

# THE 4-H FLASH NEWSLETTER

## In this issue:

Community Leaders	<u>2</u>
Achievement Night Highlights	<u>2</u>
4-H Council	<u>3</u>
4-H Junior Leaders	<u>3</u>
Important Deadlines	<u>4</u>
SE Area Record Book Screening	<u>4</u>
Market Broiler Contest	<u>5</u>
4-H Club Days	<u>6</u>
Favorite Foods	<u>7</u>
Willie & the Beanstalk	<u>8</u>
Horse Panorama	<u>8</u>
Citizenship In Action	<u>8</u>
KSU Jr. Producer Days	<u>9</u>
Shooting Sports	<u>11</u>
4-H Enrollment	<u>12</u>
Community Service Opportunity	<u>12</u>
Fall For Extension	<u>13</u>
2026 Flow Chart	<u>14</u>

**December 25/January 26**

*A note from Sarah...*

### **Happy Holidays Cowley County 4-H Families!**

As we close out 2025 and step into a brand-new year, I'm excited about the opportunities ahead for learning, leadership, and growth. This season is more than just reflection—it's about setting bold goals and dreaming big for 2026!

Think about what you want to accomplish this year:

☒ Attend a new event?

☒ Teach others a skill?

☒ Dive deeper into a project area?

Whatever your goals, now is the perfect time to plan—and we're here to help you make them happen.

We have **programs, hands-on workshops, and exciting contests** coming your way. Keep an eye on your email, our Facebook page, and upcoming newsletters—you won't want to miss what's next!

The holidays are a great time to prepare for Cowley County 4-H Club Day on January 31st! More information can be found in the newsletter.

Thank you for being part of this amazing 4-H community. Wishing you a joyful holiday season filled with family, good food, and the spirit of learning!

Contact us:

[cl@listserv.ksu.edu](mailto:cl@listserv.ksu.edu) (620) 221-5450 or (620) 441-4565

Sarah LaGrone, 4-H Youth Development, [slag11@ksu.edu](mailto:slag11@ksu.edu)

Becky Reid, Family & Consumer Sciences, [bkreid@ksu.edu](mailto:bkreid@ksu.edu)

Jeff Seiler, Ag & Natural Resources, [jseiler4@ksu.edu](mailto:jseiler4@ksu.edu)

Cindy Stephens, Office Professional, [cstephens@ksu.edu](mailto:cstephens@ksu.edu)

**K-STATE**  
Research and Extension



Cowley County Extension Office will be  
closed from

December 24, 2025 to January 1, 2026.

## Community Leaders

### December Check-Up

- \* Have you turned in the Financial Review and Organizational Report?
- \* Have you worked with the team of Officers to complete the club goals and plans for 2026?
- \* Recognize those who submitted Record Books and Pin Applications
- \* Are your 4-H Club Officers running the club meeting?

### Review

- \* Read the *4-H Newsletter* and mark important dates on the calendar.
- \* Review highlights from the *4-H Newsletter* at your club meeting.
- \* Have you checked out the [4-H Club Corner?](#)

### To-Do

- \* Use your club roster from [4honline](#) to do roll call at your club meeting. Anyone not on it? Strongly encourage them to get enrolled.
- \* Remind parents to [send payment](#) for any 4-Hers with a “payment due” status.

### Promote/Recruit

- \* Work with club members to put a plan in place to recruit more 4-Hers and to have an active role in their club.
- \* Market Broiler Program
- \* Willie & The Beanstalk Contest
- \* 4-H Day (January 31st)
- \* [Citizenship In Action](#)
- \* Sign-up for County Committees

### Remember

- \* Make it a fun and rewarding year!
- \* Work with your co-leader.
- \* Attend leader/club building opportunities when offered.
- \* Encourage 4-Hers to attend County Programs

# 2025



## ACHIEVEMENT NIGHT HIGHLIGHTS



[CLICK HERE TO VIEW HIGHLIGHTS](#)

## **4-H Council**

If you were selected to represent your club at 4-H Council and find you cannot attend, please let your leader(s) know in advance and find another member to serve in your place.

