

4-H FLASH

Cowley County 4-H News

May 2020

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

Staff:
Kelsey Nordyke, Ag & Natural Resources Agent; knordyke@ksu.edu
Becky Reid, Family and Consumer Sciences Agent; bkreid@ksu.edu
Cindy Stephens, Office Professional; cstephens@ksu.edu



K-STATE
Research and Extension

In-person events banned through July 4

As the COVID-19 pandemic continues to work its way across our nation, we are monitoring developments and adapting. As of early April, many of our nation's large cities see their medical communities stretched to – and, in some cases, beyond – their capacity to meet vital needs. Kansans are facing the pandemic as well, but experts say the major impact of the virus' spread remains ahead of us.

While we all want to return to normal, that appears to be well ahead of us, too – several weeks, at least. Because of this, K-State Research and Extension will extend its ban on all face-to-face extension programs, meetings and events through July 4, 2020.

We did not take this decision lightly. We are doing this for three main reasons:

- The health and well-being of our participants, employees and volunteers must be our top priority.
- Presently, we cannot assure the well-being of our participants, employees and volunteers with an acceptable level of certainty.
- In order to ensure quality programs for late spring/early summer, we need to shift from preparation and planning for face-to-face activities to alternative activities.

This includes several 4-H camps and in-person events as well as agricultural field days, health-oriented events, food-safety trainings, county fair judge trainings, and more.

Please note that this does not include county fair season. Fairs are

governed by local county fair boards, not K-State Research and Extension. Preparation for fairs will continue as much as possible. In case it becomes necessary, we are looking at alternative methods that would enable 4-H youth to showcase their projects.

We will make every effort to shift as many of these events as possible to internet-based training sessions. But in some cases, such as youth camps, we are heartbroken to know there is not an adequate online replacement for those lifelong memories.

Instead, we look forward to a time, hopefully soon, when all of our in-person activities can begin again, and we can greet you with a smile – face to face.

- K-State Research and Extension Administration.

**Cowley County Extension Office
will be closed on
Monday - May 25, 2020
in observance of Memorial Day**

In this issue:

MAY 1st DEADLINE!!!
2020 Fair Changes/ Additions
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***** ATTENTION - URGENT *****

May 1st, 2020 is the last day to be enrolled (active - not pending), pay enrollment fees, and add or drop projects to be eligible for the 2020 Cowley County Fair. If you are not enrolled in a project by May 1st, you will not be allowed to exhibit in that project area at the fair.

Don't remember what projects you enrolled in?

Log in to your family account on 4-H Online and click on the projects tab.

All project add/drops must be completed online at ks.4honline.com.

Upcoming Meetings

The Cowley County Extension Council Executive Board meets monthly and conducts the business of the Extension Office. The May meeting will be held on Tuesday, May 5th at 5:30 p.m. via Zoom. Contact our office for the meeting connection details.

4-H Council and Junior Leaders will meet via zoom Monday, May 18th. 4-H Council will meet from 7:00 p.m.- 7:45 p.m. Junior Leaders will begin at 7:45 p.m. If you were selected to represent your club at 4-H Council and you cannot participate, please let your leaders know and find another member to serve in your place.



Cowley County Fair

The Cowley County Fair is scheduled for July 30 - August 3. **Pre-Entries will be online and due July 1st.** The 2020 official fair rule book will be available in an online format (to accommodate for potential changes.)

2020 Cowley County Fair Theme

The 2020 Cowley County Fair theme is, "There's No Place Like Home". Clubs are encouraged to incorporate the fair theme in their stall decorations and club exhibits (banners, barn quilts, promotional exhibits, etc.). Special recognition will be given in herdsmanship to the club who best incorporates the theme into their stall decorations. ** Since our theme last year was "Make A Splash" and it flooded, and our theme this year finds us staying at home, we ARE open to changing the theme!

4-H Development Fund

The Cowley County 4-H Development Fund is a local non-profit 4-H foundation that was created in 1995 to assist Cowley County 4-H'ers as they take part in educational events and activities. 4-H members have benefited from college scholarships awarded annually at 4-H Achievement Night, Leadership Development Grants and camp transportation. Funding comes from gifts and donations of supporters. If a family or other supporter is interested in contributing, information is available in the Extension Office. Increased funding will result in increased opportunities for 4-H members.

