THE 4-H FLASH NEWSLETTER

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A note from Sarah....

November 2023

As of November 1, we have 160 4-H youth enrolled, 20 Cloverbuds, and 38 adult volunteers! We are excited to dive deeper in the new year! Please scan the code below to complete a 4-H Program year survey! This is 100% anonymous and greatly helps our program.

As we begin to plan for our new year, how does that look for your family? Make sure to review the 4-H newsletter carefully and see the WIDE range of opportunities 4-H has all year round! 4-H is so much more then the Cowley County Fair-take advantage of it! These programs are designed to help youth find their SPARK and THRIVE!

This fall is a great time to set goals with your child. However, if you're like me, you may have set a goal and looked back only to realize you have utterly failed. If it's tough for adults, it's even tougher for a child and they need your support in making their goals a reality.



Set goals with your child.

- 1. Goals help young people see how their efforts toward a goal impact the outcome, it **puts them in control of their own learning.**
- 2. Goals help young people **develop a growth mindset**, a mindset that drives people to try new things and continue trying when things get difficult.
- 3. Goal setting is a powerful process that encourages the young person to have a direction and focus for their efforts.
- 4. Goals can motivate and encourage youth to work toward self-improvement.
- 5. Achieving goals feels good, it builds confidence and self-esteem.
- 6. Goal setting at an early age can lead to a **lifelong habit of goal setting**.

How can we help a child set goals? Say for example, your child tells you their goal is to get better at skateboarding. Their goal is not a SMART goal.

Specific

Measurable

Attainable

Relevant

Time-Bound

Coach your child to make SMART goals by asking questions:

- · How will you know you are getting better?
- What might you be able to do that you weren't able to before?
- · How long do you think it will take?
- · How much practice are you willing to put in?
- Why is this important to you?

Help your child set a **plan of action**, and check in regularly. Coach them to **set smaller goals** in order to reach the big goal. Write it down and post it for all to see. Set a goal for yourself and keep each other accountable. **Praise your child for their efforts or improvements**. Be excited for them! Encourage them to keep trying. It's ok to fail, remind your child that failure is just their **F**irst **A**ttempt **I**n **L**earning. Keep trying!





Cowley

11-12

<u>13</u>

<u>14</u>



Cowley County Extension Office will be closed on November 24th & 25th.

Community Leaders

November Check-Up

- Recognize those that submitted a Kansas Project Book and Pin Application.
- # Distribute Achievement Celebration items to those that weren't able to attend.

Review

- Read the 4-H Newsletter and mark important dates on the calendar.
- Review highlights from the 4-H Newsletter at your club meeting.
- Check out the 4-H Club Corner.

To-Do

- **%**Please report 48 Hours of 4-H Projects (even if you didn't register)
- *Encourage Project Leaders to conduct project meetings.
- **%**Turn in Organizational Report-by November 1, 2023.
- # Turn in Club Financial Review-by November 1, 2023.
- ## Update club bank account to new unrelated signers (2 board-approved adult volunteers, 2nd could be the Extension Council Treasurer: Kent Miller)
- Remind volunteers and 4-Hers to enroll/re-enroll in 4-Honline for the new year.
- Complete Club Goals list- keep it in the Secretary's Book
- Replan holiday celebration
- Review Club Bylaws (pg 7.3)

Promote/Recruit

- & Achievement Night- November 4.
- # Fall For Extension fundraiser gala November 11.
- Sign-up for County Committees
- ***** Extension Council Election November 11.

Remember

- Make it a fun and rewarding year!
- Work with your co-leader.



Contact us:

<u>cl@listserv.ksu.edu</u> (620) 221-5450 or (620) 441-4565 Sarah LaGrone, 4-H Youth Development, <u>slag11@ksu.edu</u> Becky Reid, Family & Consumer Sciences, <u>bkreid@ksu.edu</u> Cindy Stephens, Office Professional, <u>cstephens@ksu.edu</u>

4-H Council

4-H Council 101

4-H Council is an organization that includes representatives 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.

Facts about 4-H Council:

- Meetings last about 45 minutes.
- All meetings begin at 7:00 p.m.
- Meetings are typically held at the Extension Assembly 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 generally held on the third Monday of every other month; except July.
- Meetings for the 2023/2024 4-H Program year are:
- November 20th, January 15th, March 18th, May 20th, July 15th and September 16th.

November 20, 2023 Meeting Location:

Tisdale Methodist Church Apostles Hall

17507 US 160 Hwy Winfield, KS

7:00 p.m.

