



4-H FLASH

Cowley County 4-H

July 2016

Cowley County Extension
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'Tis the Season

Procrastination. According to Wikipedia, 'In psychological terms, procrastination is defined as the act of replacing more urgent actions with tasks less urgent, or doing something from which one derives enjoyment, and thus putting off impending tasks to a later time. In accordance with Freud, the pleasure principle may be responsible for procrastination; humans prefer avoiding negative emotions, and delaying a stressful task. The concept that humans work best under pressure provides additional enjoyment and motivation to postponing a task.' In layman's terms, "procrastination" means waiting until the last minute to do something. Sound familiar now?

Fair season seems to be a time of procrastination. I'm ashamed to say, procrastination became

common practice in our house growing up when it came to 4-H sewing projects, notebooks and record books. These were tasks my sisters and I didn't think were much fun. It seemed the older we got, the more responsibility we had for our projects and the more we procrastinated. I can remember the stress we felt as we got closer and closer to our deadlines. After the fact, we jokingly said we worked better under pressure.

I recall the county fair with fond memories. However, sometimes the weeks leading up to the fair, weren't so fun. Sometimes there was yelling and even tears in our house. I can only imagine the stress our parents felt. Somehow, we always got our project done and the fair went off without a hitch.

Does any of this sound familiar to you? I challenge you to have a more stress-free fair this year. Your

first step is to get those fair pre-entries turned in to the Extension Office on time!! You may have lots of questions about filling them out correctly. We know the pre-entry and fairbook can be confusing, especially if you are new to 4-H. Calling or coming in early to get your questions answered helps you to feel more at ease that you completed the process correctly. Waiting to have your questions answered until July 6 (the deadline) could result in a long wait in the Extension Office and increased anxiety for you.

Start the fair season off right. Get your projects completed in a timely manner and turn in your paperwork on time or early.

—Kelsey Holcomb

**Cowley County Extension Office
will be closed on
July 4, 2016
in observance of
Independence Day**

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Upcoming Meetings

4-H Council, Junior Leaders and Ambassadors will meet Thursday, July 21st at the Winfield Fairgrounds. Join 4-H for a watermelon feed sponsored by Cowley County 4-H Shooting Sports and Jennifer Bauer beginning at 5:30 p.m. in Barn 6. 4-H Council will meet at 6:00 p.m. followed by Junior Leaders at 6:30 p.m. Ambassadors will meet at 7:00 p.m. This will also be the night of the Fair Superintendents' meeting. Superintendents will meet with agents in the grandstands at 7:00 p.m.

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.

Modeling Workshop

Clothing & Buymanship project members are invited to a county wide Modeling workshop on Tuesday, July 5 from 1:30-2:30 p.m. at the Cowley County Courthouse, Extension Assembly Room. Members are encouraged to bring their shoes they will wear for modeling. We will practice turns, posture, smiling and discuss potential questions the judge might ask. We also review the "Cost Per Wear" form that each member needs to complete.

Rabbit Project Meeting

Wednesday, July 13th 6:00pm
Island Park, Winfield at the north west picnic table
Please RSVP to Jamie McGee at mcgee@cowley.edu (preferred method) or 620-441-8095 (call or text).

Cowley County Fair Dog Show

The Cowley County Fair Dog Show will be held Sunday, July 17 at 9:00 a.m. in Building 1 (north grandstands) of the fairgrounds. Check-in will begin at 8:30 a.m.

Cowley County Fair Horse Show

The 2016 Cowley County Fair Horse Show will be held Saturday, July 23rd, 2016 at the Burden Arena. Check-in will begin at 8:00 am.

Cowley County Extension Office,
Courthouse location will be closed on July 29th and August 1st. We will be available at the 4-H office located at the fairgrounds

Livestock News

Get Help with Your Swine Project!