**January 19, 2025  
6:30 pm**

**Location to be  
determined**

## **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.

**December 22, 2025  
7:45 p.m.**

**Isle of Lights  
Island Park, Winfield**

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

## **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 will be held on Thursday, December 4, 2025 at 6:00 p.m. The Executive Board will meet at 5:15 p.m. for its regular meeting. The meetings will be held at the Winfield Public Library, 605 College St. Winfield, KS 67156.

## Important Dates and Deadlines

### December

- 12/4 Cowley County Extension Council board meeting, 5:15 p.m. Winfield Public Library
- 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.)
- Dec 22- Jr Leaders @ Isle Of Lights
- **Dec 22- Jan 4 Sarah will be out of the office. During this time, please refrain from calling or texting her personal number. Thank you for understanding.**
- Extension Office Closed 12/24/25-1/1/26

### January

- 1/1 Market Broiler Contest registration closes
- 1/5 -2026/27 Kansas 4-H Scholarships deadline
- 1/8 Cowley Co. Extension Council Board Mtg. 5:30 p.m.
- 1/9 Project Record Books going to Regionals due
- 1/16 Cowley Co. 4-H Club Day Registration Deadline
- 1/19 4-H Council Mtg
- 1/19 4-H Junior Leaders Mtg
- 1/31 Cowley County 4-H Club Day

### February

- TBD Cowley Co. registration for Willie & the Beanstalk Contest
- 2/13 Market Broiler Ed Program & Chick Pick-up
- 2/16-2/17 Citizenship In Action
- 2/22 Horse Panorama

### March

- 3/1 Beef Tagging/Weigh In
- 3/1 4-H Day with the Lady Wildcats Basketball Team (details published at a later date)
- 3/7 Junior Beef Producer Day
- 3/22 Regional 4-H Day -Mulvane High School, 1900 N. Rock Rd. Mulvane, KS 67110. Doors opens at 1:00 p.m.

### April

- 4/11 KSU Junior Sheep Producer Day
- 4/17 Market Broiler Contest judging
- 4/18 Market Broiler Processing
- 4/18 Cowley County Beef Classic
- 4/25 Cowley Co. Sheep & Goat Show
- 4/26 Small Livestock Tagging Day 1
- 4/28 Small Livestock Tagging Day 2

### Southeast Area Project Records Screening

Adult volunteers are needed to screen Project Record Books for the Southeast Area, ON Friday January 16th in Fredonia. This is a great opportunity to give back (especially if your member has ever sent a Project Record Book to area or state screening) and to learn about what kids in other counties are doing with their projects. Please contact [Sarah](#) by Tuesday, January 6th if you are willing to serve.

### Scholarship Opportunities- DUE JANUARY 5, 2026

Please visit the Kansas 4-H Resource [page](#) for Scholarship Opportunities: Kansas 4-H Scholarship, Kansas 4-H Dog Scholarship, Kansas 4-H Geology Scholarship, and Vanier Scholarship!



[Sign Up Here!](#)



**K-STATE**  
Research and Extension  
Cowley County

# Market BROILER CONTEST

2026

**CHICK PICK UP  
AND EDUCATIONAL  
PROGRAM  
FEBRUARY 13**

**JUDGING  
APRIL 17**  
Winfield Fair  
Grounds



Sign up closes  
January 1, 2026



10-15 chicks provided  
per family, open for  
smaller groups



9 week project



Must be an approved 4-H  
member and enrolled in the  
Poultry project



T-Shirts for all exhibitors  
and Prizes for top teams



Family retains all meat

**April 18th. Following the judging portion we  
are excited to Collaborate with our Cowley  
County Farm Bureau and 4-H volunteers to  
guide the youth as they hands on process  
their birds!**



**CHICKS AND CONTEST SPONSORED BY  
THE BILL HOUSE FOUNDATION**

Kansas State University is committed to making its services, activities and programs accessible to all participants.

