

THE 4-H FLASH NEWSLETTER

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“So what is a goal???”

April 2024

A goal is deciding what you want to do and learn in a 4-H project and serves as the road map that helps you get to where you want to go. Well thought out goals should have four parts that will allow you to measure and check your progress. The four parts of a good goal include:

1. ACTION—how are you going to do something?
2. RESULT—what are you doing to do specifically?
3. TIMETABLE—when are you going to do it?
4. ASSISTANCE—who will help you achieve this?

CONTROL TEST: Do your goals pass the control test? Do you have control over all parts of what happens? If you can answer “yes” then you are ready to begin goal setting for record keeping. For example “I want to win champion at the fair with my photograph” does not pass the control test, as you can’t control the ribbon placing a judge awards. “I want to learn how to make my photo have brighter, crisper colors when printed off”, now that is something you can control!

Goal setting should be part of every 4-H member’s annual project experience. Additionally, these goals should be recorded in the 4-H Record Book, as each project report has a goals section. Completing that EARLY in the 4-H year is better than later! Keep in mind that younger 4-H members will have fewer, less complex goals than older, more experienced 4-H members. A good rule of thumb is; three to five goals for ages 7 to 10, four to eight goals per project for ages 11 to 13 and seven to twelve goals per project for ages 14 to 18.

There is an excellent resource available to help Setting 4-H Project Goals—4H1100 can be found on the Project Records page of our website: <https://www.cowley.k-state.edu/4-h/forms/index.html>

Prizes will be awarded to those that complete the goal setting worksheet and submit those to slag11@ksu.edu or drop a copy off at the Extension Office, by April 30, 2024.

—Sarah LaGrone



August 1-5
2024

September
6-15, 2024



Contact us:

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

Community Leaders

April Check-Up

- * Are you running a new roster (in 4honline) for each club meeting's roll call? Is everyone enrolled??
- * Are you reviewing project lists, to be sure 4-Hers are enrolled in the project they intend to participate in at the Fair?
- * Are ALL of your adult club leaders in compliance with the state 4-H rules? (enrolled, orientation, background checks, board approved)

Review

- * Read the *4-H Newsletter* and mark important dates on the calendar. (Have you noticed all the links provided?)
- * Review highlights from the *4-H Newsletter* at your club meeting.
- * Have you checked out the [4-H Club Corner](#)?

To-Do

- * Make sure 4-H Council report is given to the club
- * Check club mailbox at Extension Office

Promote/Recruit

- * Seeking Volunteers for Tagging and Spring Shows; contact [Sarah](#)
- * [Celebrate Ag](#) - May 18
- * [4-H Media Team](#)
- * Community Survey, last page

Remember

- * Small Specie Weigh In - Sunday/April 28, 2-5 pm & Tuesday/April 30, 5:30-7:30 pm at the Winfield Fairgrounds. **YOU MUST BE ENROLLED.**
- * [Horse ID papers](#) due May 1st
- * Dairy (Cattle & Goat) Lease papers due May 1st
- * Enrollment Priority Deadline, May 1st

Important Dates and Deadlines *underlined text is a link

April

- 4/5 Willie & the Beanstalk Judging
- 4/19 Livestock Biosecurity Management
- 4/20 Last day to [order](#) Market Beef DNA envelopes
- 4/21 [Cowley Classic Beef Show](#)
- 4/21-27 National Volunteer Week
- 4/21 [Rock Springs Camp Open House](#)
- 4/27 [Cowley Co. Sheep & Meat Goat Show](#)
- 4/27 Market Broiler Contest Judging/Processing
- 4/27 Shutterbug Workshop; Wichita
- 4/28 Small Livestock [Tagging](#) Day 2-5 pm
- 4/30 Small Livestock [Tagging](#) Day 5:30-7:30 pm

May

- 5/1 [Horse ID](#) papers due
- 5/1 [Dairy Cattle](#) & [Dairy Goat](#) lease papers due
- 5/1 KSF/KJLS Beef [Nominations](#) due
- 5/18 [Celebrate Ag](#) 1-5 pm

June

- 6/5 Last day to [order](#) small livestock DNA envelopes
- 6/5-7 [Discovery Days](#)

- 6/15 KSF/KJLS Sheep, Swine & Goat [Nominations](#) Due

- 6/21-22 [Insect Spectacular](#)

- 6/14-16 [Geology Field Trip](#)

July

- 7/5 ENROLLMENT ENTRY DEADLINE to show at the Cowley Co. Fair (must have an approved- Not pending/incomplete or enrollment status by 7/5)
- 7/5 ADD/DROP Projects deadline
- 7/12 & 13 [Dr. Bob Hines KS Swine Classic](#)
- 7/15 [KSF Livestock Entries](#) Due

August

- 8/1 [KJLS entries](#) due
- 8/1-5 Cowley County Fair
- 8/3 [Wheat Expo](#)
- 8/9 Kansas State Fair non-livestock pre-entries due
- 8/10 4-H [Horticulture Judging Contest](#)

[Cowley County Annual 4-H Calendar](#)
[Kansas 4-H Events & Activities Calendar](#)

4-H Council & Junior Leaders

May 20, 2024 - 7:00 p.m.

