A note from Sarah…

Happy Fall! How is it already November?

The first Kansas State 4-H Program Leader, Otis Hall, 100 years ago penned,

“We're not trying to make farmers out of all these boys. We don't care how many hogs or cabbages he raises; it's the boy we're interested in. We're trying to build self-reliance, good judgment and character. For many, 4-H is a stepping stone.”

The purpose of 4-H is not the project, but rather how the 4-H project impacts the learning and development of youth.

The 4-H project does ground our focus and give reason for our engagement, but the ultimate purpose of project-based interaction between youth, parents, volunteers and professionals is to create space and context for decision making. Growing youth capacity for decision making is a key component of resiliency. Helping youth try new things, learn from mistakes or setbacks, and encourage others in their learning are all components of thriving 4-H communities. The ability to make a decision is at the core of DO, REFLECT, APPLY.

What projects are you interested in learning more about this year?

Sarah
Community Leaders

October Check-Up
- Recognize those that submitted a Kansas Project Book and Pin Application.
- Distribute Achievement Celebration items to those that weren’t able to attend.

Review
- Read the 4-H Newsletter and mark important dates on the calendar.
- Review highlights from the 4-H Newsletter at your club meeting.
- Check out the 4-H Club Corner.

To-Do
- Attend Community Leader Training (Nov 15- 5:30pm- Assembly Room)
- Please report 48 Hours of 4-H Projects (even if you didn’t register)
- Encourage Project Leaders to conduct project meetings.
- Turn in Organizational Report by November 1, 2022.
- Update club bank account to new signers (2 board-approved adult volunteers, 2nd could be the Extension Council Treasurer: Kent Miller)
- Remind volunteers and 4-Hers to enroll/re-enroll in 4-Honline for the new year.
- Complete Club Goals list
- Plan holiday celebration
- Review Club Bylaws (pg 7.3)

Promote/Recruit
- Achievement Night
- Fall For Extension fundraiser gala
- Entrepreneur Club
- Sign-up for County Committees
- Extension Council Election

Remember
- Make it a fun and rewarding year!
- Work with your co-leader.

Community Leaders are an absolute vital part of Cowley County 4-H. We strongly encourage all community leaders to attend one training session. Please click the link below to sign up for which date works best for you!
4-H Council

4-H Council 101
4-H Council is an organization that includes representatives of each club. As a representative, you represent your club’s viewpoints during 4-H Council. The representatives are responsible for taking information back to the 4-H Club. If a representative must be absent, it is recommended that a replacement be found for that meeting.

Facts about 4-H Council:
• Meetings last about 45 minutes.
• All meetings begin at 7:00 p.m.
• Meetings are typically held at the Extension Assembly Room located in the Cowley County Courthouse.
• 4-H Council has a President, Vice President, Secretary/Reporter and Treasurer.
• Officers are elected at the September meeting.
• There are 6 meetings held in a year.
• Meetings are generally held on the third Monday of every other month; except July.
• Meetings for the 2022/2023 4-H Program year are:
  • November 21st, January 16th, March 20th, May 15th, July 27th and September 18th.

What to Expect:
• Council meetings are called to order by the President. A person is selected by the President to lead the group in the flag salute and 4-H pledge.
• Officer reports are given, followed by an agent report.
• Committee reports are given.
• New business is discussed and votes are taken.
• Announcements are offered, followed by adjournment.

4-H Junior Leaders

The purpose of the 4-H Junior Leaders club is to help members:
1) build self-confidence
2) relate to others
3) develop concern for the community and others in it
4) use knowledge, skills and values in making decisions
4) develop an inquiring mind. These aims are to be implemented by encouraging members' participation in planning and involvement in meetings, individual or group projects, tours or field trips, camps and other community or county activities.

Our meetings are typically at the Cowley County Courthouse Extension Assembly Room and via zoom. Any youth 12 and older are invited to participate.
Important Dates and Deadlines

November
- November 1st: Club Financial Report due
- November 1st: Club Organizational Report due
- November 11; Extension Office Closed for Veteran’s Day
- November 12th: 4-H Achievement Night Celebration, 6pm
- November 15th: Community Leader Training, 5:30pm
- November 19th: Fall For Extension event
- November 19-20th: KYLF (Kansas Youth Leadership Forum) AND KVLF (Kansas Volunteer Leader Forum)
- November 24 & 25th: Extension Office Closed for Thanksgiving

December
- 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.)