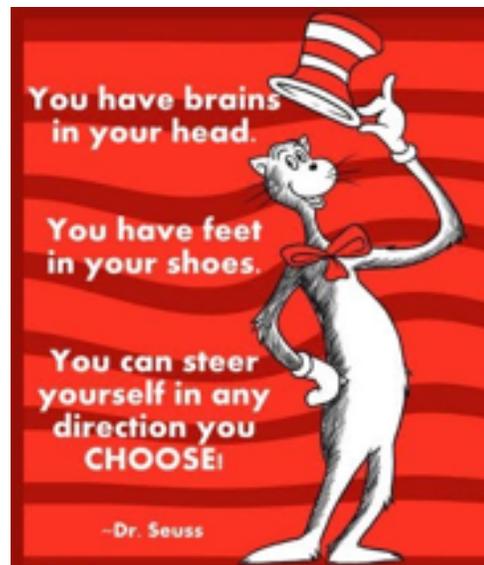
Do you have questions about caring for swine, the facilities of and/or options, or feed requirements or the availability of? If so contact your Cowley County Swine Project Leaders Brian and Vickie Thiel at 620-222-5154.

Breeding Livestock

All Commercial Breeding livestock will be required to have a Cowley County issued Kansas 4-H eartag for 2016. This includes Breeding Heifers, Commercial Ewes, Breeding Does and Breeding Gilts. Commercial breeding animals must also have a breeding animal affidavit on file in the Extension Office.

Lost Tag Policy

When an animal loses a tag, the exhibitor must contact the Cowley County Extension Office in writing as soon as said tag is noticed to be missing. Include the following information: Specie, previous tag number, breed, sex of animal and statement verifying that the animal is the same animal that was tagged at the official tagging day. Ear tags that are lost after the pre-entry deadline must still be submitted in writing to the Extension Office, but will be handled on a case by case basis.



Fair Updates and Schedule

What is Needed for the Fair?

1. Every 4-Her must complete fair participation information. Submit your information online prior to the fair at www.cowley.ksu.edu or at a station located in Barn 4 at exhibit check-in Thursday evening. This information includes fair contact info and projects exhibited so that we can reach you during the fair if needed.

2. The Extension Office will provide entry cards for each pre-entered exhibit. You will receive your entry card when you check in at the fair.

3. Additional tags are needed for some project areas. Clothing- rectangle tag that must be pinned or sewn in to all constructed garments.

Entomology- adhesive, rectangle tag, must be attached to each display box.

Food Preservation- Gummed, rounded rectangle tag must be attached to each entry.

Foods, Posters, Notebooks, Geology- adhesive, tag must be attached to each entry. Must be inside and out on Geology exhibits. Each food entry also requires a copy of a recipe.

All Livestock -Stall cards, 8 ½ X 11 in white card stock is used to identify an animal and owner. This is used for Beef, Bucket Calves, Dairy, Dairy Goats, Poultry, Pigeons, Rabbits, Sheep, and Swine. These are available at the fairgrounds on entry night.

Space Tech- Manilla envelopes with white cover sheet must be with each project. The envelope includes plans or flight information. Form fillable project information sheets are available at www.kansas4-h.org. Go to "events-activities", "Fairs", "Kansas-State-Fair", "Space Tech". Failure to provide plans will result in reduction of one ribbon placing.

Woodworking- a copy of the plan, summary of materials and a cost of materials list is required for each exhibit. Failure to provide plans will result in reduction of one ribbon placing.

Fair Set Up / Clean Up

All clubs will help set up and clean up the Cowley County Fair. Set up will take place Tuesday, July 26th at 8:00 a.m. Come prepared to work. Please bring appropriate supplies.

Clean up will take place Tuesday, August 2nd at 7:00 a.m. Exhibits will be released at 7:30 a.m. and should be picked up by 8:30 a.m. If you can't pick up your exhibit, have another representative available. The Extension Office and Fairboard will NOT be held responsible for any exhibits not picked up.

4-H'ers must help with clean up in order to receive premium checks.



Fair Weigh-In Schedule

Thursday, July 28th

All livestock must be on the fairgrounds and checked in by 5:30 p.m.

4-H/FFA Beef weighed: 9:00-10:00 a.m.

4-H/FFA Goats: 10:30 - 11:30 a.m. (may check in from 8:00 a.m. - 1:00 p.m.)

4-H/FFA Sheep: 12:00 - 1:00 p.m. (may check in from 8:00 a.m. - 1:00 p.m.)

*Sheep and Goats must go through the Vet Check before entering the barns.