If you have special requirements due to a physical, vision, or hearing disability,  
contact Sarah LaGrone, 620-221-5450.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
K-State Research and Extension is an equal opportunity provider

**REGISTER HERE!**



**County 4-H Day is awesome opportunity for all 4-H members to showcase their speaking skills, knowledge, talents, and creativity!**

**Music/Talent will include:**

Piano Solos  
Instrumental Solos & Ensembles Band Vocal Solo  
Vocal Ensemble  
Club Chorus  
Skits & Plays  
Poetry/Readings  
Dance  
Other Talent

**Presentations Include:**

Demonstration/Illustrated Talk/Project Talk  
Public Speaking  
Show and Share  
Model Meeting  
Gavel Games

**Favorite Foods**—Table Setting & Menu Table Exhibit  
Decorated Foods

**Regional 4-H Day**  
**MARCH 22 2026,**  
**DOORS OPEN 1:00PM**  
**MULVANE HIGH SCHOOL**

BUTLER  
COWLEY  
SEDGWICK

**Impromptu Public Speaking**

Offered to Senior 4-Hers. Members will draw a topic from a hat and will be given 5-7 minutes to prepare their presentation.

**Pickle Power**

Open to CloverBuds, Junior and Intermediate 4-Hers. Each member will be given a scenario with a decision to make. They will present their decision and discuss it with the judge. This is a great way to practice decision making skills and learn to speak in front of a group.

**Gavel Games**

Test your Parliamentary Procedure skills! In the Gavel Games 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 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.

**REGISTER  
BY  
1/16/2026**

**JANUARY 31, 2026**

WINFIELD MIDDLE SCHOOL | DOORS OPEN 8:00 AM

## **Favorite Foods @ 4-H Days**

Eating together encourages family togetherness, provides better nutrition and is enjoyable! Showcase how you enjoy your "Favorite Family Foods" at 4-H Days. Participants choose their favorite menu and prepare one item in advance for their family at home. Take photographs of the food (and the member in action) to display with your entry (either a table setting or table exhibit). This is a great activity to accomplish over the holiday break!

Members must set up the table setting or exhibit by themselves by their assigned time on the day of 4-H Days. Consultation judging will be scheduled at 15 minute increments. Pre-entries for the Favorite Family Foods Show are accepted with 4-H Days pre-entries.

Categories:

**1) Table Setting and Menu**

Participants choose and print a menu (consider MyPlate recommendations) and display it with a proper place setting (placemat, napkin, flatware, plate, cup). At home, participants will make one item from the menu (ie, the favorite food) and take photographs of the member in action making the favorite family food and the finished food item.

**2) Table Exhibit**

Participants complete the table setting and menu but add a table, tablecloth and centerpiece. The member should identify one of the menu items that they have prepared for their family and be knowledgeable about preparation steps and nutritional value. Display photographs of the member in action making the favorite family food and the finished food item.



## 4-H Events

Willie and the Beanstalk is a soybean competition for Kansas K-12 students to encourage interest in the field and increase their knowledge of soybean development. Students who enter the competition will work to see who can grow the largest soybean plant. The contest can prove to be a valuable teaching tool as it allows students to plant their own soybean, then watch it grow and document the progress the plant has made.

The 2026 Willie and the Beanstalk competition will be held as part of the 2026 Spring Kansas State University Open house.



Sponsored by Kansas State University  
Department of Agronomy

### Rules for the 2026 contest.

**Contest is open to all 4-Hers and schools.**

**Registration information will be published in the February 2026 4-H Flash.**

### Horse Panorama

February 21-22, 2026 4-H Members ages 9-18 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.