Meeting Location:
KSRE Assembly Room, Winfield

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

April 22, 2024

7:00 p.m.

Junior Leaders will meet in the Assembly Room at the Extension Office.

How will you show your appreciation?

National
VOLUNTEER
Week April 21-27, 2024

It's a great time to recognize and show appreciation to your club leaders, project leaders, fair superintendents, and other 4-H volunteers.

Host Families Needed

Families looking for a new experience for summer 2024? Host a Japanese delegate in the comfort of your own home while exploring the world. Thirty-six teens from Japan are needing host families this summer. The Japanese delegate will be in Kansas July 21–August 16, but families are needed for hosting July 23–August 15. Host families are needed who would be willing to host a Japanese boy or girl. The Japanese youth will be between the ages of 12 and 16. Our responsibility is to make host family assignments matching each delegate with an American same-gender host sibling as soon as possible so that families and exchange delegates can communicate and get to know each other.

Click [here](#) for more information.

Upcoming Events

Willie & the Beanstalk Judging

- Documentation submission deadline - Thursday, March 28, 2024. Please drop hard copy off at the office or email/fax a legible scanned document.
 - If you have any questions on documentation, please see link below or reach out. It is what the youth put in to it. If they are younger it is okay for it to be very simple! Please do not stress over this :)
 - Pick the one plant that will be judged for this documentation
 - <https://www.agronomy.k-state.edu/outreach-and-services/k-12-educators/willie-and-the-beanstalk/documentation-guidelines.html>
- Judging on Friday, April 5. 6:00PM Extension Office Assembly Room. You will select one plant to be judged. This plant with judging will be destroyed. Reminder to return any grow lights that were borrowed.

Market Broiler Contest

Saturday, April 27 Winfield Fairgrounds. Judging starts at 8am, optional processing to follow.

Celebrate AG

Saturday, May 18, 2024 1-5pm

4-H is looking for individuals that wish to participate in Celebrate Ag. Come talk to the public about your projects and 4-H. This will be a great opportunity to bring animals to show the public as well as project displays! We want to see examples of all 4-H has to offer and different projects represented. This is a great leadership opportunity for your record books. If you are interested in participating please reach out to Sarah at slag11@ksu.edu.

Kansas 4-H Discovery Days

When: June 5-7th, 2024

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

Cost: \$225 - Some class sessions may have additional fees associated

Registration: Open [HERE](#) @ 12:01am on March 20, 2024

Discovery Days participants will be included in a special recognition event honoring the State Project Award Winners. This event will be held in the K-State Student Union on the evening of Thursday, June 8th and will include an evening social and entertainment. More details to follow!

Discovery Days objectives:

- Help youth learn new ideas, techniques, and skills they can use personally and in their 4-H clubs or groups and communities
- Give youth in-depth training through hands-on educational sessions from content and youth development experts
- Prepare youth to make informed decisions about their careers and college path
- Enhance personal growth by giving opportunities to develop responsibility, confidence, independence, accountability, problem-solving, decision-making, and time management skills
- Help youth meet new people and make new friends from different places and with different backgrounds from across the state
- Provide an opportunity for youth to experience the K-State campus and its wealth of resources
- Develop college and career readiness skills which prepare participants academically and socially for a successful transition to college and life as an adult

Upcoming Events

LIVESTOCK BIOSECURITY MANAGEMENT WORKSHOP

APRIL 19, 2024

6:00 P.M.

EXTENSION OFFICE ASSEMBLY ROOM
311 E 9TH. AVE. WINFIELD, 67156

Come learn about biosecurity management at home and at the show. Topics will include an overview of diseases and how to contain or prevent outbreaks

Guest Speaker: Dr. Chase Reed,
Beef Technical Services Veterinarian



K-STATE
Research and Extension
Cowley County



[**SIGN UP TODAY!**](#)

K-STATE
Research and Extension



Cowley
County

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Sarah LaGrone, 620-221-5450.
Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider

Volunteers Needed

If you are willing and able to help at the small animal tagging day and/or any of the spring shows (Beef, Goat or Sheep) please contact Sarah.

Photography Event

**4-H SHUTTERBUG
PHOTOGRAPHY WORKSHOP****SATURDAY, APRIL 27
WICHITA, KS.****BOTANICA
GARDENS IN WICHITA**

Who Should Register: 4-H Photography Members interested in learning more about their camera and photography skills or using your phone to take great pictures. Family members may attend as well. Parents - learn along with your kids! Get a head start on your photography project!