What to Expect:

- Council meetings are called to order by the President. A person is selected by the President to lead the group in the flag salute and 4-H pledge.
- Officer reports are 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 Junior Leaders

The purpose of the 4-H Junior Leaders club is to help members:

- 1) build self-confidence
- 2) relate to others
- 3) develop concern for the community and others in it 4) use knowledge, skills and values in making decisions
- 4) develop an inquiring mind. These aims are to be implemented by encouraging members' participation in planning and involvement in meetings, individual or group projects, tours or field trips, camps and other community or county activities.

Our meetings are typically at the Cowley County Courthouse Extension Assembly Room and via zoom. Any youth 12 and older are invited to participate. November 20, 2023
6:30 pm - Activity
Meeting will be
immediately following
the 4-H Council
Meeting

Youth volunteers are needed for November 11th at Fall For Extension event. Contact Becky if you can help.

Important Dates and Deadlines

November

- November 1st: Club Financial Report due
- November 1st: Club Organizational Report due
- November 4; 4-H Achievement Celebration
- November 11th: Fall For Extension Gala
- November 18-19th: <u>KYLF</u> (Kansas Youth Leadership Forum) AND <u>KVLF</u> (Kansas Volunteer Leader Forum)
- November 23rd & 24th: Extension Office Closed for Thanksgiving

December

- Livestock dates published
- State 4-H Scholarship Information published
- Begin goal setting for projects
- Citizenship In Action information published
- Club Day planning (Talks, Demos, Musical presentation, Talent, Model Meeting, etc.)

February

February 10, 4-H Club Day, Winfield Middle School

<u>April</u>

April 13, 4-H Regional Club Day, Sedgwick Co. Extension



DOORS OPEN AT 4:00 P.M.

GUEST SPEAKER

Dr. Sarah Maass, Program Director for 4-H Youth Development

Bring your favorite covered dish and dress your Sunday best!

CROSSROADS EVENTS 9444 202ND ROAD WINFIELD, KS 67156

Help Wanted

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 members.

To apply, contact the 4-H office at cl@listserv.ksu.edu or 620-221-5450. All volunteers will be asked to enroll as a volunteer at v2.4honline.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 <u>Sarah</u> today to find out more!

County-wide Project Leaders

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

- •Austin Waite- Shooting Sports Coordinator, BB, Air Pistol, Air Rifle, Shotgun, Small Bore Pistol and Small Bore Rifle
- •Troy Archer, Shooting Sports/ Archery
- Joe Rasico, Shooting Sports/ Archery, Muzzleloader
- Justin Deal, Shooting Sports/ Archery
- •Greg Dixon, Shooting Sports/ Hunting Skills
- Debbi Waite, Shooting Sports/ Hunting Skills
- Jade Alquest, Shooting Sports/ Air Pistol,
 Shotgun and Small Bore Pistol
- Jason Kindt, Shooting Sports/ Air Rifle, Small Bore Rifle
- •Pete Nulik, Shooting Sports/ Shotgun
- •Heath Adams, Shooting Sports/ BB, Shotgun, Small Bore Rifle
- Melissa Adams, Shooting Sports/ Air Pistol, Small Bore Pistol
- •Tim Evans, Shooting Sports/BB
- •DJ Holland, Shooting Sports/BB
- Darrin Green, Shooting Sports/ BB, Air Rifle, Muzzleloader, Small Bore Rifle
- Angie Krepps- Horse and Leathercraft
- Dale Weishaar- Entomology
- •Becky Henderson- Dairy Cattle
- Andy Murphy- Dairy Cattle
- Scott Murphy- Dairy Cattle
- •Kerri McEntire- Dog
- Stephanie Spoon- Clothing & Textiles
- •Kelsey Nordyke- Leadership

Cowley County 4-H Enrollment

- **%** 4-H Online Enrollment Link
- **& Cowley County KSRE Website with 4-H Enrollment Information**
- New 4-H year begins Oct. 1st. **ALL YOUTH and ADULT VOLUNTEERS** participating in the 2023-2024 4-H year need to enroll.
- In order to be a regular member of Cowley County 4-H, the member must be 7 years old before January 1, 2024.
- Cloverbuds is for children ages 5-6 before January 1, 2024.
- Project Selection Guide (includes descriptions of all projects)
- 2023/2024 Kansas 4-H Projects
- Setting 4-H Project Goals
- ZBooks (online record keeping option)

DID YOU KNOW??

