You get out what you put in
Hello Cowley County 4-H!! I am so excited to serve you in my newest role as the 4-H Youth Development Agent!

We have all heard our parents tell us “You get out what you put in” but what does that mean to you? I heard this a lot growing up, whether it was in reference to my schooling or working with animals. If you don’t study for the test you can’t expect to show up and get 100%. This applies to everything in life, it starts with making habits as a young child to then your home and work life as an adult. If we set a goal to do well in showmanship, we will need to work really hard at home creating a strong bond with our animal and practice showing that animal, for it to show well in the ring. If we have a goal of getting a purple on our woodworking project, we need to start early so we can take our time and focus on the fine details. Sometimes with life moving fast this is hard to remember. Never forget you get what you put in, so set your goals, work hard to succeed, and remember what you get out may not always be a ribbon or banner but life lessons that will mean more in the end.

As I begin my journey, I ask you what is Your vision for Cowley County 4-H? How can we put our all in to Make the Best Better?

Sarah
**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 3rd at 5:30 p.m. in the Assembly Room at the Cowley County Courthouse.

4-H Council and Junior Leaders will meet in person, (with a zoom link available) on Monday, May 16th. 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 28 - August 1. **Pre-Entries will be online and due Wednesday, July 6.** The 2022 official fair rule book will be mailed out in June (online access earlier), with instructions on how to pre-enter.

**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](http://www.cowley.k-state.edu).

**Development Fund Scholarship**
Are you interested in an Academic Scholarship? This year the 4-H Youth Development Fund will be awarding three $500 Scholarships. Go to [cowley.k-state.edu](http://cowley.k-state.edu), find forms under the 4-H Youth Development tab. There you will have access to the scholarship application as well as other opportunities for scholarships. Application packets are due in the Extension Office by 5:00 p.m. Friday, September 16, 2022.
Photography Events
Shutterbug events are photography workshops put on across the state by the Kansas State 4-H Photography Action Team. Workshops are typically scheduled as a morning session and concentrate on a variety aspects of composition. Examples of sessions include: Portfolio, I have a camera-now what?, Panning, Close-ups, Aperture Settings & Kaleidoscopes/Reflections.

2022 Shutterbug Events:

1. **Shutterbugs at the Zoo**
   1. Where: Lee Richardson Zoo, Garden City, KS
   2. When: May 7, 2022
   3. Registration begins 8:30 AM

2. **Shutterbugs at Big Creek**
   1. Where: Agricultural Research Center, Hays, KS
   2. When: Saturday, October 29, 2022
   3. Registration begins at 8:30 AM

3. **Shutterbugs at Old Jefferson Town**
   1. Where: Oskaloosa, KS
   2. When: Saturday, November 5th, 2022
   3. Registration beings at 8:30 AM

4-H Food Stand - Club input needed!
We have two tasks for 4-H clubs and request feedback by May 12.
1. **Do you have any menu suggestions for the food stand?** (Consider if you've visited an event or concession stand and you tried something new!)
2. It is time to replace the donor recognition board for the food stand renovation. This is hanging on the east interior wall of the food stand. What idea(s) should 4-H Council consider for decorating the food stand east wall at their May 16 meeting? This is a great space to promote 4-H to community members who visit the space during the fair (and other fairground events).

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.

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 $10 each including stakes. Contact the Extension Office, 620-221-5450 to purchase your sign.
4-H Discovery Days
Kansas 4-H Discovery Days will be in-person on KSU campus
**When:** June 1st-3rd, 2022
**Who:** Youth ages 13-18 before January 1, 2022 are invited to register
**Cost:** $195
**Registration:** Register here! Registration will close May 1st.

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 2nd and will include an evening social and entertainment.

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

Insect Spectacular
The 2022 Kansas 4-H Insect Spectacular will be held Friday, June 17 and Saturday, June 18. This event is open to all youth and adult volunteers interested in the 4-H entomology project. More information coming soon!
https://www.kansas4-h.org/events-activities/conferences-events/insect-spectacular/index.html

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.
To learn more, visit https://www.cowley.k-state.edu/about/
2022 Fair Changes

1. Dairy Cattle will be released and must be taken off the grounds at 1:00 p.m. Monday.

2. The top 5 market livestock will be selected in each market specie. The top 5 livestock will sell at the beginning of the sale order for each specie in the market livestock sale.

3. Livestock judges will place the top 3 senior showmen for each specie. The preference order for showman who compete in multiple species will be Dairy Goat, Dairy Cattle, Swine, Sheep, Beef, Meat Goat, Horse. The order will rotate annually.

4. A bred and owned class will be added for Beef, Sheep, Swine and Meat Goat in both the market and breeding divisions. Animals entered in the Bred and Owned class must be the offspring of a dam owned by the 4-H'er prior to breeding, during gestation and after birth of the animal.

5. New General Livestock Rule #32: All male livestock (beef, sheep, swine, meat goats) must be castrated at least 30 days prior to the fair and must be healed completely.

6. Dairy Goats must be owned or leased by May 1 of the current 4-H year.

7. Change Dairy Goat Rule #8 to: Dairy goats may have hay in their pens. The hay must be in a hay bag and kept away from Meat Goat and Sheep pens. NO HAY NETS.

