

THE 4-H FLASH NEWSLETTER

In this issue:

Community Leaders	2
4-H Council	3
4-H Junior Leaders	3
Important Deadlines	4
Achievement Night	4
4-H Council Election	5
Fall For Extension	6
Extension Raffle/PIZZA	7
Market Broiler Contest	8
Help Wanted	9
Enrollment/ByLaws	10
KS 4-H Policy	11
Shooting Sports	12
Club News	13
House Appreciation	14-15
Fair Flow Chart	16

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Research and Extension



Cowley
County

Cowley County Extension
Office will be
closed on
November
11th, 21, 27th
& 28th.



A note from Sarah....

November 2025

As of October 31, we have 184 4-H youth enrolled, 20 Cloverbuds, and 41 adult volunteers! We are excited to have a great 4-H year!

As we begin to plan for our new year, how does that look for your family? Make sure to review the 4-H newsletter carefully and see the WIDE range of opportunities 4-H has all year round! 4-H is so much more than the Cowley County Fair-take advantage of it! These programs are designed to help youth find their SPARK and THRIVE!

This fall is a great time to set goals with your child. However, if you're like me, you may have set a goal and looked back only to realize you have utterly failed. If it's tough for adults, it's even tougher for a child and they need your support in making their goals a reality.

Set goals with your child.

1. Goals help young people see how their efforts toward a goal impact the outcome, it **puts them in control of their own learning**.
2. Goals help young people **develop a growth mindset**, a mindset that drives people to try new things and continue trying when things get difficult.
3. Goal setting is a powerful process that encourages the young person to have a **direction and focus for their efforts**.
4. Goals can **motivate and encourage** youth to work toward self-improvement.
5. Achieving goals feels good, it **builds confidence and self-esteem**.
6. Goal setting at an early age can lead to a **lifelong habit of goal setting**.

How can we help a child set goals? Say for example, your child tells you their goal is to get better at skateboarding. Their goal is not a SMART goal.

Specific Measurable Attainable Relevant Time-Bound

Coach your child to make SMART goals by asking questions:

- How will you know you are getting better?
- What might you be able to do that you weren't able to before?
- How long do you think it will take?
- How much practice are you willing to put in?
- Why is this important to you?

Help your child set a **plan of action**, and check in regularly. Coach them to **set some smaller goals** in order to reach the big goal. Write it down and post it for all to see. Set a goal for yourself and keep each other accountable. **Praise your child for their efforts or improvements**. Be excited for them! Encourage them to keep trying. It's ok to fail, remind your child that failure is just their **First Attempt In Learning**. Keep trying!

HELP WANTED!

Looking for responsible 4-H youth (preferably 12 and older) servers at the Fall For Extension Gala. (November 22nd) Please contact Sarah ASAP at 620-221-5450 or slag11@ksu.edu

Community Leaders

November Check-Up

- ✿ Recognize those that submitted a Kansas Project Book, Pin Application, and Scholarship winners
- ✿ 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

- ✿ 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, 2025.
- ✿ Turn in Club Financial Review-by November 1, 2025.
- ✿ Update club bank account to new unrelated signers (2 board-approved adult volunteers, 2nd could be the Extension Council Treasurer: TBD)
- ✿ Remind volunteers and 4-Hers to enroll/re-enroll in 4-Honline for the new year.
- ✿ Complete Club Goals list- keep it in the Secretary's Book
- ✿ Plan holiday celebration
- ✿ Review Club Bylaws (pg 29, section 7.3)

Promote/Recruit

- ✿ Officer Training - November 1.
- ✿ Achievement Night- November 8.
- ✿ Fall For Extension fundraiser gala - November 22.
- ✿ Extension Council Election - November 22.

Remember

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

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, or otherwise posted.
- 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 2025/2026 4-H Program year are:
- November 17th, January 19th, March 16th, May 18th, July 23rd and September 21st.

**November 17, 2025
Meeting Location:**

**Cowley County
Extension Office
Assembly Room**

7:00 p.m.

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
- 5) 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. Any youth 12 and older are invited to participate.