4-H Achievement Night
Saturday, November 12, 2022
6:00 p.m.
Udall Community Building
102 E. First St. Udall, KS 67146
Please bring a covered dish to share
Meats, table ware, and drinks provided
Dress: Sunday Best
Hosted by Udall 4-H Club
Cowley County 4-H seeks County-Wide Project Leaders for the upcoming year to provide positive learning experiences for 4-H youth. The volunteer(s) in these positions would be responsible for the following:

- hold at least 6 educational project meetings/activities for project members throughout the year.
- serve as a resource to project members
- work under the direction of the Cowley County 4-H Agent with direction from the 4-H Youth Development Program Development Committee.
- communicate with families enrolled in the project(s)

Volunteers need not be current 4-H parents/family members.

To apply, contact the 4-H office at cl@listserv.ksu.edu or 620-221-5450. All volunteers will be asked to enroll as a volunteer at v2.4honline.com and must complete the volunteer screening process including: volunteer service application, criminal background check, orientation and review by 4-H PDC and Extension Council Executive Board.

We encourage our kids to keep learning and to try new things. The same should be true for us, as adults. The best way to teach our kids valuable skills and characteristics is to model those same skills for them. Show your kids that you aren’t afraid to learn or try new things. Get involved!

Cowley County 4-H needs project leaders to organize learning opportunities throughout the year in many of the project areas. That could be you! Contact Sarah today to find out more!

County-wide Project Leaders

The following volunteers are serving as county-wide project leaders:

- Austin Waite - Shooting Sports Coordinator, Rifle, Shotgun
- Troy Archer, Shooting Sports, Archery
- Joe Rasico, Shooting Sports, Archery
- Justin Deal, Shooting Sports, Archery
- Greg Dixon, Shooting Sports, Hunting Skills
- Debbi Waite, Shooting Sports, Hunting Skills
- Joe Shook, Shooting Sports, Muzzleloader, Rifle
- Jade Alquest, Shooting Sports, Pistol
- Jason Kindt, Shooting Sports, Rifle
- Pete Nulik, Shooting Sports, Shotgun
- Heath Adams, Shooting Sports, BB
- Tim Evans, Shooting Sports, BB
- Darrin Green, Shooting Sports, BB
- Angie Krepps - Horse and Leathercraft
- Dale Weishaar - Entomology
- Becky Henderson - Dairy Cattle
- Andy Murphy - Dairy Cattle
- Scott Murphy - Dairy Cattle
- Kerri McEntire - Dog

Help Wanted

Cowley County 4-H seeks County-Wide Project Leaders for the upcoming year to provide positive learning experiences for 4-H youth. The volunteer(s) in these positions would be responsible for the following:

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Cowley County 4-H needs project leaders to organize learning opportunities throughout the year in many of the project areas. That could be you! Contact Sarah today to find out more!
4-H Food Stand - French Fry Sale
$5 for 5 pound bag - numerous bags available, perfect for your air fryer!
Becky will make arrangements for pick-up; Reserve your fries using this link:
https://www.signupgenius.com/go/10C0B4FAFAB2EA1FE3-food1

Food Stand Grocery Sale
Items, prices, and quantities available are listed below. (Price listed is per item or per pound). Click the green "sign up" box to reserve your item(s). Check or exact change will be requested for payment. Pickup will be available by appointment only (or with advance notice we can bring items to Extension Office). If you have questions about items, please contact Becky at 620-221-5450 or email bkreid@ksu.edu.

4-H Sewing Service Project
November 10, 2022
5:30 PM
Cowley County Extension Assembly Room
311 E. 9th
Winfield, KS 67019

Join in for an evening of service!
Participants will be constructing a port-a-cath pillow that will be donated to the cancer center. You will receive a kit ready to assemble.

Please bring if able a working machine with correct bobbin and the book to the machine, thread, thread scissors. (If you do not have access to a machine please indicate in the extra note section in the sign up link)

RSVP here: https://forms.gle/bqKjts98NRYyfXFu5
Or call (620) 221-5450 by November 3, 2022
Cowley County 4-H Enrollment

- **4-H Online Enrollment Link**
- **Cowley County KSRE Website with 4-H Enrollment Information**

New 4-H year begins Oct. 1st. **ALL YOUTH and ADULT VOLUNTEERS** participating in the 2022-2023 4-H year (including Shooting Sports and FFA) need to enroll.

In order to be a regular member of Cowley County 4-H, the member must be 7 years old before January 1, 2023.

Cloverbuds is for children ages 5-6 before January 1, 2023.