Leadership Development Grants

Twenty Leadership Development Grants from the 4-H Development Fund are available to Cowley County 4-H members who are attending a multi-county, state or national 4-H leadership event. \$50 Grants are awarded to applicants who complete the application with essay, write a thank-you to a 4-H Development Fund donor, and provide a leadership program to a Cowley County 4-H club or group. To apply, visit the 4-H page on the Cowley County Extension website www.cowley.k-state.edu.

COVID-19

K-State Research and Extension specialists are subject matter experts in numerous aspects of life that have been affected by the COVID-19 pandemic. They provide unbiased, fact-based help in these subjects free of charge for the benefit of everyone in Kansas and the rest of the world.

As our society faces the challenges of maintaining health-oriented practices, social isolation, school closures, financial pressures and more, the following resources can help as you navigate through this challenging situation.

Find resources here: <https://www.ksre.k-state.edu/news/stories/about-us/covid-19-extension.html>

COVID-19 EXTENSION RESOURCES



Tweens or teens are Suddenly in Charge of taking care of other children. K-State Research and Extension's new resource series will prepare youth with safety tips, activities, and snacks to help them feel empowered.

Suddenly In Charge resources can be accessed at: ksre.k-state.edu/families/suddenly-in-charge and include Babysitter information sheets, home safety checklist and tip sheets with 10 unique topics, recipes and activities.

Food Pantry Project

Cowley County area ranchers are partnering to provide quality protein sources to local food distribution partners. Eight "hamburger cows" are destined to go to processing for future distribution to the six Cowley County based food pantries/distribution sites. You can help by contributing a financial donation to offset the cost of beef and processing.

KSN news featured a story about Barry and Nadine Barber's leadership for this effort. View it here: https://www.ksn.com/news/ksn-extra/family-collaborates-with-cattle-ranchers-non-profits-and-k-state-to-get-8000-lbs-of-beef-to-kansas-food-pantries/?fbclid=IwAR0ZHuZbQ7Ws_VkJyZDP2D_ICHlz64IQ6XuW_RJw1II4Fm6zVQ78BOdHX7o



Buy Your Groceries and Support Cowley County 4-H

Cowley County 4-H has been accepted as a Dillons Community Rewards Member.

4-H supporters can enroll their Plus Shoppers Card into the program and Cowley County 4-H will get credit for every purchase its member makes using their registered Plus card. The more we shop with Dillons, the more opportunity Cowley County 4-H has to earn even bigger rewards. To

enroll, go to the secure website <https://www.dillons.com/account/enrollCommunityRewardsNow>. The NPO number you will need to enroll is 72632. You must re-enroll each year.

Support 4-H and Cowley County 4-H Junior Leaders

If you missed getting a 4-H yard sign, the Cowley County 4-H Junior Leaders have a few left. Signs are approximately 2'X3' and are \$15 each including stakes. Contact the Extension Office, 620-221-5450 to purchase your sign.



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.

Nominating Livestock for the Kansas State Fair and Kansas Junior Livestock Show

In order to be eligible to exhibit livestock (Beef, Sheep, Meat Goats, Swine) in the Grand Drive of the Kansas State Fair and/or the Kansas Junior Livestock Show, exhibitors must complete the state nomination process found at <https://www.asi.k-state.edu/research-and-extension/youth-programs/nominated-livestock/> Any youth exhibiting at the Kansas State Fair or Kansas Junior Livestock Show must also complete Youth for the Quality Care of Animals (YQCA) training.

While all face-to-face meetings are suspended through July 4th (currently), state nomination deadlines still stand. If you are a Cowley County 4-H'er wishing to nominate livestock projects for the Kansas State Fair and/or Kansas Junior Livestock Show, you will make an appointment with Kelsey (klnordyke@ksu.edu) to have your livestock tagged by state nomination deadlines. YQCA certification can be done online at <http://yqca.org>. Additional face-to-face YQCA training may be held after July 4th.