**Workshop Topics:**

Photography on smartphones, Pan Blurs, Troubleshoot Modes for new members, tricks with light, photo composition, outdoor photography

**Time:**

Doors open at 9:00; Workshops begin at 9:30 and conclude at 12:00.

Cost:

No charge to attend! Event is sponsored by the State 4-H Photography Committee.

What to Bring:

Smartphone or Camera, extra batteries. Bonus: Cameras will be available for checkout! Please bring an SD card so you can take your photos with you.

Accommodations:

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact, Amy Collins, two weeks prior to the start of the event at 785-532-5800 and acollins@ksu.edu. Requests received after this date will be honored when it is feasible to do so.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.

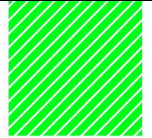
K-STATE
Research and Extension



Registration Link: https://kstate.qualtrics.com/jfe/form/SV_3C2RtLIsRWxPVNs

Photography Challenge

UNIVERSITY OF MINNESOTA
EXTENSION



4-H challenges youth to submit their best shot

March 2024

This latest photography challenge, sponsored by Minnesota 4-H, is open to youth across the Midwest. Youth are encouraged to use their photography skills and creativity to capture their best shot.

Youth as young as kindergarten are welcome to join the challenge. This is a great first experience for people who are new to 4-H. Learn more and register for the “Hit Me with Your Best Shot” photo contest on the Minnesota 4-H photography webpage: <https://extension.umn.edu/event/4-h-hit-me-your-best-shot-photo-contest>

Once registered for the challenge, youth can experiment with photography elements to create stunning photographs. On-demand lessons are available on the Minnesota 4-H photography project page, including how angles, light and composition to enhance your photography.

Youth may submit their favorite photo (with no or minimal editing) with up to three sentences of why it’s special to them. Deadline to submit an image is 11:59 p.m. (CST) on May 1, 2024. Volunteer 4-H photography judges will review all submissions, provide feedback and select the top images for special awards. All submissions will be entered into a prize drawing. Submitted images will be featured in a digital slideshow shared with participants and posted on Minnesota 4-H’s Facebook and YouTube channels.

4-H photography is a youth development offering of the University of Minnesota Extension. Learn more at: <https://z.umn.edu/4h-photography>.

For more news from U of M Extension, visit www.extension.umn.edu/news or contact Extension Communications at extnews@umn.edu. University of Minnesota Extension is an equal opportunity educator and employer.

Cowley County Beef Classic

39TH
ANNUAL

COWLEY COUNTY CLASSIC BEEF SHOW

Seeking
Volunteers
to help with
the show!

Sunday, April 21, 2024

Winfield Fairgrounds, Winfield, KS

10:00 AM-12:00 PM Check-In and Weigh

12:00 PM Weight cards due

1:00 PM *Show begins*

Bucket Calves

~1:30 PM- Breeding Heifers

Cowley County Heifers

Market Cattle

Cowley County Market Cattle

Showmanship

**CASH AWARDS WILL BE GIVEN TO THE TOP FIVE
MARKET AND TOP FIVE BREEDING ANIMALS**

\$750, \$500, \$350, \$200, \$100

PLUS MORE FUN PRIZES YOU

WON'T WANT TO MISS!!

Winfield
KANSAS



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Cowley County

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Sarah LaGrone, 620-221-9450.
Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider

Beef Classic Entry Form

General Rules

Entry is open to any bonafide 4-H or FFA member. Exhibitors must be at least 7 years old and not have passed their 19th birthday before January 1, 2024.

The entry fee is \$30/head by April 17, 2024. After April 17, entry will be \$35/head. Entry fee may be mailed with official entry or presented at check-in. Pre-entries are preferred. **All pre-entered exhibitors will receive a show t-shirt. You are NOT required to show in your t-shirt**

Cash awards will be given to the top five Market and top five Breeding animals (\$750, \$500, \$300, \$200, \$100). Prizes will be awarded for Showmanship and Class winners.

There will be no limit on the number of entries per exhibitor.

Heifer and steer check in begins at 10:00 a.m. All entries must be checked in and weight cards are due by 12:00 p.m. on Sunday, April 21, 2024.

Exhibitors are responsible for turning in their weight cards by the 12:00PM deadline, show management will not be responsible for hunting weights/entries down.

No stalling, no bedding available. Must show off the trailer. Generators are encouraged. Exhibitors are to clean up their area before leaving the grounds.

A minimum of 3 head is required to show as a breed. There will be an AOB class if needed. The show management reserves the right to alter and/or combine classes.

Heifers must be accompanied by registration papers or a copy of transfer papers in the member's name. There will be a commercial heifer class for all unregistered heifers. Maximum heifer birth date shall be no sooner than January 1 of the previous year.

