Are you engaged? Not engaged to be married; are you engaged in your children’s activities, in the organizations in which they’re involved? Are you engaged in your children’s 4-H opportunity? Do I need to better clarify? Engaged (adj.): busy, occupied.

When I think what it means to be engaged, my mind goes a step further. To me, being engaged in something isn’t just being busy or occupied with the task, it’s actually being involved and committed.

When Kansas 4-H conducted a Prioritization survey of parents, volunteers, youth and 4-H professionals, it revealed several needs/wants/hopes. The question we kept coming back to as professionals was, “How do we achieve success with the information we’re given?” If we agree that every youth should have an opportunity in 4-H, how do we do that with the (limited) staff we have? How do we improve the quality of our program?

I have the benefit of being able to look at the issue from two perspectives: 4-H parent and 4-H agent. What I have seen from both perspectives is that we need more adult engagement. We need more volunteers who are willing to truly serve instead of just being a body to fill a role because no one else is willing. We need parents who are willing to be a part of their child’s experience. We need professionals who are willing to work side-by-side with volunteers and engage them in creating positive youth development experiences. I could go on and on, but the short story is; we need more engagement and engagement is the duty of everyone involved. So, I have some tips for you regardless of what your role is.

If you are a parent, attend meetings and activities with your kids. This is the one tip I cannot stress enough. There are youth activities that make it relatively easy to be the parent of a kid that’s involved. Drop your child off at practice, go run errands, sit in the car, sit in the bleachers on your mobile device, pick them up and go home. Simple. Easy. 4-H is not like that.

To get the full value of 4-H, parents should be involved. Go to the meeting with your child. Encourage them to actively participate. Learn about the structure of the organization to ensure your child’s success.

Families are looking for ways to spend time together. 4-H is an amazing opportunity that offers opportunities for nearly every interest. There’s something for everyone in 4-H. It’s a great way to learn something new with your kids. When the adult leader makes a blanket request for a volunteer to assist with something, step up and be willing to help out. It’s likely a short-term commitment and it’s necessary to continue this program that we love.

If you are a volunteer, put your whole effort into volunteering. I realize that sometimes, we have adults that just fill a role as leader because a leader is needed and the project or program will die if someone doesn’t step in. But consider that if you aren’t giving an area the attention that it needs or deserves, you are just delaying the inevitable. Engage the parents and other volunteers in the club to help you so that the program doesn’t just survive, but it thrives and grows.

Don’t just make a blanket request of the adults in your club. Ask them what their interests are and where their strengths lie. Make a specific request for their help leading the club. Make new families and members feel welcome. Many of the same recommendations can be made to professional staff. We need to engage our adults more. Be specific and deliberate in requesting service. At the same time, be specific and deliberate in training and supporting volunteers and new families. Let them know what opportunities are available. Reach out and make connections with families.

The lesson is simple, but the work is not easy. It takes dedication and intentionality for programs to be successful. It takes the work and care of many to serve. Are you engaged?

—Kelsey Nordyke

Cowley County 4-H News

Staff:
Kelsey Nordyke, 4-H Youth Development
Becky Reid, Family and Consumer Sciences
Cindy Stephens, Office Professional

December 2019

K-State
Research and Extension

Extension Office Closed
The Cowley County Extension Office will be closed Tuesday, December 24, 2019 through Wednesday, January 1, 2019. We will re-open Thursday, January 2, 2020.

In this issue:
4-H Day
Citizenship In Action
4-H Achievement Results
Annual Calendar
Cowley County Extension Council
The Cowley County Extension Council Executive Board meets monthly and conducts the business of the Extension Office. The Extension Council Annual meeting and dinner will be held on Tuesday, December 3rd, 2019 at 6:30pm. The Executive Board will meet before dinner for its monthly meeting. The meetings will be held in the Community Room at Winfield Public Library, 605 College St. Winfield, KS 67156.

Upcoming Meetings
4-H Council and Junior Leaders will meet Monday, January 20th. 4-H Council will meet from 7:00 p.m.- 7:45 p.m. Junior Leaders will begin at 7:50 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.

Pending Enrollments
If you opted to pay by check, or scholarship, your enrollment will remain pending until payment is received.