**November 17, 2025
6:15PM**

**Cowley County
Extension Office
Assembly Room**

**Youth volunteers are
needed for November
22nd at Fall For
Extension event.
Contact Sarah if you
can help.**

Important Dates and Deadlines

November

- November 1st: Officer Training
- November 1st: Club Financial Report due
- November 1st: Club Organizational Report due
- November 8: 4-H Achievement Celebration
- November 11, Extension Office Closed
- November 21: Extension Office Closed
- November 22nd: Fall For Extension Gala
- November 22-23rd: [KYLE](#) (Kansas Youth Leadership Forum) AND [KVLF](#) (Kansas Volunteer Leader Forum)
- November 27th & 28th: Extension Office Closed for Thanksgiving

December

- Livestock dates published
- State 4-H Scholarship Information published
- Begin goal setting for projects
- Citizenship In Action information published
- Club Day planning (Talks, Demos, Musical presentation, Talent, Model Meeting, etc.)
- Extension Office Closed 12/24-1/1

January

- January 1: Deadline to sign up for Market Broiler Contest
- State Horse Judging
- Willie & The Beanstalk sign up

February

- January 31, 4-H Club Day, location TBD
- February: Citizenship In Action
- February 21-22: Horse Panorama



March

- March 1: Beef Tagging
- March 7: Jr Beef Producer Day
- March 22: Regional 4-H Day; Doors open at 1:00 p.m.; Mulvane High School, 1900 N. Rock Rd. Mulvane, KS 67110

April

- April 11: Jr. Sheep Producer Day

4-H Council Officer Election



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Cowley
County

4-H Council Officer Election

NOMINATIONS

Complete the [nomination link](#) to be nominated for a 2025-2026 4-H Council Office. Officers election and installation will be held on 4-H Achievement Night on November 8. Write ins will be available that night as well.

WHAT IS 4-H COUNCIL?

The 4-H Council is represented by selected youth members from 4-H clubs across Cowley County. Council representative come together to plan, coordinate, and lead county-wide 4-H events, community service and activities. These members develop leadership skills by serving on committees, representing their club's opinions, and working to make their county's 4-H program a success. The specific roles and responsibilities of a member can also extend to the state or national level through other leadership councils.



620-221-5450



Cowley.k-state.edu

Fall For Extension

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 11th annual "Fall for Extension" charity dinner with raffle drawings and live/silent auctions on Saturday, November 22 in Winfield, Kansas. This event is open to the public and dinner tickets go on sale October 1 (\$35/seat or \$250 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 November 7, 2025 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.

A decorative poster for the "Fall For Extension" event. The background is a warm-toned photograph of pumpkins and gourds. Overlaid on this is a semi-transparent orange rectangle with a thin gold border and decorative swirls in the corners. The text is centered within this rectangle. The title "Fall For Extension" is in a large, elegant script font. Below it, "22nd November 2025" is in a similar script. The event details are listed in a clean, sans-serif font: "Extension Council Election", "Open 4-6:15 p.m.", "Dinner at 6:00 p.m.", and "Live/Silent Auction at 7:00 p.m.". The location is given in a script font: "Baden Square", "700 Gary Street", "Winfield, Kansas 67156". At the bottom, the ticket information and contact number are in a sans-serif font.

**Fall For
Extension**

**22nd
November
2025**

Extension Council Election
Open 4-6:15 p.m.
Dinner at 6:00 p.m.
Live/Silent Auction at 7:00 p.m.

*Baden Square
700 Gary Street
Winfield, Kansas 67156*

All seats are assigned: \$35 seat/ \$250 table for 8.
Call 620-221-5450
to reserve your dinner ticket.

Fall For Extension Raffle- PIZZA PARTY!



Fall For Extension

RAFFLE

- \$10 EACH OR THREE FOR \$25
- DRAWING NOVEMBER 22, 2025



Browning Hunter 33
Made in the USA
615 lbs
24.5" D, 60" T x 29.5" W
DONATED BY
SCHMIDT & SONS



Hustler
54" Raptor Mower
DONATED BY
GROUSE VALLEY
EQUIPMENT

Baden Square;



PIZZA PARTY!!!

Your club could win a pizza party by selling the most raffle tickets!