Market Steers will show by breed and weight. The Market Heifers will show by weight.

The showmanship contest is open to all exhibitors and will be conducted as follows: Senior (14 and over), Intermediate (10-13), Junior (7-9). Age is determined before January 1, 2024.

There will be a separate Market and separate Breeding class for Cowley County Exhibitors with no entry fee.

The Cowley County Classic will be a full-fit show.

Bucket calf division, exhibitor must be at least 7 years old and not have passed their 13th birthday before January 1 of the current year. Entries for bucket calf is \$10/head. Classes split by exhibitor age if needed. The show management reserves the right to alter and/or combine classes.

Show Management reserves the right to use photos taken at the show for advertisement and social media promotions

To learn more about overnight camping, hotels and restaurants in Winfield, KS please visit <https://visitwinfield.com>

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

Please complete and return below form to: Cowley County Classic
 c/o Cowley County Extension
 P.O. Box 538
 Winfield, KS 67156



****Exhibitors who pre-enter by April 17, 2024 will receive a t-shirt.**

Exhibitor Name _____ Age (before 1/1/2024) _____

County _____ Address _____

City/ST/Zip _____ Showmanship: SR ____ INT ____ JR ____

T-shirt size (indicate youth or adult size) _____

Each entry specify: breed, market steer, market heifer, breeding heifer or Bucket Calf

1. _____ 2. _____

3. _____ 4. _____

Cowley County Sheep & Meat Goat Show



Seeking
Volunteers
to help with
the show!

Cowley County Sheep and Meat Goat Show

Saturday, April 27, 2024

Winfield Fairgrounds; Winfield, KS

Show located IN barn 6

Sponsored by the Cowley County Sheep and Meat Goat Show Committee

Schedule:

- | | |
|-----------------|--|
| 7:30-8:30 a.m. | Sheep Check-In, Declare weights |
| 9:00 a.m. | Sheep Show |
| | Breeding Ewes |
| | Showmanship (Senior, Intermediate, Junior) |
| | Prospect Market Lambs |
| | Progress Market Lambs |
| | Cowley County Sheep |
| 9:30-10:30 a.m. | Goat Check-In, declare weights |
| | Goat Show (30 minutes after sheep show) |
| | Breeding Does |
| | Showmanship (Senior, Intermediate, Junior) |
| | Prospect Market Goats |
| | Progress Market Goats |
| | Cowley County Goats |



Sheep & Goat Show Entry Form

Cowley County Sheep and Meat Goat Show

General Rules

Entry is open to any bonafide 4-H or FFA member. Exhibitors must be at least 7 years old and not have passed their 19th birthday before January 1, 2024.

The entry fee is \$20/head and \$5 per exhibitor for showmanship by April 24, 2024. Entries received after April 24th are \$30/head. All pre-entered exhibitors will receive a show t-shirt. Entry fee is to defray expenses of the show. No refunds.

Judge's decision will be final. Show Management reserves the right to use photos taken at the show for advertisement and social media promotions

Animals shown in the market classes are not eligible to show in the breeding classes and vice versa.

Everyone must check in at the registration table prior to weighing. This includes in-county, out of county, breeding and market entries. Show management will not be responsible for hunting weights/entries down. Any animal will be subject to weigh backs. All classes will be split by weight. All wethers must be castrated/banded prior to coming to the show. No bucks/rams allow. No yearling ewes or yearling does.

Classes will be determined by weight and specified by committee. Classes will be determined at the conclusion of weigh-in.

No stalling, no bedding available. Must show off the trailer. Generators are encouraged. Exhibitors are to clean up their area before leaving the grounds. All lambs must have lamb teeth, all goats must have kid teeth. All sheep and goats must have scrapes tag.

Meat Goats

Prospect Meat Goats may weigh up to 75 lbs. Progress Meat Goats must weigh 76lbs and over

Market Goats will be shown clipped to 3/8" or less. All goats must be dehorned or tipped and rounded.

Goats must be shown with all four feet on the ground. Exhibitors may use a collar, a collar with a short lead or a halter when showing. Medium (3mm) or smaller pinch collars will be allowed.

Market Lambs

Prospect Market Lambs may weigh up to 105 lbs. Progress Market Lambs must weigh 106 lbs and over. Market lambs must be slick-shorn to one quarter inch, to the hock. Wool on the face and below the hock is allowed.

The showmanship contest is open to all exhibitors and will be conducted as follows: Senior (14 and over), Intermediate (10-13), Junior (7-9).

Age is determined before January 1, 2024. All animals shown in showmanship classes must be owned by the exhibitor. Each exhibitor must groom his/her own animal and may use only the assistance of an immediate family member (mother, father, legal guardian, brother, sister) or another 4-H/FFA member who is an exhibitor at the show.

NO MISTREATMENT OF ANIMALS WILL BE TOLERATED.