The Kansas Clover Classroom is packed with helpful project information

Club Bylaws

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 https://www.kansas4-h.org/4-h-programs/clubs/strengthening-clubs-1/docs/constitution-bylaws-sample.pdf

Kansas 4-H Policy

3.1: 4-H: Fulfilling the Cooperative Extension Mission

We are K-State Research and Extension

Who are we? The Cooperative Extension Service is a cooperative effort of the United States Department of Agriculture; the land-grant university, Kansas State University; and the local extension board representing local citizens. K-State Research and Extension is a statewide network of educators sharing unbiased, research-based information and expertise on issues important to Kansas. It has established local, state, regional, national, and international partnerships.

Mission: We are dedicated to a safe, sustainable, competitive food and fiber system and to strong, healthy communities, families, and youth through integrated research, analysis, and education.

Purpose: With a presence in every county, K-State Research and Extension develops and delivers engaged educational programs in partnership with the people of Kansas that provide solutions for the Grand Challenges of water, health, global food systems, community vitality, and developing tomorrow's leaders.

K-State Research and Extension is the university's community engagement program. Thus, its mission is to help people improve their lives through an educational process that applies knowledge to critical issues, needs, and opportunities.

We are Kansas 4-H Youth Development

4-H Youth Development is the youth development program of K-State Research and Extension. We exist to create non-formal, experiential, educational opportunities designed to connect in-school learning with out-of-school activities to help youth thrive in a complex and changing world. The following is from the Vision 2025 strategic plan for 4-H Youth Development.

Vision: Youth in 4-H will grow and develop into healthy, caring adults prepared to meet the challenges and opportunities of a globally connected world.

Our Mission: 4-H Youth Development engages youth in reaching their full potential through partnerships with caring adults.

Our Purpose: The Department of 4-H Youth Development provides leadership for 4-H youth development programs and is a valuable partner in developing and delivering educational programs and initiatives that prepare youth to reach their full potential.



Are you a 4-H
youth member or
adult volunteer
that is interested
in photography
and media
marketing? This is
an opportunity for
you!
Click the link
below to sign up!
https://forms.gle/
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3kkpx9

County Committees

County Committees

All 4-H families are needed to take an active committee role in 2023/24. Due to financial cutbacks and limited staffing, our office must have your help or extra activities will not be offered. Please sign up for a county committee and identify an area where you can assist at the Cowley County Fair. The first 20 youth/adults to sign up will receive a Sonic drink token. Cowley Committee and Fair Help Sign-up

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 committee.

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.

County Committees

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.

Extension Office Duties:

Publicize foodstand work days.

Check out foodstand key to committee chair(s).

Publish events in the 4-H newsletter.

Answer any questions of the committee.

County Committees

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

Committee Duties:

Select committee co-chairs.

Provide training to families on completing Project

Record Books 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.



Shooting Sports- CONGRATULATIONS to ALL Competitors!

2023 Kansas State 4-H Hunting Skills Field day held at Sportsman Acres near Milford Lake.

Best dressed senior hunter of the day went to Kyle Bannon!!

2023 Cowley 4-H Archery members competed against 216 members from across the state at T.H.E. Archery Club in Topeka, KS.

- Jr. Barebow Trail Individual State Champion Price Kindt
- Jr. Bowhunter FITA 5th Place Individual Caroline McMahon
- Sr. Bowhunter FITA 3rd Place Individual Andrew Hoover
- Sr. Bowhunter Trail 5th Place Individual Andrew Hoover
- Sr. Bowhunter Aggregate 3rd Individual Andrew Hoover
- Open Jr. FITA 3rd Place Individual Kaden Webster
- Open Jr. FITA State Champion Trace Thomson
- Open Jr. Trail 4th Place Individual Trace Thomson
- Open Jr. Trail 3rd Place Individual Price Kindt
- Open Jr. Trail State Champion Kaden Webster
- Open Jr. Aggregate 4th Place Individual Price Kindt
- Open Jr. Aggregate 3rd Place Individual Trace Thomson
- Open Jr. Aggregate State Champion Kaden Wester





Cowley County 4-H Shooting Sports Open Team - 3rd Place State team, Cody Deal and Kaden Webster.

3rd Place Muzzleloader team who competed at the Capital City Gun Club in Topeka, KS at the state match were Lanie Arnett and Kyle Bannon. Kyle Bannon placed 2nd in Individual Novelty, 4th in Individual Bottles and Bulleye targets placing him 2nd Individual Aggregate in the state.

2nd Place Small Bore Pistol Cowley Team who competed at the Capital City Gun Club, Topeka, KS state match were Everett Green and Robyn Shaw. Everett Green placed individually 4th Place Timed/Rapid Fire, 4th Place Silhouette, placing him 5th Place Individual Aggregate in the state.