- Tickets must be picked up at the Extension Office
- Ticket prices are one for \$10 OR three for \$25
- **ALL TICKETS** - sold and unsold must be turned in to the Extension Office by November 14th
- Write your club name on the **BACK** of the stub

Sign up [HERE!](#)



Market BROILER CONTEST

2026

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



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



**JUDGING
APRIL 17**
Winfield Fair
Grounds



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 HOUSE DONATION

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

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:

- 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 agent at slag11@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: 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, Shotgun, Rifle, Pistol
- Daniel Ray- Archery
- Cody Deal- Archery Apprentice
- Justin Deal- Archery
- Troy Archer - Archery
- Robert Rasico- Archery, Muzzleloader
- DJ Holland- BB, Rifle
- Darrin Green- BB, Rifle, Muzzleloader
- Greg Dixon- Hunting Skills
- Debbi Waite- Hunting Skills
- Jade Alquest- Pistol, Shotgun
- Pete Nulik- Shotgun
- Jason Kindt- Small Bore Rifle, Air Rifle
- Heath Adams- Rifle, Shotgun
- Melissa Adams- Pistol
- Angie Krepps- Horse and Leathercraft
- Becky Henderson- Dairy Cattle
- Andy Murphy- Dairy Cattle
- Scott Murphy- Dairy Cattle
- Kerri McIntire-Murphy- Dog
- Kelsey Nordyke- Leadership

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 2025-2026 4-H year 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, 2026.
- 🕒 Cloverbuds is for children ages 5-6 before January 1, 2026.
- 🕒 [Project Selection Guide](#) (includes descriptions of all projects)
- 🕒 [2025/2026 Kansas 4-H Projects](#)
- 🕒 [Setting 4-H Project Goals](#)
- 🕒 [ZBooks](#) (online record keeping option)
- 🕒 Updated [Horse ID](#) for 2026

DID YOU KNOW??

The [Kansas Clover Classroom](#) is packed with helpful project information

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/resources/4-h-club-resources/docs/club-constitution-bylaws.pdf>

Legal Stuff

This institution is committed to providing equal opportunity for participation in all programs, services, and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, and American Sign Language), may be requested by contacting the event contact Sarah LaGrone four 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 4-H Policy

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.

Key goals for the 2026 strategic plan

- Build quality and sustainability: Focus on improving the quality and long-term viability of 4-H programs across the state.
- Increase opportunities: Expand pathways and positive youth development opportunities to help all young people reach their full potential.
- Enhance workforce readiness: Prepare youth with 21st-century skills for jobs and careers critical to a competitive global economy.
- Foster global competence: Increase participation in domestic and international learning experiences to build cultural competence.
- Strengthen leadership and engagement: Encourage participation in Project Partnership Teams (PPT) to enhance learning, develop leadership, and provide professional development for volunteers and staff.
- Diversify funding: Secure new and diverse funding sources to support targeted youth development initiatives.
- Innovate volunteerism: Create new ways for both youth and adults to volunteer their time and service.



Shooting Sports- CONGRATULATIONS to ALL Competitors!

Congratulations to our county members who represented Cowley at the 2025 Fall State Matches!

State Archery - Trace Thomson, (1st Place Jr. Individual FITA, 1st Place Jr. Individual Trail, 1st Place Jr. Individual Overall State Champion) Price Kindt, Kaden Webster (1st Place Sr. Individual FITA, 2nd Place Sr. Individual Trail, 2nd Place Sr. Individual Overall State Reserve Champion) Asher Wolfe.

State Small Bore - Rifle Member, Andrew Hoover and Small Bore Pistol Member, Trace Thomson (1st Place Jr. Individual STR, 3rd Place Jr. Individual State Overall Champion)

State Muzzleloader - Asa Hoover(3rd Place Jr. Individual Bull-Novelty, 2nd Place Jr. Individual Silhouette, 3rd Place Jr. Individual State Overall), Trace Thomson (1st Place Jr. Individual Bull-Novelty, 3rd Place Jr. Individual Silhouette, 2nd Place Jr. Individual State Overall Reserve Champion), Anna Wolfe
Cowley County 4-H Muzzleloader 3rd Place State Team

State Hunting Skills - Andrew Hoover (2nd Place Sr. Individual Live Fire), Asa Hoover (5th Place Jr. Individual Wildlife ID, 2nd Place Jr. Individual Live Fire, 5th Place Jr. Individual State Overall), Price Kindt (3rd Place Sr. Individual Live Fire), Lara Olsen, Landon Olsen(4th Place Jr. Individual Wildlife ID, 3rd Place Jr. Individual Compass), Trace Thomson(3rd Place Jr. Individual Wildlife ID, 1st Place Jr. Individual Live Fire, 2nd Place Jr. Individual State Reserve Champion), Audrianna Turpin, Chet Turpin(5th Place Jr. Individual Compass, 5th Place Jr. Individual Hunting Knowledge, 3rd Place Jr. Live Fire, 4th Place Jr. Individual State Overall), Anna Wolfe, Asher Wolfe (4th Place Jr. Individual Compass, 5th Place Jr. Individual Hunting Knowledge, 3rd Place Jr. Individual Live Fire, 4th Place Jr. Individual State Overall)
Cowley County 4-H Hunting Skills 3rd Place State Team