HEALTH REQUIREMENT: Animals that are ill, have soremouth, and/or "club lamb" fungus **will not be allowed to show.** Decision of veterinarian of show managements choice is final.

There will be a separate Market and separate Breeding class for Cowley County Exhibitors with no entry fee.

Please complete the form below and return to: Cowley County Sheep and Meat Goat Show
c/o Cowley County Extension
P.O. Box 538
Winfield, KS 67156

****Exhibitors who pre-enter by April 24, 2024 will receive a t-shirt.**

Exhibitor Name _____ Age _____ T-shirt size _____
(before 1/1/2024)

County _____ Address _____

Sheep Showmanship (\$5) Age by 1/1/2023 _____SR _____INT _____JR

_____#Mkt. Lambs Prospect_____# Mkt. Lambs Progress _____#Breeding Ewes _____Total Sheep

Goat Showmanship (\$5) Age by 1/1/2024 _____SR _____INT _____JR

_____#Mkt. Goats Prospect_____#Mkt. Goats Progress _____#Breeding Does _____Total Goats

Total price: _____(#head x \$20 + \$5 showmanship)

Kansas 4-H Sportfishing

KANSAS 4-H SPORTFISHING TOURNAMENT 2024

The Kansas 4-H Sportfishing Tournament is open to all 4-H members. The contest runs throughout the year and ends September 15, 2024. Anglers can fish year-round but entries must be in by the deadline, fish caught after the deadline may be entered in the next contest. Participants can enter in any species/categories that they catch fish – go fishing and have fun!!!

One 4-H Angler of the Year will be named in each of the species/category listed below. These are fish commonly found in Kansas waters. Each Angler of the Year will receive a frameable certificate and a Wal Mart gift certificate to hopefully be used for fishing equipment (one per individual). All participants that enter a certified entry will receive a gift certificate.

The following species will make up the contest:

Specie/Category

Minimum length for entry

Catfish (Channel, Flathead, or Blue Cat)

15"

Sunfish (Bluegill, Green Sunfish, Hybrid Sunfish)

6"

Crappie (Black or White)

10"

Black Bass (Largemouth or Smallmouth)

15"

Any Rough Fish (Carp, Drum, Buffalo, Grass Carp)

15"

Other Game Fish (Walleye, Saugeye, White Bass, Wiper, Striper, Trout)

15"



RULES:

1. Must be enrolled in 4-H but do not have to be in the Sportfishing Project.
2. To compete for **Angler of the Year Award** the entry must also be weighed and witnessed (digital hand scale is acceptable, no spring scales please.) Only one Angler of the Year award per individual will be awarded. If a participant is selected as first in a species/category their additional entries will not be considered in subsequent classes. We want to recognize as many participants as possible. Please use the [2024 entry form](#).
3. Fish must be caught by a legal method as outlined in the current Kansas Department of Wildlife and Parks Fishing Regulations Summary. Fish can be caught anywhere in the state of Kansas.
4. **YOUNG ANGLERS MUST CATCH THEIR OWN FISH!** The past few years some very small/young anglers have caught some very big fish that would have required significant assistance from an adult. Remember, I am a lifetime fisherman, have taught hundreds of fishing clinics, and am a retired fisheries biologist. PLEASE PARENTS OR OTHER ADULTS, LET THE KIDS CATCH THEIR OWN FISH. Questionable situations may be investigated.
5. Entries must be postmarked by September 15th or e-mailed/texted by that date.. Winners will be announced around October 1, 2024. Every effort will be made to have the awards available to the counties/districts by their achievement awards program for presentation there or sent directly to the winners. I'll contact the county/district agent for their preference.

6. Entries are to be submitted to Tommie Berger 406 S. New York Ave. Sylvan Grove, KS 67481. bergkwf@wtciweb.com 785-524-6112

Kansas Range Youth Camp

Kansas Range Youth Camp

We have hit maximum capacity for MALES at 2024 Kansas Range Youth Camp!



Registration is still open for FEMALES only!

June 11-14, 2024

Sponsored by:



KANSAS SECTION
Society for Range Management



If **YOU** are interested in plants, livestock, or wildlife, attend an educational event like no other in Kansas!

Participants: Upcoming High School Sophomores, Juniors, & Seniors

Location: Camp Mennoscah, Murdock, KS (in Kingman County)

Learning: Range Plant Identification, Plant Growth, Stocking Rate Determinations, Livestock Nutrition, Rangeland Wildlife Management, and much more!

Special Items: Field Trips, Steak Dinner

Activities: Swimming, Canoeing, Fishing, & Hiking

Tuition: \$300 per participant

*Interested students should contact their local Conservation District, Extension Office, Farm Bureau office, livestock association, and/or other local business for possible financial assistance.