### Citizenship In Action

**What:** Would you like to have more influence in laws and rules that affect your life? Then you'll want to go to Kansas 4-H Citizenship in Action! This two day event is sponsored by the State 4-H Youth Leadership Council. The purpose of the 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 youth with the capitol building, but will also show them how they can affect the legislative process.

**When:** February 14-15, 2026

**Where:** Topeka KS - Hotel Topeka at City Center (formerly Capitol Plaza)

**Who:** Youth 13-18 years old by January 1 of the current year

**Registration:** Opening Soon

**Registration Fee:** \$200.00\*

**Registration Deadline:** TBA

\* prices and details are subject to change. Details for 2026 have not been published yet.

## KSU Junior Producer Days; Q&A

### Registration now open for the K-State Junior Producer Days!

Since 2026 is an even year, we will be hosting Junior Beef Producer Day and Junior Sheep Producer Day (Swine and Goat are in odd years). [Registration](#) is now open and we look forward to seeing everyone in Manhattan in March and April!! All attendees must register, which includes all youth, parents, and adults. You must register by the deadline to receive a t-shirt. This information is also available on the KSU Youth Livestock Program website, under the [Junior Producer Days](#) tab.

### What are the junior producer days?

The junior producer day events are one-day family educational programs to learn about the selection and management of Beef and/or Sheep youth livestock projects, as well as a variety of aspects related to the animal science industry. Each day is dedicated to one specie. These events are open to all ages and skill levels including youth, parents, extension agents, ag teachers, project leaders, and other volunteers. The tentative program and topics for each day. This is a family event! Parents and youth are invited to come learn together!

### Where will these events be hosted?

The 2026 K-State Junior Producer Days will be hosted at the Bilbrey Family Events Center, which is in Manhattan, KS. A map and more specific directions will be provided to families who register the week leading up to the event.

### NEW THIS YEAR – LIMITED REGISTRATION!

Registration for each junior producer day will be capped at 400 participants this year. Register early to reserve your spot! Space will be filled on a first come, first serve basis through the online registration process.

### Can the kids earn their YQCA Certification while we are there?

Yes! We will also be hosting an instructor-led YQCA certification class at the end of the day for each program. This is an opportunity for youth to complete their certification through an in-person class while they are here. Youth must complete the YQCA training annually (every year), unless they have previously tested out of their age group. You will need indicate if you plan to stay for this optional class during the registration process. Then, we will communicate more specific details on registering for the appropriate course through the [YQCA website](#) only with those who plan to stay and attend. You will need to register through the YQCA platform and pay the additional \$3.00/child fee prior to the class. The junior day registration is independent from the YQCA class and does not include that additional fee for the certification. If you have a child who cannot attend the producer day program, but would like to come at the end of the day just for the in-person YQCA certification, they are welcome to do so! Please email to receive communication specifically about the YQCA class.

### Are you going to talk about State Livestock Nominations?

A session over the state livestock nomination process will be hosted at the end of the day for those who are interested. It will be offered for parents concurrently with the YQCA class. So, the adults can come learn about the state nomination process, while the kids complete their YQCA certification. Then, everyone will be prepared for nomination season!

**KSU Junior Producer Days continued**

Is there going to be a tour of the KSU Sheep & Meat Goat Center this year?

Families attending the junior meat goat producer day will have the opportunity to tour the K-State Sheep and Meat Goat Center on the Friday evening prior to the event, or after Saturday's program. Registrants will be asked to indicate if they plan to participate in the tour during the registration process this year, so we have an accurate headcount and know who to be expecting for this portion of the weekend.

K-State Junior Beef Producer Day

Date – Saturday, March 7, 2026

Registration Deadline – February 13

Cost - \$20/person by February 13

\*Only those who register by February 13 will receive a t-shirt.

\*\*Both youth and adults attending (including parents) need to register.

\*\*\*No refunds.

\*\*\*\*Participation is limited to the first 400 registrants.