8. New Food and Nutrition Class #0415- Enhanced Baking Mix Product

9. Lego projects are removed from the Visual Arts division and will be in the 4-H STEM-Architectural Block Construction.

10. Ag Mechanics is under STEM- Ag Mechanics with additional classes

Favorite Foods Contest & Decorated Foods Judging

July 19, 2022  11 a.m. - 1 p.m.  Brown Center @ Cowley College, Arkansas City

NEW for 2022. In an effort to protect and preserve decorated food entries, judging for 4-H decorated foods has been moved to Tuesday, July 19 at Cowley College's Brown Center. This will also be an opportunity for youth to enter exhibits for the Favorite Foods Contest. Learn more about this contest on the Cowley website. This is the same day as 4-H Clothing and Fashion Revue judging.
**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:

- Sheep
- Meat Goats
- Beef
- Clothing Buymanship
- Construction
- Foods & Nutrition
- Leadership
- Horticulture
- Arts and Crafts

Curriculum is available to help beginning leaders get started.

In order to serve as a project leader, one must complete the Volunteer Screening Process which includes: Volunteer Service Application, background check, enroll yearly as a volunteer in ks.4 honline.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 Sarah. (slag11@ksu.edu)
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:

The state livestock nomination process is transitioning to an online system this year! This will require families to plan ahead in order to successfully complete their nominations. Moving to an online system will streamline the process from nomination, to show entry, through participating in the state shows. The deadlines have not changed.

The new process includes four (4) primary steps:
1.) Purchasing Official DNA Envelopes in Advance through ShoWorks
2.) Submitting Animal & Exhibitor Information Online
3.) Mailing DNA Envelopes with Submission Receipt
4.) Extension Agents & FFA Advisors Approving Nominations Online

Families will need to purchase an official DNA envelope for each animal by the order deadline, which is one (1) week prior to the nomination deadline. This will be April 24 for market beef and June 8 for small livestock and commercial heifers. Old envelopes will not be accepted. Exhibitors will be prompted to upload their family's 2022 Declaration Form and current YQCA certificate during the online submission process. A child's certificate needs to be good through 10/2/2022 to be valid.

Families are encouraged to send their nominations via certified mail. The deadlines have not changed. Market Beef nominations are due May 1. The Small Livestock and Commercial Heifer Deadline is June 15. These dates include submitting the information online through ShoWorks and postmarking the appropriate DNA sample(s). Late nominations will not be accepted.

Information and resources regarding the state livestock nominations process may be found here: https://www.asi.k-state.edu/research-and-extension/youth-programs/nominated-livestock/. All families, regardless of experience level, are encouraged to read through the Rookie Guide and use the other resources available in 2022!

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. Online YQCA training is available at https://yqcaprogram.org/.

Small Livestock Project Health Tips:
De-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.

- Steer/Heifer: 1,050 pound minimum
- Swine: 230-290 pounds
- Sheep: 90 pound minimum
- Meat Goat: 50 pound minimum
- Rabbit Meat pen: 3-5 pounds each