Local 4-H Livestock Project Resources

Be sure to check out the 4-H 2020 Livestock page on the Extension website at <https://www.cowley.k-state.edu/4-h/livestock2020.html> for new and upcoming livestock project help. In addition to tagging/ownership information, videos about sheep nutrition, swine nutrition, and goat showmanship are available.

Small Livestock Project Health Tips:

Worm on a monthly basis March 1, April 1, May 1, June 1, July 1. Be sure to rotate wormers and check the label for withdrawal information. Use a feed specially formulated for your livestock specie and NOT an "all-stock" feed. Weigh on a regular basis and hand feed according to your animal's needs. Each specie has a minimum weight they must meet in order to sell in the premium sale.

Swine: 230-290 pounds

Sheep: 95 pound minimum

Meat Goat: 50 pound minimum

Water is the most important nutrient you provide your livestock. Make sure that plenty of fresh, clean water is always available. Clean water buckets/troughs regularly.

Start an exercise program. Practice leading/driving, tying, setting up your livestock regularly.

For additional help with your livestock project, contact one of your superintendents or email Kelsey (klnordyke@ksu.edu).

Horse Project

Due to the implications of COVID-19, changes have been made to the 4-H Horse Project for District/ State Horse Shows:

- All District Horse Shows have been cancelled. There will be no District qualification process for 4-Hers to attend the State Show.
- All state exhibitors must complete Level 1 testing. Level 2, Level 3, and Level 4 specific horsemanship classes will still require the appropriate certification. (No Change)
- All state exhibitors must exhibit at their county fair to exhibit at the State 4-H Horse Show. This is general participation, not a class for class match as we know county classes can vary from the State 4-H Horse Show.
- If you are considering exhibiting at the State Fair Horse Show, please be prepared with a State Fair quality exhibit. What this means: If your horse does not move like a Western Pleasure horse, it is not appropriate to exhibit at the State Fair. If your horse doesn't handle the obstacles in the Trail Class at a regular show, you should not be entering the State Fair Trail class. If your horse only trots through speed events, you should not be entering State Fair speed events. The State Fair planning committee works to organize an efficient event. Numerous cancellations and scratches disrupts scheduling. If in doubt, please ask and we are happy to provide feedback prior to pre-entry.

Levels Testing:

- All components of levels testing will be moved to an online format.
- The \$10 fee (\$5 for exam and \$5 for riding) will still apply. This will be sent in with the signed coversheet upon the successful completion of the online test. (No Change)
- To assist with the electronic exchange, a form fillable version of the coversheet will be available.
- All levels of the exam will be moved to Qualtrics. Contact Kelsey for the link to the exam.
- Groundwork/riding portion of levels testing will be completed via video conferencing (Zoom, Facetime, etc.) or with a recorded video. Please contact Kelsey as soon as possible if you have concerns about being able to meet this criteria.
- A list of evaluators comfortable with this new process is available from Kelsey.
- The leadership section will be expanded to include: online club meeting talks/demonstrations, virtual horse judging or clinic, Panorama, etc.
- Youth are able to complete multiple levels in a year, but they must be done in order. (No Change)
- Study materials can be found at <https://www.kansas4-h.org/projects/animals/horse.html>

Project Leaders

Project Leaders are vital to the success of the 4-H program. Project Leaders provide educational experiences for members of a particular project and serve as a resource. Knowledge in a particular subject matter is not a requirement in order to serve as a project leader, although it is sometimes helpful.

Cowley County 4-H has a great need for project leaders at the club and county level. We are especially interested in recruiting adults or teens who are willing to coordinate at least six project experiences per year in the following areas:

In order to serve as a project leader, one must complete the Volunteer Screening Process which includes: Volunteer Service Application, background check, enroll as a volunteer in ks.4honline.com and appointment by the local unit board.

If you or someone you know is interested in providing great learning opportunities for our 4-H'ers, please contact Kelsey.

Kansas State University has cancelled all job postings due to COVID-19. Thus, the Cowley County 4-H agent position will be vacant for the foreseeable future. During that time, Becky and Kelsey have divided responsibilities which are outlined on the spreadsheet below. We are committed to serving our 4-H volunteers, members and families.