- **Project Selection Guide** (includes descriptions of all projects)
- **Setting 4-H Project Goals**
- **ZBooks** (online record keeping option)

**DID YOU KNOW??**
The **Kansas Clover Classroom** is packed with helpful project information

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**Club Bylaws**

**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 [https://www.kansas4-h.org/4-h-programs/clubs/strengthening-clubs-1/docs/constitution-bylaws-sample.pdf](https://www.kansas4-h.org/4-h-programs/clubs/strengthening-clubs-1/docs/constitution-bylaws-sample.pdf)
3.1: 4-H: Fulfilling the Cooperative Extension Mission

We are K-State Research and Extension

Who are we? The Cooperative Extension Service is a cooperative effort of the United States Department of Agriculture; the land-grant university, Kansas State University; and the local extension board representing local citizens. K-State Research and Extension is a statewide network of educators sharing unbiased, research-based information and expertise on issues important to Kansas. It has established local, state, regional, national, and international partnerships.

Mission: We are dedicated to a safe, sustainable, competitive food and fiber system and to strong, healthy communities, families, and youth through integrated research, analysis, and education.

Purpose: With a presence in every county, K-State Research and Extension develops and delivers engaged educational programs in partnership with the people of Kansas that provide solutions for the Grand Challenges of water, health, global food systems, community vitality, and developing tomorrow’s leaders.

K-State Research and Extension is the university’s community engagement program. Thus, its mission is to help people improve their lives through an educational process that applies knowledge to critical issues, needs, and opportunities.

We are Kansas 4-H Youth Development

4-H Youth Development is the youth development program of K-State Research and Extension. We exist to create non-formal, experiential, educational opportunities designed to connect in-school learning with out-of-school activities to help youth thrive in a complex and changing world. The following is from the Vision 2025 strategic plan for 4-H Youth Development.

Vision: Youth in 4-H will grow and develop into healthy, caring adults prepared to meet the challenges and opportunities of a globally connected world.

Our Mission: 4-H Youth Development engages youth in reaching their full potential through partnerships with caring adults.

Our Purpose: The Department of 4-H Youth Development provides leadership for 4-H youth development programs and is a valuable partner in developing and delivering educational programs and initiatives that prepare youth to reach their full potential.

Are you a 4-H youth member or adult volunteer that is interested in photography and media marketing? This is an opportunity for you!

Click the link below to sign up!

https://forms.gle/F81DWCSGCMk3kpx9
County Committees
All 4-H families are needed to take an active committee role in 2023. Due to financial cutbacks and limited staffing, our office must have your help or extra activities will not be offered. Please sign up for a county committee and identify an area where you can assist at the Cowley County Fair. The first 20 youth/adults to sign up will receive a Sonic drink token.

Cowley Committee and Fair Help Sign-up

Achievement Celebration Committee

Committee Duties:
Select committee co-chairs and an adult advisor.
Select a date for the celebration. The traditional date is the first Saturday in November. A date should be selected at the May or July 4-H Council meeting.
Select where the celebration will be held.
Select a theme for the celebration, plan/collect decorations and purchase paper goods and drinks.
Design the cover for the Achievement Celebration program.
Plan and prepare decorations for the location and set them up prior to the program.
Clean up decorations and facility after the program. Return all items to appropriate places.

Extension Office Duties:
Organize all awards and the script.
Provide signs and set-up supplies as needed by the committee.
Publicize event in the 4-H newsletter.
Answer any questions of the committee.
Correspond with the school and book the location.

Club Day Committee

Committee Duties:
Select committee co-chairs and two adult advisors.
Select a date for Club Day. A date should be selected at the May or July 4-H Council meeting.
Select where Club Day will be held.
Recommend judges at the November meeting. One judge should be secured per room.
Publicize the event in local news media.
Be available to assist with room set up on Friday afternoon, the day prior, to the event.

Extension Office Duties:
Provide signs, judging supplies and other office supplies needed by the committee.
Handle all details associated with the judging portion of the day.
Secure judges for the judging portion.
Write the script for the public fashion revue.
Provide resources needed by the judges.
Book the location of the judging and the public fashion revue.
Answer any questions of the committee.

Be available the day of the event to work at the front “Information Table” and to check on judges periodically during the day.
Bring judges items they need, and collect score sheets for the tabulation room.
Check in with each room to be certain that room monitors are present, and find substitutes in the event of an absence.
Sort completed score sheets by club.
Be available to assist with room clean up on Saturday late morning. Rearrange classrooms, and return all items to the appropriate location.
Return all Extension supplies (easels, ribbons, score sheets, pencils, tape, signs, etc.) to the Extension vehicle.