*Educating Kansas youth
for over 50 years!*










<https://www.kglc.org/range-youth-camp.cfm>

Contact: Courtney Jackson, Kansas Range Youth Camp Chairman
116 Fox Street, Council Grove, KS 66846--- 620-767-5111---courtney.jackson@usda.gov

Cowley County Fair - August 1-5, 2024

2024 FAIR CHANGES

-  Exhibitors at the Cowley County Fair will now have the option to full fit Beef, Sheep and Meat Goats.
-  An exhibitor may have 1 approved Kansas 4-H Youth to be a Livestock Helper. Exhibitors need to submit their request with the helper's name and 4-H County at check in.
-  Meat Goats must be born after November 1, 2023. The standing milk teeth rule is still in place and will hold priority over date born.
-  Market Lambs must be born after December 1, 2023. The standing milk teeth rule is still in place and will hold priority over date born.
-  Dual Purpose Dairy Goats will show in their own division during the Dairy Goat Show and will be combined with Dairy Goats for showmanship. All wethers will show in the Market Goat Show and need tagged accordingly.
-  Hay/feed may be fed in pens with close monitoring.
-  Take note of Horse Show rules when posted. County will more closely align with State Fair Horse Show rules and classes.

**More details and guidelines will
be published in the Fair book**



Cowley County Fair King & Queen

The Cowley County Fair King & Queen Contest is designed to bring to the attention of the general public the outstanding youth of our county, to promote youth development organizations involved with the fair and to promote the Cowley County Fair. Entry Deadline - July 1, 2024. All applications will be reviewed by the judging committee prior to the Cowley County Fair. Late applications will not be accepted.

RULES:

1. Each Cowley County Fair Group, FFA Chapter or 4-H Club may nominate King and Queen candidates from their eligible membership.
2. All contestants must be nominees of one Cowley County organization named above.
3. All contestants must be exhibitors in the Cowley County Fair in the year nominated.
4. All contestants must be between 14 and 18 years of age before January 1 of the current year.
5. Contestants who have previously served as King or Queen will not be considered.
6. Contestants who have not served as King or Queen may re-enter the contest.
7. Final selection of King and Queen will be made by a combination of judges' scores and balloting by Cowley County Fair board members.
8. Candidates may not bring additional items, such as scrap books, photo albums, etc. into the interviews. Judges' selections will be based solely on the written application and personal interview.
9. All nominees must complete the King and Queen Entry Form and return to Cowley County Extension, 311 E 9th St. (P.O. Box 538), Winfield, 67156 by 5:00 p.m. on or before July 1.
10. Interviews will be the week of July 11th-17th.
11. Winners will be announced on July 19 and notified via (phone/email/mail).

INTERVIEWS: Face to face interviews will be conducted by three or more judges selected by the Cowley Fair Board King and Queen Committee. Date and location of the interview TBD. Face to face is defined as physically in the room with the judges. No additional materials may be brought to the interviews.

SCORING: Scoring will be done as follows:

1. Cowley County Fair Activities 30%
2. Club or Chapter Activities 15%
3. School, Church, Community Activities 10%
4. Poise and Personality 20%
5. Personal Appearance 10%

RESPONSIBILITY OF COWLEY FAIR QUEEN AND KING COURT:

1. Attend all Cowley County Fair shows and sales during the current fair. May be excused to attend functions to represent Cowley with approval of Cowley Fair King and Queen Committee or committee advisors.
2. Must be available to present awards to all Cowley Fair Shows, responsibilities being divided if one or the other is showing.
3. A schedule of time and places where attendance is required will be provided by the Cowley Fair King and Queen Committee. The King and Queen will be responsible for assigning all court members to Cowley County Fair shows and events. Court members will meet immediately following the coronation to review responsibilities.
4. The King and Queen shall represent Cowley County Fair.

Click [**HERE**](#) for an application.

Kansas State Fair Grand Drive/ KJLS

2024 State Livestock Nomination Information Released

The information for state livestock nominations has been released. All market animals and commercial breeding females must be state nominated to be eligible for the Kansas State Fair Grand Drive and/or KJLS. The process transitioned to an online system in 2022, so there are no longer physical forms for families to complete and mail. Families will purchase DNA envelopes in advance, submit their animal and exhibitor information online, then mail their completed and signed DNA samples by the deadline. Extension Agents and FFA Advisors will approve nominations online. Exhibitors who nominated animals last year (in 2023) need to use their existing ShoWorks account. The first steps for families planning to nominate animals this year are to locate their KSU Family Name and Nomination Number, complete their 2024 Declaration Form, and have the kids within the family renew their YQCA certification. Market Beef nominations will be due May 1, with Small Livestock and Commercial Heifer due by June 15. The deadline to order DNA envelopes is 10 days prior to the nomination deadline for each specie, which is April 20 and June 5, respectively. Information may be found under the "Nomination Information" tab on the youth livestock website: <http://bit.ly/ksunominations>.