4-H/FFA Swine may arrive and weigh/check in: 8:00 a.m.

Fair Exhibits

All exhibits except Foods, Dogs, Floriculture, Horticulture and Crops must be in place on the Fairgrounds by 7pm July 28th. The fairbook contains a complete entry schedule. NO LATE EXHIBITS WILL BE ACCEPTED.

Conference Judging

Conference judging allows the youth to share information about his or her project with the judge. All exhibits in Barn 4 are judged in the conference judging format. Conference judging is a good way to get positive feedback and suggestions. 4-Her's must sign up for a conference judging time slot by 7pm on entry night, July 28th. IF YOU DO NOT PARTICIPATE IN CONFERENCE JUDGING, YOU WILL BE DOCKED ONE RIBBON PLACING! Sign up sheets will be posted by exhibit areas as exhibitors enter their projects from 4:00 - 7:00 p.m. in Barn 4.

Participants will sign up for a conference judging time (ie: 1) 9:00 - 9:45 2) 9:30-10:15 a.m., etc).

Clothing Construction Conference Judging

All constructed clothing items will be judged on Tuesday, July 19th at the Brown Center, Cowley College, Arkansas City. Judges will only be available from 8:30 a.m. -12:00 p.m.. Please make sure you get your items judged during this time.

FCS Intermediate Judging Contest

All 4-H Members are encouraged to participate in a special Family and Consumer Sciences experience held on Tuesday, July 19 from 9 a.m. - 12 p.m. in conjunction with the 4-H Fashion Revue/Clothing Construction judging.

Members with the top two highest scores in the intermediate age group (ages 9-13) will be eligible to represent Cowley County at the Kansas State Fair. (More details to be announced later!)

4-H Fashion Revue & Clothing Construction Judging

Tuesday, July 19th

Brown Center, Cowley College, Ark City; 8:30 a.m. Packets with modeling tips, schedules and script information will be sent to participants who have pre-entered in clothing and fashion revue categories. An information table will be available to provide details about schedules and room locations. Participants will need to choose one outfit to model for the Sunday performance and submit a script online via a link at www.cowley.ksu.edu by 1 p.m. the day of the judging.

Public Fashion Revue

The Public 4-H Fashion Revue will be held at the Brown Center on Sunday, July 24th.

This year, the public revue will be held in the Wright Room. Doors open at 3:00 p.m. Members should be dressed and in line by 3:15 p.m.

Use your Freezer to Preserve your Sanity!

To help save time and stress at county fairs, prepare food entries early and freeze them. Most baked goods freeze well and can still be top ribbon quality. Here are some tips:

- Bake and cool completely! This helps prevent condensation inside the wrapping and development of ice crystals.
- Use moisture-vapor resistant packaging such as freezer-safe plastic containers or bags, and rigid containers.
- Separate layers of cookies with wax paper or parchment paper.
- Freeze cakes or breads un-frosted and frost after thawed.
- Make pie crusts ahead of time and freeze.
- Thaw all baked goods in the freezer packaging. They can be thawed at room temperature. Remove from the freezer the night before the fair. Once thawed, repackage according to fair rules.

Always wash your hands...

- Before touching food or clean surfaces
- After you touch food
- If you touch your face, touch your eyes, touch your hair, blow your nose, take out garbage or go to the bathroom
- If you handle money (money is covered in germs!)
- If you use your phone (cell phones are covered in germs!)



Food Safety at the Food Stand

If you were unable to attend the Food Safety Workshop in June, we encourage you to complete a quick on-line learning course available at: <http://www.cowley.k-state.edu/4-h/localeventsandregistration/index.html>. We need all workers (youth and adults) to practice safe food handling skills so our customers keep coming back! All who complete the online course by July 27 will be entered into a special prize drawing! Watch for a special email announcing a date for food stand clean-up.