Fashion Revue Committee

Committee Duties:
Select committee co-chairs and two adult advisors.
Select a theme for the public fashion revue by the May 4-H Council meeting.
Plan and prepare decorations for the public fashion revue.
Set up and decorate prior to the evening public fashion revue.
Clean up stage decorations and fashion revue location.
Committee members may also be asked to help with judging tear down.
Recruit script readers.

Extension Office Duties:
Provide signs, judging supplies and other office supplies needed by the committee.
Handle all details associated with the judging portion of the day.
Secure judges for the judging portion.
Write the script for the public fashion revue.
Provide resources needed by the judges.
Book the location of the judging and the public fashion revue.
Answer any questions of the committee.
National 4-H Week Committee

Committee Duties:
Select committee co-chairs and two adult advisors.
Determine county-wide events using the National 4-H Week theme.
Promote Cowley County 4-H during National 4-H Week.
Publicize 4-H Week events in appropriate media outlets.

Extension Office Duties:
Print needed signs.
Publish events in the 4-H newsletter.
Answer any questions of the committee.
Correspond with Community Leaders.

Finance/Policy Committee

Committee Duties:
Select committee co-chairs and two adult advisors.
Determine the annual 4-H Council budget under the guidance of the 4-H Agent.
Present the budget to the 4-H Council at the November meeting for approval.

Extension Office Duties:
Keep record of funds spent for budget line items.
In cooperation with the Treasurer, pay 4-H Council bills.
Answer any questions of the committee.

Fair and Shows Committee

Committee Duties:
Select committee co-chairs and two adult advisors.
Determine needed foodstand improvements and present to 4-H Council for approval.
Coordinate needed improvements of the foodstand.
Purchase supplies to make foodstand improvements.
Plan the program for 4-H Sunday at the fair.
Promote 4-H Sunday at the fair.
Secure speakers for 4-H Sunday at the fair.

Extension Office Duties:
Publicize foodstand work days.
Check out foodstand key to committee chair(s).
Print 4-H Sunday programs.
Publish events in the 4-H newsletter.
Answer any questions of the committee.

Consumer Judging Contest Committee

Committee Duties:
Select committee chair(s)
Develop judging classes
Plan and coordinate county-wide Consumer Judging Events

Extension Office Duties:
Print information
Provide information to members.
Publish information in the newsletter
Answer any questions of the committee.
Provide consumable/print materials.

Awards Committee

Committee Duties:
Select committee co-chairs.
Provide training to families on completing Project Record Books and 4-H records.
Provide training to screeners to judge record books.
Coordinate dates and times to screen record books.
Recruit volunteers to screen record books.
Provide a list of record book screening results to 4-H Agent.
Determine judging criteria for scholarships and award applications.
Meet with 4-H Agent/4-H PDC to approve record screening process as needed.

Extension Office Duties:
Print information.
Provide information to members.
Publish information in the 4-H newsletter.
Update information on the Cowley County Extension Website.
Answer any questions of the committee.
Correspond with Community Leaders.

Community Service Committee

Committee Duties:
Select committee co-chairs (youth) and two adult advisors.
Determine county-wide service projects.
Promote service projects to clubs and community.

Extension Office Duties:
Provide oversight.
Print needed signs.
Publish events in the 4-H newsletter.
Answer any questions of the committee.
Correspond with Community Leaders.
Shooting Sports

"Results State Shotgun - Trap, Skeet, and Clay held @ Wichita area, Oct. 8 & 9th
Congratulations to Jacob Arnett, Kyle Bannon, Everett Green, and Robyn Shaw for representing Cowley at the state shotgun.

Results State Small Bore Pistol/Rifle & Muzzleloader held @ Topeka, Oct. 1st
Congratulations to Everett Green who represented Cowley in muzzleloader and small bore rifle. Everett placed individual 5th in state on small bore rifle paper targets and 4th in state on small bore rifle silhouette ranges honoring him with 4th place individual aggregate small bore rifle in the state!
Congratulations to Jacob Arnett and Robyn Shaw who represented Cowley in small bore pistol. The Cowley team of Jacob and Robyn took honors as 3rd Place State Overall Team!