Bylaws
A club’s constitution and bylaws help to define and outline the administration of a club. It is imperative that new clubs determine their constitution and bylaws before becoming chartered by the National 4-H Council. The articles of the constitution and bylaws determine the official name of the club, state where and when meetings will be held, set up how business will be conducted, determine officers and even allow for planning of dissolution. Officers of existing organizations should review the club’s bylaws annually. Clubs should also provide a copy of their bylaws to the Cowley County Extension Office. Officer teams that have not reviewed current bylaws are encouraged to do so under the guidance of adult leadership. A sample constitution and bylaws may be found at www.kansas4-h.org/p.aspx?tabid=498.

Membership
In order to be a regular member of Cowley County 4-H, the member must be 7 before January 1st, 2020.
WANTED: CloverBud Leader
Do you enjoy helping young kids explore 4-H? Do you have a passion for introducing 5 and 6 year olds to the fun they will have as 4-H members in a hands-on, activity based setting? YOU could be our next CloverBud Leader! At the conclusion of the 2020 4-H program year, our current CloverBud Leader, Aimee Campbell will be transitioning out of the leader position. We are looking for a teen or adult who is interested in working with this great group of kids and could train with Aimee this year. If you or someone you know is interested, please contact Kelsey for more information.

4-H Day 101
One of the first big events of the year is County 4-H Day. This is an opportunity for all 4-H members to share their speaking skills, knowledge, talents, and creativity before a larger audience.
Cowley County 4-H Day will be Saturday, February 8th at the Winfield Middle School, 130 Viking Blvd. Any 4-H member can participate in as many categories as they choose. There is no pre-requisite or qualifying competition required.

Music/Talent will include:
Piano Solos
Instrumental Solos and Ensembles Band
Vocal Solo
Vocal Ensemble
Club Chorus
Skits and Plays
Readings
Dance
Other Talent

Favorite Foods include:
Table setting and menu
Table exhibit

Presentations include:
Demonstration/Illustrated Talk
Project Talk
Public Speaking
Impromptu Public Speaking
Pickle Power
Model Meeting

For information on how to give a Demonstration/Illustrated Talk visit http://www.youtube.com/watch?v=KiLffvgoVtw

Pickle Power
Pickle Power is an activity at Club Day that is open to 4-H’ers who are Clover Buds, Juniors or Intermediates. Each member will be given a scenario with a decision to make. They will present their decision and have a discussion with the judge. This is a great way to practice decision making skills and learn to speak in front of a group.

Impromptu Public Speaking
Impromptu Public Speaking will be held at 4-H Day for Seniors. Members will draw a topic from a hat and will be given 5-7 minutes to prepare their presentation.

Gavel Games
New this year! Cowley County will host a gavel games demo and activity to test your Parliamentary Procedure skills! In the Gavel Games Parliamentary Procedure Contest, four 4-H members comprise a team. These four members act as officers for a model 4-H business meeting. The four officers are: President, Vice President, Secretary, and Treasurer. Each team presents a model business meeting starting with the call to order, including reports of officers and committees, unfinished and new business, and ending with adjournment.
Additional information will be available in the January Flash.

Citizenship in Action (CIA)
February 16th & 17th, 2020
Registration and information for Citizenship In Action can be found by visiting www.kansas4-H.org. Youth who are 13-18 by January 1st, 2020 are eligible to attend. The purpose of this event is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but also show them how they can affect the legislative process.
Registration closes February 1st, 2020. Scholarship information will be shared as it becomes available.
4-H Day with the Lady Cats
The Kansas Association of Extension 4-H Agents would like to invite you to Kansas 4-H Day with Wildcat Women’s Basketball on Sunday March 8, 2020 at 2:00 p.m. K-State vs KU!
Details coming soon.

Sitter Solutions - the beginning babysitting class for ages 11-15
Friday, January 3rd
Cowley County Courthouse
Extension Assembly Room, 311 E 9th, Winfield
9:00 a.m. - 2:00 p.m.
$10 class fee

Mental Health First Aid for Adults
Monday, Tuesday & Wednesday, January 13th-15th
Cowley County Courthouse
Extension Assembly Room, 311 E 9th, Winfield
1:00 p.m. to 4:00 p.m. (times subject to change)
$30 class fee

Horse Panorama
When: January 24th-26th, 2020
Where: Rock Springs 4-H Center
Who: 4-H Members ages 7-18 and adult volunteers.
Horse Panorama is a compilation of various contests related to the Horse Project. Contests include: quiz bowl, hippology, public speaking presentations, photography and educational posters. There will also be educational activities for 4-Hers of all ages.
Registration: Due January 15th, 2020
Registration details and contest rules can be found at http://www.kansas4-h.org/events-activities/conferences-events/horse/index.html