Foodstand Team Leaders

Each 4-H Club is required to have a Team Leader during the club's food stand shift at the Cowley County Fair. This is a change from the traditional shift manager and is vital to the success of the 4-H Foodstand. The Team Leader is required to attend the Team Leader meeting Thursday, July 21st at 7:00 p.m. at the Foodstand and will be responsible for the following:

- Communicating with Foodstand Manager to understand the menu and duties for the shift
- Assigning tasks to workers
- Communicating menu and tasks to workers
- Monitoring and recording temperatures for hot food, freezers and coolers
- Cleaning and sanitizing equipment and prep areas
- Overseeing food preparation and ensuring safe food handling



4-H Foodstand Schedule

The money raised in the Food Stand is used to support our 4-H programs through scholarships to state 4-H events, transportation to county camp and Discovery Days, volunteer development awards and recognition at Achievement Night, officer training and much more. Here is the schedule of workers for the Food Stand at the Cowley County Fair. An additional Thursday evening shift has been added. 4-H alumni generously give of their time to help raise money for 4-H during this shift. However, current 4-H families are welcome and encouraged to work during this time.

Please assign at least 5 adults to each shift. They are needed to run the cash register, operate the grill and appliances, and help with food preparation.

Each club is REQUIRED to have a team leader. The person must be a responsible adult or teen. Team Leaders should recruit workers, attend the Team Leader meeting on July 21st at 7:30 p.m., at the food stand and turn a list in the office by Thursday, July 21st.

*The schedule has changed due to the declining enrollment in some clubs. Some clubs are combined, leaving longer shifts on Saturday.

Friday, July 29

7:30 - 12:00 Floral

11:30 - 4:00 Rock Creek

3:45 - 8:15 Jr. Ldrs/4-H Council/Ambassadors

8:00 - 11:00 Udall

Saturday, July 30

7:30 - 12:45 Tisdale

12:30 - 5:45 Shooting Sports

5:30 - 11:00 Sunrise

Sunday, July 31

11:00 - 3:30 Dexter-Otto

3:00 - 7:00 Cameron

6:45 - 11:00 New Horizon

Monday, August 1

8:00 - 3:30 Burden

3:00 - 7:00 Martha Washington

6:45 - 11:00 Walnut Valley

If members find they cannot work during their club's scheduled time, they are encouraged to contact the Extension Office to sign up and work with another club.

Barn 4 Supervisor Schedule

Supervisors are vital to the success of our county fair. It is how we keep our exhibit areas looking nice, and a way to provide assistance to our many patrons.

Clubs are assigned times to have a committee of at least one adult (1) and two youth present (2) in Barn 4 display area.

If you feel this shift is too long for one committee, form two committees and split your club's responsibilities.

Clubs must turn in names by Thursday, July 21st.

Friday, July 31

6:00-8:30 Burden

8:15-10:45 Floral

Saturday, August 1

6:00-8:30 Udall, New Horizon

8:15-10:45 Tisdale, Dexter-Otto

Sunday, August 2

6:00 - 8:30 Shooting Sports, Cameron

8:15 - 10:45 Martha Washington

Monday, August 3

6:00 - 8:30 Sunrise

8:15 - 10:45 Walnut Valley, Rock Creek

Help Us Improve the Fair

What can we do to improve the Cowley County Fair?

This is the procedure you should follow:

1. Fair suggestions must be submitted to the attention of the 4-H PDC in writing. Electronic versions (email/ fax) will also be accepted. Verbal recommendations will not be considered.
2. Your suggestions must be signed and dated. Suggestions will not be considered without a dated signature.
3. All suggestions are due by September 2nd at 5:00 p.m. Suggestions will not be considered after the deadline.
4. Suggestions should be turned in or mailed to: Cowley County Extension Office, 311 E 9th, PO Box 538, Winfield KS 67156.

The 4-H Program Development Committee reviews all department evaluations and acts on written recommendations which are then made to the Fair Board. Verbal recommendations CANNOT be considered.

4-H Foods Sale and Auction

4-H food exhibits brought to the Cowley County Fair will be sold. Cakes, cookies, brownies, pies and more will be available either at the food sale or auction. The food sale will be 11:00 a.m. to 1:00 p.m. The auction will be located in Barn 4 at 5:15 p.m. on Friday, July 29th. Please invite neighbors and businesses to these events. Proceeds will be used toward awards in Barn 4.