Kansas State Fair - September 6-15, 2024

4-H Communications/4-H Day

Please remember that purple ribbons or top blue ribbons of those age 9 and older (before January 1) can take their project talks, demonstrations and illustrated talks to the Kansas State Fair. Poetry entries can also be entered as non-competitive presentations.

There are some great resources for project talks, illustrated talks, demonstrations, and public speaking on the [4-H Communications Project Page](#).

Livestock Production Essay

Who can participate: 4-H Members exhibiting livestock at the 2024 Cowley County Fair AND submitting a 4-H Project Report.

Participants exhibiting these species will be eligible:

- * Beef
- * Bucket Calf
- * Dairy Cattle
- * Swine
- * Sheep
- * Meat Goat
- * Dairy Goat
- * Meat Rabbits
- * Production Poultry



Due
September 20, 2024
Both 4-H Project Report and Essay

Potential topics to build on:

- * **Production-** Breeding animals, what are your future goals? What specific details do you need to consider if you plan to keep this animal and breed them?
- * **Finances-** pasture stocking rate, available pasture/rental rates, price to feed, maintain, breed, house this animal?
- * **Marketing-** Marketing to sell this animal or their progeny for a return on investment.
 - Break down your plan
- * **Industry Expectations-** interview Bankers, FSA Loan Officers, Extension Agents, Local Farm/Ranchers, study and cite University publications.
- * **Goal Setting-** does your animal have products to sell? (milk/eggs/offspring) What does your business plan look like for that and how are you going to make that work and grow to be a profitable business owner?
 - Do you have a market animal? How are you feeding that animal to be the most profitable on the rail? Are you marketing that animal before the fair to get the best price? Do you know how much meat that animal provided after the fair? What is your goal as you feed this animal and how did you do? Hanging weight, back fat, pounds of product.

If you need help with this project, please schedule an appointment with Sarah to help you explore ideas.

The intent of this essay is to dig deeper into the production side of the industry, learning from publications and professionals in our area. You will want to plan to have it proofed by multiple people.

Shooting Sports

Check out the new club tiktok video announcements on Facebook or tiktok pages.

#CowleySS, #PROVENIT



"Cowley County 4-H Shooting Sports Club will hold the club meeting, **Monday, April 29 at 7:00 pm** at the New Hope Fellowship Church, 19195 61st Rd. This will include the next Officer Workshops as our club programs. Watch emails for this month's great theme!

Our April practice schedule will be...

Air Discipline (BB, Air Pistol, Air Rifle) **1st Sunday, April 7th** at 2:00 at the fairgrounds.

Archery practices, starting Thursdays, **April 4th**, weekly at 6:30 pm at the meadow.

Shotgun practice, **3rd Sunday, April 21st** at 2:00 at the meadow - weather allowing.

*****Spring Flower delivery on Friday, April 26th @ The Marquee, 1007 Main, Winfield, 3:00-6:00 pm
Thank you for supporting our project through your flower orders!***

Austin Waite

Cowley County 4-H Shooting Sports Coordinator

620-222-1982

P.O. Box 422

Winfield, KS 67156

www.4hshootingsportscowleyks.com

<https://www.facebook.com/cowleycounty4hshootingsports>

2024 High School Graduates



Cowley
County

Graduating 4-H Youth, please complete this form and submit to the Extension Office by April 12th to receive Honorary 4-H Graduation Cords.

You will need to check with your school district policy for clearance to wear them during your graduation. These cords are provided by the Cowley County 4-H Council.

Name: _____

Address: _____

Phone: _____

How many years in 4-H: _____

Highest 4-H Pin Achieved: _____

School graduating from: _____

Graduation Day: _____

How has 4-H impacted your life?

Cowley County 4-H Enrollment

✿ [4-H Online Enrollment Link](#)

✿ [Cowley County KSRE Website with 4-H Enrollment Information](#)

The 4-H year runs Oct. 1st. to Sept 30. **ALL YOUTH and ADULT VOLUNTEERS** participating in the 2023-2024 4-H year should 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)

[Setting 4-H Project Goals](#)

[4-H Project Record Books](#)

[ZBooks](#) (online record keeping option)

Click [here](#) to sign up for a County Committee

DID YOU KNOW??

The [Kansas Clover Classroom](#) is packed with helpful project information

4-H Scholarships

Scholarship Opportunities

Please visit the Kansas 4-H Resource [page](#) for Scholarship Opportunities. Kansas 4-H Scholarship, Kansas 4-H Dog Scholarship, Kansas 4-H Geology Scholarship, and Vanier Scholarship!