\*\*\*\*\*Late registration fee after February 13 is \$30/person and these participants will not receive a t-shirt.

Online Registration - <https://bit.ly/BeefJrProducer>

K-State Junior Sheep Producer Day

Date – Saturday, April 11, 2026

Registration Deadline – March 20

Cost - \$20/person by March 20

\*Only those who register by March 20 will receive a t-shirt.

\*\*Both youth and adults attending (including parents) need to register.

\*\*\*No refunds.

\*\*\*\*Participation is limited to the first 400 registrants.

\*\*\*\*\*Late registration fee after March 20 is \$30/person and these participants will not receive a t-shirt.

Online Registration - <https://bit.ly/SheepJrProducer>

## Shooting Sports

**Club Meeting** - NO CLUB MEETING IN DECEMBER, Next Meeting, Monday, January 26th, 7:00 p.m. New Hope Fellowship Church, 19195 61st Rd., Winfield.



**Air Discipline** (BB, Air Pistol, Air Rifle) **1st Sunday, December 7** at 2:00 at the fairgrounds.

**Archery practices**, starting **Thursdays, December 4th & 18th**, bi-weekly, set up at 6:00 pm at the fairgrounds, building #1.

**Shotgun practice**, **3rd Sunday, December 21st** 1:30 at the meadow - weather allowing. Send email to [cowley4hshootingsports@gmail.com](mailto:cowley4hshootingsports@gmail.com) for a relay time, Wednesday, Dec.17th. Members must have a relay time for practice.

Remember to enroll for the new year, at [v2.4honline.com](http://v2.4honline.com) for the 2025-26 practice season! Happy Holidays!!

--

**Austin Waite**

**Cowley County 4-H Shooting Sports Coordinator**

620-222-1982

P.O. Box 422

Winfield, KS 67156

[www.4hshootingsportscowleyks.com](http://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.*



## Cowley County 4-H Enrollment

✿ [4-H Online Enrollment Link](#)

✿ [Cowley County KSRE Website with 4-H Enrollment Information](#)

The 4-H year runs Oct. 1st. to Sept 30. **ALL YOUTH and ADULT VOLUNTEERS** participating in the 2025-2026 4-H year should enroll.

In order to be a regular member of Cowley County 4-H, the member must be 7 years old before January 1, 2026.

Cloverbuds is for children ages 5-6 before January 1, 2026.

[Project Selection Guide](#) (includes descriptions of all projects)

[Setting 4-H Project Goals](#)

[ZBooks](#) (online record keeping option)

Click [here](#) to sign up for a County Committee

### DID YOU KNOW??

The **Kansas Clover Classroom** is packed with helpful project information



REGISTER TO  
**RING™**

**Salvation Army Red Kettle Drive!**  
**Bell Ringers needed at Walmart and Dillons!**  
**Nov. 29- Dec. 24**

To sign up or for more  
info contact:  
Gary Randolph, Local Kettle  
Drive Coordinator  
620-705-1988  
[ggrandolph@cox.net](mailto:ggrandolph@cox.net)



*Through your generous donation the Salvation Army is able to help those less fortunate (year-round) and the majority of your money stays local.*

*Excellent*  
**Community  
Service  
Opportunity!**

## Friends of Extension - Fall For Extension

Special thanks to 4-H Clubs who contributed items for the 10th Annual Fall for Extension event. This fundraiser helps support Cowley County Extension's educational activities, which includes 4-H activities.