Round Robin Showmanship

Don't forget to check out your favorite showman in the Round Robin. Champion and Reserve Champion winners from the senior divisions of beef, sheep, swine, dairy and horse will compete for Overall Champion and Reserve Champion Livestock Showman. The contest will take place Sunday, July 31st at 6:00 p.m. in the livestock show arena.

Ice Cream Social

The Cowley County Farm Bureau will sponsor an ice cream social Sunday, July 31 following Barnyard Olympics in the show arena (Barn 6). All 4-H/FFA families are invited to enjoy a cool treat at the fair.

Barnyard Olympics

Sponsored by the Cowley County 4-H Ambassadors
Sunday, August 1st
Sign up 12:30-1:30 pm Starts at 2:00 pm

Teams of 4—4 age groups
(5-6) (7-9) (10-13) (14-18)
(Adult—we always need adult teams!)

A variety of obstacles related to livestock projects.
Awards will be given to the 3 fastest teams to complete the tasks, the best dressed teams, and the team that works best together.

4-H Dance

2016 4-H Dance
Sunday, August 1st 8p.m. to 10 p.m.
Between the Cattle and Goat barn

We want to encourage all 4-Hers to bring a friend to the dance and sing by karaoke. Show them how we have fun!

Ambassadors are looking for anyone who would be willing to donate water or snack food for the dancers.

Agricultural Challenge of Champions

The Challenge of Champions will be held Monday, August 1st in the livestock show arena at 11:00 a.m. One individual will be selected to represent Cowley County at the Agricultural Challenge of Champions at the Kansas State Fair. Contestants will complete exams and equipment identification in the following areas: livestock, breeds of livestock, agronomic items, crops, weeds, ag mechanics, farm management and more. See the 2016 Fairbook for a complete list. Pre-registration is appreciated, please contact the Extension Office. (620-221-5450)

Buyer's Barbecue

The Buyer's Barbecue is held each year to show our appreciation for the community support of our livestock sale. This year's event will be held Monday, August 1st from 5:00-6:30p.m. in the picnic area. Each club must have one representative present at 3:30 to set up. Three representatives from each club (2 youth, 1 adult) must be present from 4:45-6:45p.m. to assist with tickets, serving and clean-up. Be sure to thank your buyers after the sale and in the community!

Do-Rag Sunday

Audrie Bailey (Cowley Co 4-Her) is once again raising money for LexisLAMB Foundation. Last year she raised \$1060.00 and she would like to double that this year! You may help her by purchasing a bandana (for \$3.00) from the Extension Office or Health Center Pharmacy (Winfield). The bandanas will be available from July 15th- July 31st. They will also be sold at the foodstand during the fair. Donations will be accepted until August 15th.

All proceeds are given to Lexi'sLAMB Foundation, to help children fight a variety of illnesses and diseases.

Livestock Release Time

All livestock will be released from the fair Monday, August 1st at 10:00pm. Exhibitors must check out with the appropriate superintendent and sign in the following morning for clean up. You will not be allowed to load animals until 10:00 p.m.



Kansas State Fair Info

Kansas State Fair Livestock Entries

Kansas State Fair Livestock Entries are due to the State Fair July 15th. All youth entry forms may be submitted online, however, must be printed off and signed by authorized agents, parents, and exhibitors before entry form is complete. Entries may be mailed or faxed to: Kansas State Fair, Attn: Competitive Exhibits, 2000 N. Poplar, Hutchinson, KS 67502, Fax # 620-669-3640. Entry information is available at www.kansasstatefair.com, go to "Competitions", choose "Exhibitor Handbook Information", then scroll down to the links for "Market Animals" and "Breeding Animals" under the "Midwest Ford Grand Drive" heading. Printable and electronic entries are available.

What Can I Exhibit at the Kansas State Fair??

If your 4-H Age is 9 and older, you are eligible to enter a purple-ribbon exhibit from the Cowley County Fair for judging at the Kansas State Fair in the 4-H Division: photos, food items, gift baskets, educational displays, some notebooks, entomology educational display, entomology collection, clothing construction, horticulture, field crops, floriculture, fiber arts, rabbits, energy management, robotics, rocketry, astronomy, geology collection, geology educational display, woodworking, Shooting Sports educational display, wildlife educational display, poultry, demonstration/illustrated talk and forestry notebook.