4-H PROGRAM RESPONSIBILITIES

While Cowley County is working without a specific agent with 4-H Youth Development responsibilities, the following division of responsibilities will be observed. If you have any questions, do not hesitate to contact Becky (bkreid@ksu.edu) or Kelsey (klnoordyke@ksu.edu)

Kelsey	Becky
Clover Bud-Intermediate	Intermediate and Senior
New Family A-J	New Family K-Z
4-H Council	Junior Leaders
Project Areas: Livestock and Animals Entomology Geology Shooting Sports Woodworking Electricity Small Engines Ag Mechanics Crops	Project Areas: Foods Clothing Fiber Arts Visual Arts Photography Space Tech Horticulture/Floriculture Leadership/Citizenship Communications
Volunteer Recruitment/Training	Social Media/Website
4-H PDC Policy changes	4-H PDC Reaching New Audiences
Awards- Project and Scholarships	Awards- Achievement Pins/Club Seals
4-H Development Fund	Volunteer Recognition
Club Support: Floral Tisdale Burden Muddy Creek Udall Martha Washington Shooting Sports	Club Support: Sunrise Walnut Valley Cameron Rock Creek New Horizon Dexter-Otto
4-H Supporters	4-H Supporters
4-H Camp	Discovery Days
Livestock Judging	FCS Judging, Photography Judging

Friends of Extension Corner

Did you know the Friends of Cowley County Extension benefits 4-H families? That's right!

The Friends of Cowley County Extension is the group of Extension supporters who organize the annual Fall for Extension fundraiser event. Fall for Extension helps to supplement the annual Cowley County Extension budget, which allows our Extension Agents to continue to provide programming and educational opportunities to local citizens. The Cowley County 4-H program is under the guidance and direction of the Cowley County Extension Council.

Information about the Friends of Extension will be shared with 4-H families on a monthly basis through the Friends of Extension Corner in the 4-H Flash. To learn more, visit <https://www.cowley.k-state.edu/>



4-H at Home provides critical learning resources for kids and teens while they're home from school during COVID-19.

Explore this page to receive hands-on, educational activities, including our latest 4-H at Home Activity Guide and Shop 4-H curriculum to help inspire young people to do, learn, and grow.

<https://4-h.org/about/4-h-at-home/>



A Blue Cross and Blue Shield of Kansas Initiative



RISE Cowley is seeking input from the community to find better ways to provide healthy options for Cowley County residents. They have asked for our help in promoting their annual survey. Your responses will help direct the type of projects RISE Cowley chooses to prioritize after the COVID-19 outbreak. The survey should take less than 10 minutes to complete and is available here: risecowley.org/survey

As your reward for completing the survey, your name will be placed in a drawing for a \$25 gift certificate to RISE Cowley partner restaurants and food retail sites. Prize drawings begin on 4/30/2020 and continue through early May.

4-H Scavenger Hunt

- Hunt begins May 1st
- Observe social distancing
- Take time with your family and discover "treasures" in your neighborhood
- Post pictures in the comments on the 4-H Facebook page, under the scavenger hunt post
- Share a copy of this sheet and challenge your friends, neighbors or 4-H club members. Each item is worth 5 points; earn 10 bonus points if you get all items in a category.

Category 1-

Flowers or Trees:

Red ____
Orange ____
Yellow ____
Green ____
Blue ____
Indigo ____
Violet ____

*Barns, Businesses, or Storage Buildings
(Not Houses)*

Red ____
Orange ____
Yellow ____
Green ____
Blue ____
Indigo ____
Violet ____

Category 2-

I Saw The Sign

Animal Crossing ____
Children At Play ____
35 mph speed limit ____
No Trespassing ____
Stop Sign ____
(Five extra points for doing a
Chinese Fire Drill Here) ____
Any sign that has been vandalized ____
Wrong Way ____
No Parking ____

Category 3-

Transportation

Motorcycle ____
School Bus ____
RV ____
Slug Bug ____
Jeep w/o a top ____
Boat ____
Person riding a bike ____
Person running _