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 Sarah (slag11@ksu.edu).
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<tr>
<th>Date</th>
<th>Event</th>
<th>Description</th>
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<tr>
<td>March 5</td>
<td>Junior Beef Producer Day, Weber Arena, Kansas State University</td>
<td>Educational opportunity for all Beef exhibitors</td>
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<tr>
<td>March 6</td>
<td>Market Beef Weigh-In/Tagging Day, Commercial Heifer Tagging; Winfield</td>
<td>Mandatory for all who wish to exhibit Market Steers/Market Heifers at the Cowley County Fair.</td>
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<td>Livestock Auction 1pm - 3pm</td>
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<tr>
<td>March 19</td>
<td>Junior Sheep Producer Day, Weber Hall, Kansas State University</td>
<td>Educational opportunity for all Sheep exhibitors</td>
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<tr>
<td>April 16</td>
<td>Cowley County Classic Spring Beef Show, Winfield Fairgrounds</td>
<td>Educational show opportunity for beef exhibitors</td>
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<td>April 18</td>
<td>YQCA- Youth for the Quality Care of Animals training, Extension</td>
<td>Mandatory for any youth exhibiting at the Kansas State Fair or Kansas Junior Livestock Show (online options are also available)</td>
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<td>Office Assembly Room</td>
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<td>April 24</td>
<td>Tagging for sheep, swine and meat goats (weigh-in), Winfield</td>
<td>Mandatory for all members who wish to exhibit Sheep, Swine, Meat Goats at the Cowley County Fair.</td>
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<td>Fairgrounds 1:30pm - 4pm</td>
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<td>April 24</td>
<td>DNA envelope order deadline for Market Beef</td>
<td>Mandatory for all Beef exhibitors for the Kansas State Fair and/or Kansas Junior Livestock Show.</td>
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<td>April 26</td>
<td>2nd tagging day for sheep, swine and meat goats (weigh in) Winfield</td>
<td>Mandatory for all members who wish to exhibit Sheep, Swine, Meat Goats at the Cowley County Fair.</td>
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<td>Fairgrounds 5pm-7pm</td>
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<td>May 1</td>
<td>Market Beef nominations due (Kansas State Fair/Kansas Junior</td>
<td>Mandatory for all members who wish to exhibit Market Beef at the Kansas State Fair and/or Kansas Junior Livestock Show</td>
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<td>Livestock Show) online through ShoWorks/ send DNA certified mail</td>
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<td>May 1</td>
<td>Add/Drop Deadline for all 4-H projects. Must be completed online.</td>
<td>Mandatory for all local 4-H members.</td>
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<td>May 1</td>
<td>Horse ID’s due. Requires Agent signature.</td>
<td>Mandatory for all 4-H’ers who wish to exhibit Horses at the County Fair, any District Horse Show and/or State Horse Show</td>
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<td>May 1</td>
<td>Ownership/leasing deadline for all breeding livestock and Dairy</td>
<td>Mandatory for all youth who wish to exhibit a breeding female or Dairy Doe at the Cowley County Fair.</td>
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<td>Goats. Commercial females must be tagged with a county-issued EID tag,</td>
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<td>registered females must have registration in exhibitor’s</td>
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<td>May 21</td>
<td>Cowley Co. Sheep and Meat Goat Show, Winfield Fairgrounds</td>
<td>Educational show opportunity for youth livestock exhibitors.</td>
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<td>May 21</td>
<td>Celebrate Ag Day, Winfield Fairgrounds, 8am-3pm</td>
<td>Educational opportunity for all 4-Hers.</td>
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<td>June 8</td>
<td>DNA envelope order deadline for Small Livestock and Commercial</td>
<td>Mandatory for all Small Livestock and Commercial Heifer exhibitors for the Kansas State Fair and/or Kansas Junior Livestock Show</td>
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<td>Heifers</td>
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<td>June 15</td>
<td>4-H Grade and Dairy Cattle Leasing Identification Form due.</td>
<td>Mandatory for all 4-H Dairy exhibitors.</td>
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<td>June 15</td>
<td>Commercial heifer, market swine, sheep and meat goat nominations due</td>
<td>Mandatory for all members who wish to exhibit commercial heifers, market swine, sheep or meat goats at the Kansas State Fair/KLJS.</td>
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<td>(State Fair/KJLS) online through ShoWorks/ send DNA certified mail</td>
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<td>June 27</td>
<td>Horse Clinic, Hosted by South Central District Horse Show, Kingman</td>
<td>Open to all 4-Hers of all ages.</td>
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<td>July, TBA</td>
<td>Poultry Testing</td>
<td>Mandatory for all members who wish to exhibit poultry at the County Fair.</td>
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<td>July 6</td>
<td>Cowley County Fair Entries Due</td>
<td>Mandatory for all Cowley County 4-H/FFA members.</td>
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<td>July 25</td>
<td>Kansas State Fair Livestock Entries Due</td>
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<td>July 23</td>
<td>Cowley County Horse Show, Burden</td>
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<td>August 1</td>
<td>State Fair Horse Entries Due, KJLS Entries Due</td>
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<td>July 28-Aug 1</td>
<td>Cowley County Fair</td>
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SOUTH CENTRAL KANSAS

4-H HORSE CLINIC
PRESENTED BY KERRY KUHN HORSEMANSHIP

JUNE 14-15, 2022
9A.M. - 5P.M.
2 HOUR LUNCH BREAK EACH DAY

Registration is $200/Day
*Youth only pay $100*
An anonymous donor will pay the remainder!

TOPICS
- FUNDAMENTALS
- BODY CONTROL
- CONFIDENCE
- TECHNIQUE
- LEADERSHIP

KINGMAN EXPO CENTER
121 S. MAIN, KINGMAN

REGISTER AT HTTPS://BIT.LY/3OWCKWR
REGISTRATION IS DUE MAY 27TH

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 Kallie Turner two weeks prior to the start of the event at 620-532-5131. Requests received after this date will be honored when it is feasible to do so.
Sitter Solutions
The class for beginning babysitters, ages 11-15

Class dates/locations:

WINFIELD
Thursday, May 26
9:30 a.m. - 2:30 p.m.
Cowley County Courthouse
Extension Assembly Room, 311 E 9th
Winfield, KS 67156

ARKANSAS CITY
Tuesday, June 7
9:30 a.m. - 2:30 p.m.
Water Treatment Facility
Meeting Room, 400 W Madison
Arkansas City KS 67005

Instructor:
Becky Reid, Family and
Consumer Sciences Agent

$10 class fee includes:
• Lunch and snacks
• Babysitting Manual
• How to entertain children with a
  sitter’s magic bag
• Tips on starting your babysitting
  business

Pre-register using QR code,
cowley.k-state.edu,
or call (620) 221-5450

Each course requires at least 5 participants to offer the class.
May 2022

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<td>5:30 PM 4-H Council</td>
<td>9:30 AM Sitter Solutions</td>
<td>4:00 PM Livestock Judging Practice</td>
<td>12:00 PM Friends of Extension Gun Raffle</td>
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June 2022

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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