Two Senior Division Champions may be selected in Fashion Revue Buymanship and Constructed categories to compete at the Kansas State Fair. Judges will choose six Visual Arts exhibits to be displayed at the Kansas State Fair.

It is the member's responsibility to complete pre-entry by August 12th in order to exhibit at the Kansas State Fair. Pre-entries may be made in the 4-H office at the Cowley County Fair or in the Extension Office following the fair. No phone entries will be accepted.

Kansas State Fair Volunteers

The highlight of the Kansas 4-H program is the Kansas State Fair. This year's State Fair is September 9th-18th. It takes many volunteers to make the State Fair a success.

We are currently looking for some good volunteers to help. If you are interested in assisting at the State Fair, please contact Kelsey by Friday, Aug. 5th. Gate tickets are provided for the days that you volunteer. Job descriptions and details of the opportunities available can be obtained at the Extension Office.

Purchase Your Kansas State Fair Admission Tickets and Parking Passes

Kansas State Fair gate admission tickets and (some) parking passes can be purchased at a discounted rate through the Cowley County Extension Office prior to the Kansas State Fair. Orders must be placed by Friday, August 12th and payment must be received at the time the order is placed. Tickets will not be ordered unless payment is received prior to ordering.



A note of appreciation

4-H is not a Club....

IT'S A FAMILY

We would like to thank a couple families that have helped us with our piglets this year. The Lowe family aka Dr. Lowe and Wolfe family. They spent time out of their busy day to help. Thank you for your patience with our many questions. Without your help we would have been bewildered. Here is a quote "To make a difference in someone's life you don't have to be brilliant, rich, beautiful, or perfect you just have to CARE! And you guys CARE about 4-H kids.

Thanks again,

Haunschild family

July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Sunny Hills 4-H Camp	27	28	29	30	1 SouthCentral...horseShow	2
3	4 <ul style="list-style-type: none"> 7:00 PM Floral 4-H Meeting 7:00 PM Dexter/Otto 4-H Meeting 7:00 PM Martha 7:00 PM Tisdale 4-H 	5 <ul style="list-style-type: none"> 4:00 PM 4-H Council Budget Committee 	6 <ul style="list-style-type: none"> Fair Pre-entries due 7:00 PM Udall 4-H 	7 <ul style="list-style-type: none"> 5:30 PM Extension Council Board Meeting 	8	9
10 <ul style="list-style-type: none"> 4:30 PM Burden 4-H 6:00 PM Rock Creek 4-H 	11 <ul style="list-style-type: none"> 7:00 PM Walnut Valley 4-H 7:00 PM Sunrise 4-H Meeting 7:00 PM Cameron 4-H 7:00 PM New Horizon 	12	13	14	15 Flash info to Cindy	16
17 9:00 AM 4-H Dog Show	18	19 Fashion Revue	20	21	22	23 CowleyCoun...HorseShow
24 3:00 PM Public Fashion Revue	25	26 Fair Set Up	27	28 Cowley County Fair	29	30
31 Cowley County Fair	1 <ul style="list-style-type: none"> 7:00 PM Floral 4-H Meeting 7:00 PM Dexter/Otto 7:00 PM Martha 7:00 PM Tisdale 4-H 	2 Fair clean up	3 7:00 PM Udall 4-H	4 5:30 PM Extension Council Board Meeting	5	6

August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Cowley County Fair	1 7:00 PM Floral 4-H Meeting 7:00 PM Dexter/Otto 4-H Meeting 7:00 PM Martha 7:00 PM Tisdale 4-H	2 Fair clean up	3 7:00 PM Udall 4-H	4 5:30 PM Extension Council Board Meeting	5	6
7	8 7:00 PM Walnut Valley 4-H 7:00 PM Sunrise 4-H Meeting 7:00 PM Cameron 4-H 7:00 PM New Horizon 4-H	9	10	11	12	13
14 4:30 PM Burden 4-H 6:00 PM Rock Creek 4-H	15 Flash info to Cindy 7:00 PM Junior Leaders 8:30 PM Ambassadors	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1 5:30 PM Extension Council Board Meeting	2	3



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

K-State Research and Extension

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