Junior Producer Days
The Kansas Junior Producer Days will be hosted in February and March 2020 on the Kansas State University campus in Weber Hall. Since 2020 is an even year, we will host beef and sheep junior days. These events are one-day educational programs for youth, parents, project leaders, and agents to learn about selecting and managing a youth livestock project. For both days, tentative topics include selection, nutrition, meat science, health, and showmanship. There will also be an opportunity for youth to become certified in Youth for the Quality Care of Animals (YQCA), which is the new, national, multi-specie youth livestock quality assurance program. The YQCA session will take place at the conclusion of each junior producer day. Junior Beef Producer Day is scheduled for Saturday, February 29, and Junior Sheep Producer Day will be hosted on Saturday, March 14. Registration information will be released later this fall, so watch the Kansas State Youth Livestock Program Facebook page and website (www.asi.k-state.edu/research-and-extension/youth-programs) for further details! For more information, please contact Lexie Hayes (adhayes@ksu.edu or 785-532-1264).

A very heartfelt thank you to all the clubs and members who added to our Brett Bannon Memorial Shoot for the benefit of his family. It was much appreciated by the family and Brett would have enjoyed the day in the meadow with all of you.

Sincerely,
Austin Waite
2020 Fair Changes

• Sheep and Meat Goat check-in will be Wednesday evening from 7pm-9pm.
• Swine unloading on Thursday will travel along the east side of the cattle barn, to the north side of the swine barn and unload at the washracks.
• Rabbit check-in will be from 6-8pm on Thursday.
• Beef and Dairy cattle tie-outs will be kept in one area.
• Exhibitors from both departments are expected to share the tie out area and clean up after themselves after using tie-outs each day.
• Poultry, Rabbits, Dairy Goats and Bucket Calves will be released Monday by 1pm.
• Horse Showmanship buckles will be added. A sponsor is needed.
• Sheep rate of gain contest will be added for 2020. All market lambs must weigh at small livestock tagging/weigh-in in April.
• Beef and Meat Goats will exhibit in divisions instead of breed classes.
• Dairy Cattle rule #3 is changed to: Exhibitor must have owned or leased the dairy animal for a minimum of 100 days before the county fair. All lease, registration and/or transfer papers must be made in the name of the exhibitor and dated no later than June 15 of the current year.
• Re-word General Livestock Rule #4 to: Exhibitors are limited to exhibiting a total of 4 head in each specie. Exception: Beef and Dairy Cattle may exhibit 5 head including Dairy Cow and Beef Cow/Calf pair. However, the Dairy Cow of Beef Cow/Calf pairs will not stay at the fair due to space restrictions.

4-H Fair Theme

The 2020 4-H theme is "There's No Place Like Home". We hope our 4-H artists are busy creating a graphic to be used throughout the year, including on the 4-H fair book. Graphics must be sent to the Extension Office by February 1, 2020. The final decision will be made by popular vote at 4-H Day in February.

Ambassador Training

All county/district 4-H Ambassadors, Ambassador Advisors, Chaperones and KSRE Staff are invited to register for Kansas 4-H Ambassador Training, February 21-23, 2020. There will be six exciting workshops and a keynote speaker. We'll have three new workshops for all county/district advisors and Extension staff. The theme is "4-H Ambassadors- Under Construction."

Youth must be in the 8th - 12th grades to attend. Local Extension Offices may not be able to provide chaperones and/or transportation to this training. Check with your local Extension Office before registering. Registration deadline is January 7th. Contact Amy Sollock with questions at asollock@ksu.edu.

Kansas 4-H Scholarship deadline

Kansas 4-H Scholarship applications must be in the State 4-H Office or postmarked no later than February 1, 2020. Application can be found at https://www.bookstore.ksre.ksu.edu/pubs/MG50.pdf

South East Leadership Forum (SELF)

The Southeast 4-H Youth Leadership Forum is put on by the Southeast Area Representatives from the Kansas 4-H Youth Leadership Council and the Vice president from the Volunteer Association offers volunteer training as well. SELF will be held Saturday, January 18th in Emporia. Be watching for more information soon!

