placed third. Barrett Pirtle placed 1st in Junior FITA, Trail and Aggregate and had a perfect 240 FITA score. Titus Mill place in the Top 10 Overall Individual Open.

Stetson Shook represented Cowley County in the State Muzzleloader Match. He placed 1st in paper and silhouette, and received 1st place overall. He also placed in the top 10 for the state.

Titus Mill and Stetson Shook participated in the State Small Bore Rifle Match and place in the top 10 for the state.

Amanda Bannon and Jake Jewers represented Cowley County at the State Small Bore Pistol Match. Jake Jewers placed in the Top 10.

Stetson Shook participated in the State Skeet and Sporting Clays Shotgun Match where he placed 3rd in the Junior Skeet contest.

Thank you to the members, parents and coaches who are committed to increasing marksmanship and leadership skills in our members. Cowley County is always represented well.

BRETT BANNON MEMORIAL BENEFIT SHOOT

Saturday, November 9th. 12 p.m. to 5 p.m. 13689 182nd Rd., Winfield

- Corn hole tournament
- 3-D Archery Range
- Several shotgun range choices
- Raffle Items
- Concessions

(Shooters are responsible for their own ammunition and range equipment)



All proceeds go to the Bannon family. Event is sponsored by Cowley County 4-H Shooting Sports.

For more information, contact Austin or Debbi Waite at cowley4hshootingsports@gmail.com or www.4hshootingsportscowleyks.com



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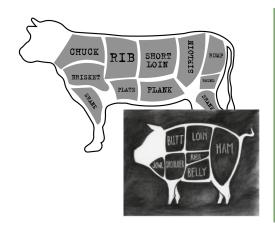
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\$10 EACH OR 3 FOR \$25

Drawing on November 23, 2019 at Fall for Extension Dinner. Winners do not need to be present to win.

November 2019

December 2019

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Saturday						Pag
Friday	v	13	20	27	co	
Thursday	6:30 PM Shooting Sports Archery	12 Sports Archery	19	Kwanzaa	C/	
Wednesday	-6:30 PM Udall 4–H Mtg	11	108	Merry (Aristmas	EST STATE OF THE S	
Tuesday	- 6:30 PM Dog Praction	10 -6:30 PM Dog Practice	=6:30 PM Dog Practice	Christmas Eve	New Year's Eve	
Monday	2 4-H Mtg 7:00 PM Floral 4-H Mtg 7:00 PM Martha Washington 4-H Mtg 7:00 PM Tisdale 4-H Mtg	9	16 -7:00 PM Junior Lead- ers	Hanukkah	300	
Sunday	= 2:15 PM 4-H Shoot- ing Sports Project Club Mtg	8 -3:00 PM Rock Creek 4-H Mtg -3:00 PM Shooting Sports Air Disciplines -3:30 PM Burden 4-H Mtg	Flash info to Cindy 2:00 PM Muddy Creek 4-H Mtg 2:00 PM Shooting Sports Shotgun	22	53	



K-State Research and Extension Cowley County

311 E. 9th P.O. Box 538 Winfield, KS 67156 620-221-5450, fax 620-221-5451 I pledge...

My head to clearer thinking

My heart to greater loyalty

My hands to larger service and

My health to better living

for my club, my community,

my country and my world



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