Get Financial Help Attending Events

The Cowley County 4-H Development Fund is our local 4-H foundation created in 1995 to assist Cowley County 4-H'ers take part in educational events and activities. Funding is provided by gifts from supporters. Each year, the 4-H Development Fund awards college scholarships to high school seniors and college freshmen. Beginning in 2015, the Development Fund introduced "Leadership Development Grants". Leadership Development Grants are available by application to local 4-H members who are registered for a state or national leadership event such as Discovery Days, National 4-H Congress, Kansas Youth Leadership Forum, Citizenship Washington Focus and more. Applications are available from the Cowley County Extension Office. Applicants must submit an essay, write a thank you note to a Development Fund donor and present a program about their experience to a 4-H club or county-wide group following attendance at the event. For more information, contact Sarah at slag11@ksu.edu or 620-221-5450.

[Cowley County 4-H](#)

[K-State Research and Extension - Cowley County](#)

[Cowley County Classic Beef Show](#)

[Cowley County Sheep and Meat Goat Show](#)

[Cowley County Goat Project](#)

[Cowley County Sheep Project](#)

[Cowley County Swine Project](#)

[Cowley County Dairy Project](#)

[Cowley County Horse Project](#)

[Cowley County Dog Project](#)

[Cowley County 4-H Sweepstakes Team](#)



Find us on:
facebook®

4-H Club Corner

4-H Club Leader's Toolbox

Youth Program Quality Principles

A 4-H Project: More than a Fair Entry

4-H Club Meeting Reflections

Creative Ideas to Enhance Club Meetings

Just click on the link to see helpful resources. The 4-H Club Corner has many more resources available on Kansas 4-H webpage:
4-H Club Corner

Kansas Clover Classroom

Sportfishing Challenge

Thrifty Threads

Reading Challenge

Many more resources available on the **Clover Classroom** page.

4-H AMBASSADORS

PURPOSE:

WORK TOGETHER WITH A TEAM OF APPROXIMATELY 3-8 AMBASSADORS AND AN ADULT ADVISOR TO DEVELOP A PUBLIC INFORMATION PROGRAM FOR THE COWLEY COUNTY 4-H PROGRAM.

RESPONSIBILITIES:

PROMOTE 4-H TO ALL AUDIENCES
ORGANIZE 4-H PROMOTIONAL EVENTS AND ACTIVITIES
DEVELOP COMMUNICATION SKILLS

QUALIFICATIONS:

HIGH SCHOOL FRESHMAN TO AGE 18
ENTHUSIASM FOR 4-H
INTEREST IN PROMOTING THE 4-H PROGRAM

TIME REQUIRED:

1 OR 2 YEAR TERM
4-8 HOURS PER MONTH

THROUGH THIS EXPERIENCE, 4-H AMBASSADORS WILL HAVE OPPORTUNITIES TO LEARN, PRACTICE AND IMPROVE COMMUNICATION, MARKETING, EMPLOYABILITY AND JOB SKILLS.

APPLY NOW!

CLICK HERE!
to apply for
4-H
Ambassadors

Cowley County Extension Office

Contact us:

cl@listserv.ksu.edu (620) 221-5450 or (620) 441-4565

Sarah LaGrone, 4-H Youth Development, slag11@ksu.edu

Becky Reid, Family & Consumer Sciences, bkreid@ksu.edu

Cindy Stephens, Office Professional, cstephens@ksu.edu

K-STATE
Research and Extension



Office Hours
Monday through Friday
8-11:30 a.m.
and
12:30 - 5 p.m.

Cowley County Extension Council Executive Board

The Cowley County Extension Council Executive Board meets monthly and conducts the business of the Extension Office. The Extension Council monthly meeting will be held on Tuesday, April 4, 2023 at 5:30 p.m. in the Assembly Room at the Cowley County Courthouse.

Friends of Extension

As someone who contributes time, talent and/or treasure to the benefit of Cowley County Extension, you are invited to be part of the Friends of Cowley County Extension organization. The group will alternate between morning and evening meetings to plan fundraising and advocacy events to support K-State Research and Extension Cowley County.

4-H Development Fund

Did you know? Tax deductible contributions can be made to the 4-H Development Fund (c/o PO Box 538, Winfield KS 67156) or to the Friends of Cowley County Extension Endowment (c/o Legacy Regional Community Foundation, 1216 Main Street, 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 Sarah LaGrone two weeks prior to the start of the event at 620-221-5450. 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.

Community Survey - Please Complete!

YOUR HEALTH MATTERS.
Let your voice be heard!

TAKE OUR SURVEY

EARN \$10 IN CHAMBER CHECKS*

Cowley County is gathering information about health & wellness resources. The information will be used by community leaders to develop a health improvement plan. Surveys are completely anonymous. Your participation is greatly needed and appreciated!

SCAN THE CODE OR GO TO:
risecowley.org/healthcounts



HEALTHCOUNTS
in Cowley County

*One per household, while supplies last.