4-H is about more than the ribbons and
It's about the people, the EXPERIENCES, the life-long skills, the memories, the COUNTY FAIR
It's about BEING A ROLE MODEL, giving back
AND MAKING THE BEST BETTER
ANNUAL CALENDAR
COWLEY COUNTY 4-H

OCTOBER
- October 1- New 4-H Year begins
- National 4-H Week (first full week in October)
- Volunteer Screening renewal
- 1st week in October- Record Books and KAP’s are judged
- Registration for KYLF/KVF Forum due
- October 15
- State Dog Conference
- Agents attend Annual Conference in Manhattan (3rd week of October)
- 4-H Council Budget Committee meeting to prepare budget
- Project Leader recruitment

NOVEMBER
- Volunteer Screening Renewal due November 30
- Achievement Night- second Saturday
- Officer Training
- Sign up for county-wide committees
- 4-H Council Budget Committee presentation
to 4-H Council
- Officer Installation- 4-H Council
- Officer Installation- Jr. Leaders
- Extension Council Elections
- Kansas Youth Leadership Forum
- Kansas Volunteer Leader Forum
- Planning for District Horse Show
- Project Leader Recruitment
- Livestock Dates published
- Citizenship In Action information published
- Fall for Extension Fundraiser (Saturday before Thanksgiving)
- Enrollment and Health info due online by November 30th

DECEMBER
- Club Organizational Reports due December 31
- Club Financial Review Reports due December 31
- Livestock dates published
- Club Day information 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.)
- Extension Council Annual Meeting, Extension Council Executive Board is elected

JANUARY
- 4-H Day committee meets (beginning of the month)
- Area KAP screening 2nd week of January
- Citizenship In Action Registration due January 15
- 4-H Day entries due 3rd week of January
- Horse Panorama, Rock Springs
- Planning for spring livestock shows
- 4-H Day information published
- 4-H Day schedule published (if possible)
- State 4-H Scholarships
- Discovery Days info (if available)
- Livestock ownership requirements published

FEBRUARY
- 4-H Day
- 4-H Supporters Week
- Citizenship In Action (President’s Day Weekend)
- State 4-H Scholarships due
- Beef Weigh-In info published
- Livestock ownership requirements published
- Discovery Days info published

MARCH
- Beef Weigh-In and tagging- first Sunday
- State KAP Screening
- PDC Meeting
- Camp information published
- Small livestock tagging/weigh-in dates published
- Discovery Days info published

APRIL
- Cowley County Classic Steer and Heifer Show (TBA)
- Weigh-In Goats and Sheep; tag Swine and Bucket Calves
ANNUAL CALENDAR  
COWLEY COUNTY 4-H

MAY
- Beef nominations due for Kansas State Fair and Kansas Junior Livestock Show (KJLS) - May 1st
- Last day to add or drop projects - May 1st, 4-H/FFA members must be enrolled by this date to be eligible to show at the Cowley County Fair
- Horse ID Forms due - May 1st, horses must be ID’ed to be eligible to show at the fair and district shows
- 4-H Camp Registration due
- Cowley County Sheep and Meat Goat Show
- Discovery Days Orientation

JUNE
- Discovery Days (first week of June)
- Southeast Area Livestock Judging
- Southeast Area FCS Judging
- Southeast Area Favorite Foods Show
- Southeast Area Horticulture Judging
- 4-H Camp Orientation
- 4-H Camp (dates vary)
- Campference
- District Horse Show entries due
- Sheep, Swine and Goat nominations due for State Fair and KJLS - June 15th
- Ownership deadline for breeding livestock and Dairy
- 4-H PDC Meeting
- South Central District Horse Show

JULY
- South Central District Horse Show
- Poultry pullorum-typhoid testing for fair
- Fair pre-entries due 2 weeks before Fashion Revue
- Fashion Revue, Tuesday before fair
- Foodstand clean up
- Horse Show, Saturday before fair
- Fair set-up
- State Fair Livestock entries due - July 15th

AUGUST
- Cowley County Fair
- State Fair non-livestock entries due (Friday after Cowley County Fair)
- KJLS entries due (August 1)
- State Livestock Sweepstakes (last weekend)
- Kansas All Breeds Dairy Show
- National 4-H Week Committee meets
- Awards Committee meets to plan record book screening

SEPTEMBER
- National 4-H Week information in the 4-H Flash
- Record Books, KAP, Pin Applications, County Scholarships due
- Club Seal Reports due
- County Fair Suggestions due
- Kansas State Fair- non-livestock exhibits due in the Extension Office Thursday before the State Fair.
- 4-H Council Foodstand at Walnut Valley Festival, 3rd weekend
- 4-H Council Officer Elections
- Junior Leaders Officer Elections
- PDC Meeting to discuss fair changes
- Welcome incoming families to 4-H
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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