Shotgun members Jacob Arnett and Trace Thomson represented Cowley County at the state shotgun match where 226 members were registered to compete from across the state. Trace Thomson placed 4th Individual Jr. Skeet and 5th Individual Jr. Sporting Clays giving him the Aggregate 6th place individual in the state. Jacob Arnett placed 11th in the state in both trap & skeet and 5th place sporting clays, giving him the Aggregate 4th Place Individual in the state senior level.

Shooting Sports continued

Air Discipline (BB, Air Pistol, Air Rifle) Safety Meeting, Sunday, Nov. 5th at 2:00 at the fairgrounds.

Archery practices, Thursdays, Nov. 9, 16, & 30th at 6:30 pm at the fairgrounds.

Shotgun practice, Sunday, Nov. 19th at 2:00 at the meadow.

Club Meeting, Monday, Nov. 27th at 7:00 p.m. at New Hope Fellowship Church, 19195 61st Rd., Winfield.

HAPPY THANKSGIVING! - More information between newsletters, please email at cowley4hshootingsports@gmail.com and go to project page https://www.facebook.com/cowleycounty4hshootingsports or www.4hshootingsports or www.facebook.com/cowleycounty4hshootingsports or <a href="http

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Austin Waite

Cowley County 4-H Shooting Sports Coordinator 620-222-1982

P.O. Box 422 Winfield, KS 67156

Legal Stuff

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact (insert name) two weeks prior to the start of the event (insert deadline date) at (insert phone number and email). 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. Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.

Catch - A - Calf Program

Catch-A-Calf

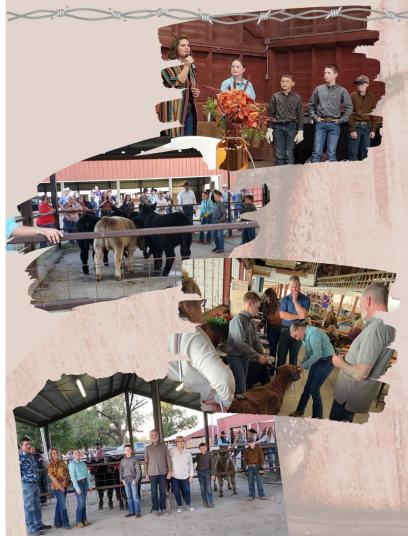






We had a great evening of over 80 participants, hearing from speaker Greg Davis on feeding tips for your beef project. Celebrating a year in review of the House Foundation Donation, our youth achievements and accepting the \$50,000 House Foundation Donation for livestock programming in 2023-2024!

2023-2024 CATCH A CALF PARTICIPANTS HADLEY LACKEY CALEB KREPPS MATIK TATUM CORBIN SPENGLER



Production Essay Scholarship Winners:

Caleb Krepps
Bucket Calf-\$500
Beef-\$250
Hadley Lackey
Beef-\$250
Adison Henderson
Beef-\$200
Dairy Cattle-\$200
Samamtha Henderson
Swine-\$100

Grand House Drawing

Four Youth were rewarded for their excellent livestock program attendance.

Caleb Krepps-\$800 Sullivans Supply Gift Card
Matik Tatum-\$700 Sullivans Supply Gift Card
Adison Henderson-\$600 Sullivans Supply Gift Card
Hadley Lackey- \$500 Sullivans Supply Gift Card

Two names from livestock event attendence were drawn, receiving \$100 Sullivans Supply Gift Cards:
Jaylynn Begler
Bashtyn Hunt

620-221-5450



slag11@ksu.edu

Fall For Extension

K-State Research & Extension Cowley County delivers educational programs related to Agriculture and Natural Resources, Family and Consumer Sciences, 4-H/Youth Development and Community Development. Local programs are implemented by Extension Agents with volunteer assistance for Cowley County residents and communities.

We are funded by allocations from Kansas State University and Cowley County Commissioners. To help with the impact of budget cuts, our supporters formed a "Friends of Cowley County Extension" group to

raise awareness and financial

support.

The Friends of Cowley
County Extension will be
hosting our 9th annual "Fall
for Extension" charity dinner
with raffle drawings and live/
silent auctions on Saturday,
November 11 in Winfield,
Kansas. This event is open to
the public and dinner tickets
go on sale October 2 (\$35/
seat or \$250 for a table for 8).
Based on past attendance,
we expect 250+ people at our
event.

We are collecting donations for the live and silent auctions. Auction items are featured in our printed auction catalog and promoted on social media. You can view past catalogs on our website at cowley.k-state.edu/friends/ untitled.html. We also accept financial contributions and donations are requested by October 31, 2023 so they can be included in marketing and our printed catalog.

We appreciate your consideration to partner with our planning committee. Please contact the Extension Office with additional questions.