Here are the highlights:

Burden 4-H Club - Fishing Backpack/Tackle Box packed full of accessories, \$200

Dexter/Otto 4-H Club - Meat Goat yard art, \$170

Martha Washington 4-H Club - Gift Card Christmas Tree, \$310

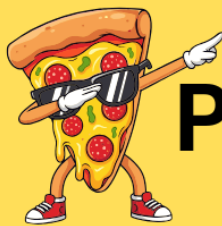
Muddy Creek 4-H Club - Horse shoe cross, \$65 & horse shoe steer head, \$200

Tisdale 4-H Club - monetary donation of \$75

Udall 4-H Club - Christmas Gift Basket, \$65

4-H Council - monetary donation of \$500

\* Not all pictures of donations were available



# PIZZA PARTY!!!

## CONGRATULATIONS!!!

**Dexter-Otto 4-H Club  
sold the most raffle ticket to  
Fall For Extension!**



- They not only sold the most, but BOTH WINNERS bought tickets from a Dexter-Otto 4-Her!!
- Club Leaders, please contact Sarah about scheduling.

## 4-H Flow Chart

### Cowley County Fair Youth Participation

#### Flow Chart

##### 4-H Participant

- Approved 4-H enrollment at [v2.4honline.com](http://v2.4honline.com) for fair entries to be accepted
- Target Deadline May 1
- Don't miss opportunities year round in 4-H, enroll early and be active in your club

##### FFA Participant

- Contact the Extension Office for the FFA Participation Form and submit form by **May 1**
- FFA Youth can participate in:
  - Beef, Meat Goat, Sheep, Swine, Dairy Cattle, Dairy Goat, Rabbit and Poultry
  - Agronomy
  - Ag Mechanics Welding
  - STEM-Energy Management/Small Engines

##### Static Entries (Barn 4)



##### All Market Beef

Market Steers, Catch-a-Calves, 2nd Year Market Bucket Calves, Market Heifers



**Registered and Commercial Heifers.** All Registered heifers must have registration or transfer papers in the sole name(s) of the exhibitor and dated no later than **May 1** of current year. All unregistered heifers will show in the Commercial division and must be tagged by **May 1** of the current year.



**Bucket calf** tags are the only tags that may be purchased over the counter and will be available for pick up at tagging days or at the office at any time for \$2. Bucket calves do not need to attend a tagging. All bucket calves must be calved after January 1 and before May 31 of the current year. You will need a Cowley County 4-H Bucket calf tag (right ear) in the calf exhibiting at the Cowley County Fair before fair check in.



**All Sheep, Swine and Meat Goats (Including all other male goats)**  
**Tagging/Weighing-Winfield Fairgrounds**  
 Tags-\$4 (Cash or check)  
**April 26th 2-5PM or April 28 5:30-7PM**



**Horses (Horse Show and Jr. Rodeo), Dairy Female Goats/Female Dual Purpose Goats, Dairy Cattle**  
 All Identification papers are due to the office by **May 1**

**Beef Tagging**  
 March 1, 2026  
 1:00PM-4:00PM  
 Winfield Livestock Auction  
 Tags-\$4 (Cash or check)

*Highly suggest commercial heifers get tagged this day*



**Breeding Bulls and Cow Calf Pair**  
 will not be required to tag

**Poultry**-Cowley County is scheduled for Pullorum-Typhoid testing in **2030**  
**-Leg bands can be purchased at the office**  
**Leg bands are required before check in**



**Rabbit**-All rabbits are to be legibly tattooed in the left ear for identification



##### Fair Entry

All approved members will receive their fair books in the mail around the 2nd week in JUNE.  
 PLEASE take the time to read the letter and tips carefully!  
 You must follow the link provided and successfully complete entries by the first Wednesday in JULY.  
 You will receive a confirmation email directly after submission

  
**K-STATE**  
 Research and Extension

Cowley County  
 P.O. Box 538  
 311 E 9th  
 Winfield, KS 67156  
 Phone: 620.221.5450 Email: [slag11@ksu.edu](mailto:slag11@ksu.edu)

**Cowley County Fair**  
**July 30 - August 3, 2026**

Visit our website @  
[Cowley.k-state.edu](http://Cowley.k-state.edu)

Here you can find all ID Forms, helpful guides, last years fair book with more information and guidelines as well as view our tagging policy for at home taggings