Results State Archery Match held @ Linsborg, Sept. 25th
Bowhunter Class - 2nd Place State Overall Team
FITA - 2nd place Cody Deal, 1st place Andrew Hoover
Jr. Trail - 4th Place, Price Kindt, 2nd place Cody Deal, 1st place Andrew Hoover
Jr. Aggregate - 4th Place, Price Kindt, 2nd place Cody Deal, 1st place Andrew Hoover

Barebow - 2nd Place State Overall Team
Jr. FITA - 4th place Andrew Hoover, 2nd place Cody Deal
Jr. Trail - 3rd place, Andrew Hoover, 1st place Cody Deal
Jr. Aggregate - 3rd place Andrew Hoover, 1st place Cody Deal
Sr. FITA - 2nd place Titus Mill
Sr. Aggregate - 3rd place Titus Mill

Open -
Jr. FITA - 2nd Place Kaden Webster
Trail - 2nd Place Kaden Webster
Jr. Aggregate - 1st Place Kaden Webster
Sr. FITA - 4th Place, Titus Mill
Sr. Trail - 4th Place, Titus Mill
Sr. Aggregate - 4th Place Titus Mill

Way to go Cowley!!! We thank our coaching staff again and again - we have the best!

Receiving invitations to represent the state of Kansas at the 2023 4-H National Championships this summer will be Cowley members, Titus Mill - Open Archery team, Everett Green - Small Bore Rifle team, and Jacob Arnett - Small Bore Pistol team.

Please congratulate all of our county shooting sports project members for representing us with "Honor in their Victories"!
Shooting Sports continued

Upcoming Fall Schedule

Club Meetings - Watch emails for more info

Air Discipline Practice
Sunday, Nov.6 @ 2:00 p.m. BB, 4:00 pm Air Rifle, 5:30 Air Pistol at the Winfield Fairgrounds for the annual safety meetings.

Archery Practice
Thursday, Nov. 17th @ 6:30 p.m. at the fairgrounds.

Shotgun Discipline
Sunday, November 13 at 2:00 p.m. at the Meadow for wingshoot clinic. (Note change of date to 2nd Sunday due to Thanksgiving Holiday)

HAPPY THANKSGIVING! - More information between newsletters, please email at cowley4hshootingsports@gmail.com and go to project page https://www.facebook.com/cowleycounty4hshootingsports or www.4hshootingsportscowleyks.com/contact

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Austin Waite
Cowley County 4-H Shooting Sports Coordinator
620-222-1982

P.O. Box 422
Winfield, KS  67156
www.4hshootingsportscowleyks.com
https://www.facebook.com/cowleycounty4hshootingsports

Legal Stuff

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact (insert name) two weeks prior to the start of the event (insert deadline date) at (insert phone number and email). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request. Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.
The 2022 4-H Growing Tomorrows Producers: Open House Event was a success!! We are so excited to watch this event and program grow!

Congratulations to our 6 Catch a Calf individuals:
Kaitlynn Buxton; Dexter-Otto 4-H Club
Wade Martin; Dexter-Otto 4-H Club
Wyatt Martin; Dexter-Otto 4-H Club
Adison Henderson; Burden 4-H Club
Maci Sumpter; Martha Washington 4-H Club
Natalia Onelio; Martha Washington 4-H Club

Special Thank You to:
The House Foundation
Guest Speaker; Dan Suderman
Photographer; Candace Hendricks
Meal; Grouse Valley Grill & Catering
Meal Sponsored by; House Foundation, Cowley County Livestock Association and Farm Bureau
Cattle Raised by; Miller Cattle
Cattle Prep Team; Cadie Thomson, Brett Thomson, Madison and Jamie McGee
Decoration/Set up team; Janell Tatum, Sherry Combs and Paislee Hartman

Keep a look out for all future opportunities, you will not want to miss what the year has coming!
K-State Research & Extension Cowley County delivers educational programs related to Agriculture and Natural Resources, Family and Consumer Sciences, 4-H/Youth Development and Community Development. Local programs are implemented by Extension Agents with volunteer assistance for Cowley County residents and communities.

We are funded by allocations from Kansas State University and Cowley County Commissioners. To help with the impact of budget cuts, our supporters formed a “Friends of Cowley County Extension” group to raise awareness and financial support.

The Friends of Cowley County Extension will be hosting our 7th annual “Fall for Extension” charity dinner with raffle drawings and live/silent auctions on Saturday, November 19 in Winfield, Kansas. This event is open to the public and dinner tickets go on sale October 3 ($30/seat or $225 for a table for 8). Based on past attendance, we expect 250+ people at our event.

We are collecting donations for the live and silent auctions. Auction items are featured in our printed auction catalog and promoted on social media. You can view past catalogs on our website at cowley.k-state.edu/friends/untitled.html. We also accept financial contributions and donations are requested by October 31, 2022 so they can be included in marketing and our printed catalog.

We appreciate your consideration to partner with our planning committee. Please contact the Extension Office with additional questions.