Category 4-

Number Game

*Find these numbers in sequence
(mailboxes, house numbers, cemetery)*
1863 (KSU started) ____
13 (4-H Community Clubs) ____
718 (have to be 7-18 4-H age) ____
322 (youth enrolled in Cowley 4-H) ____
5120 (May 1, 2020 DEADLINE!) ____
73083 (2020 Fair Dates) ____

Category 5-

Miscellaneous Items

Road Kill ____
Port-A-Potty ____
Flat Tire ____
A family playing outside ____
License Plates from 5 different states
(Not to include Kansas) ____
A rooster ____
A cow ____
A horse ____
A Rabbit ____

Category 6

Performance Art

*(MUST post on the FB thread
or send via email)*
Worth 20 points ____
A video of your family singing
20 seconds of a song using
the guidelines below:
If your last name starts with:
A-D A Song with a food
E-J City, State or Country
K-M TV show or movie
theme song
N-R 80's song
S-Z Animal

Category 7

Photos: 10 points each

(Post to the FB thread.)
Something unique ____
Something 4-Hish ____
Something Exciting ____
Something Disgusting ____
Something Lovely ____

When I was growing up, I subscribed to the "Dynamite" magazine published by Scholastic. I always enjoyed their "do it yourself" letters which were silly and entertaining. This is my version I created to share with my cousins/nieces - many who won't want to write but might have fun exchanging letters. -Becky

Dear

- Whoever finds this letter
- Santa
- Grandma/Grandpa
- _____

I should be doing my schoolwork, but instead I'm...

- collecting dust bunnies
- watching if my socks will magically get to the laundry basket
- lying in a yoga corpse pose
- _____

Family game night is fun. My favorite game is:

We went for a walk today and I saw

- dragons
- dinosaurs
- Dracula
- _____

For dinner, I helped in the kitchen and my job was:

My mom is seeing if she/we can eat 50 different plant foods during the week. Please help me think of options:

- nuts:
- red fruits & vegetables:
- snacks/candy made from plants
- your favorite plant food:

I'm thinking of what could be put in the local swimming pool if it won't be open to the public. Please vote for your idea here:

- sharks
- alligators
- Loch Ness Monster
- my mom's 50 plant foods

Since I've had extra time at home, I have found the following:

- Mom's secret candy stash
- at least one lost sock
- a missing Lego piece
- _____

Online school is interesting. My favorite activity has been:

I'm looking forward to eating anywhere but home or the car. I look forward to:

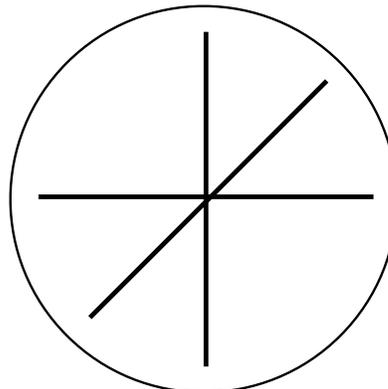
- eating a hot dog at the ballpark
- an ice cream cone at the park
- eating popcorn at the movie theatre
- _____

Thinking about entertainment, my favorite TV/YouTube show is:

I've had some time to start a new hobby. I'm really good at...

- waking up without an alarm
- crafts: _____
- household task: _____
- _____

Since my family recently completed the US Census, I've learned about my ancestors and can draw my background. It looks like a pizza. *Hint: you are not 100% American.*



Sincerely,

K-STATE
Research and Extension



Cowley
County

K-State Research and Extension
Cowley County
311 E. 9th / P.O. Box 538
Winfield, KS 67156
620-221-5450, fax 620-221-5451

I pledge...

My **head** to clearer thinking

My **heart** to greater loyalty

My **hands** to larger service and

My **health** to better living
for my club, my community,
my country and my world

K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture
Cooperating. K-State Research and Extension is an equal opportunity provider and employer.

K-STATE RESEARCH AND EXTENSION
COWLEY COUNTY
311 E. 9TH AVE
WINFIELD, KS 67156