State Shotgun - Andrew Hoover, Asa Hoover, Trace Thomson (1st Place Jr. Individual Trap, 1st Place Jr. Individual Skeet, 2nd Place Jr. Individual Clay, 1st Place Jr. Individual State Overall Champion)

Those members receiving honors to the 2026 Top 10 Overall Team List to be considered for Kansas National Team Selection are: Kaden Webster, Recurve Archery; Price Kindt, Compound Archery; Trace Thomson, Muzzleloader; Anna Wolfe, Muzzleloader, Andrew Hoover, Hunting Skills; Trace Thomson, Hunting Skills; Price Kindt, Hunting Skills; Anna Wolfe, Hunting Skills.

A HUGE THANK YOU TO ALL THE COWLEY COUNTY COACHES WHO PREPARED THESE MEMBERS TO REACH THE TOP - MAKING THE BEST BETTER!

Club Meeting - Last Mondays of the Month - November 24, 7:00 p.m. at New Hope Fellowship Church, 19195 61st Rd., Winfield. - All new officer workshops coming soon!

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

Archery practices, starting **Thursdays, November 6 & 20th**, bi-weekly; 6:30 pm at the fairgrounds, building #1.

Shotgun practice, **2nd Sunday, November 9th** 2:00 at the meadow - weather allowing. Send email to cowley4hshootingsports@gmail.com for relay time, Wednesday, Nov. 5th.

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

Walnut Valley 4-H Club News

The 2025 48 Hours of 4-H was held on October 11-12, following National 4-H Week. This is an opportunity for 4-H clubs to organize a community service project. The Walnut Valley 4-H Club gathered items for the Wesley Children's Hospital for their 48 Hours of 4-H community service project. The members of the club labeled the items at their regular monthly meeting on Monday, October 13 at Kellogg Hall. The donated items were delivered to Wesley Children's Hospital by club members on October 17.

Morgan Lee

Walnut Valley 4-H Club Reporter

Bill House Foundation

2025 HOUSE APPRECIATION BANQUET

We had a great evening and dinner with almost 100 participants, we heard from speaker Greg Davis about "Real Kansas Meats", we celebrated a year in review of the House Foundation Donation, our youth achievements and accepting the exciting \$50,000 House Foundation Donation for livestock programming in 2025-2026.

2025-2026 CATCH A CALF PARTICIPANTS

BAIN ARCHER
RUBY BRYANT
CHARITY SHELDEN
MAX CHAMPLIN
KINSLEY SMITH

Honoring 2024-2025 Participants

Preslee Brown
Landry Robinson
Koy Holcomb
Camden Vickery
Connor Minson



Youth Mentors 2024-2026

Madi McGee
Kennedy Holcomb
Hadley Lackey
Caleb Krepps



Production Essay Scholarship Winners:

Hadley Lackey
Beef-\$200

Adison Henderson
Beef- \$250

Addison Robinson
Beef-\$50

Landry Robinson
Beef-\$200

Samantha Henderson
Swine-\$150

Jake Jelinek
Swine-\$150

Bill House Foundation

2025 HOUSE APPRECIATION BANQUET CONTINUED...

2025-2026 L.E.A.D PARTICIPANTS

SAMANTHA HENDERSON: SWINE

GRACE MINSON: MEAT GOAT

ANNA WOLFE: MEAT GOAT



Honoring 2024-2025 L.E.A.D Participants

Kennedy Holcomb-Lamb

Olivia Clapp-Meat Goat

Jake Jelinek-Swine

Grand House Drawing

Top five youth are rewarded for their excellent livestock program attendance:

Koy Holcomb-\$800 Sullivans Supply Gift Card
Hadley Lackey-\$700 Sullivans Supply Gift Card
Kennedy Holcomb-\$600 Sullivans Supply Gift Card
Landry Robinson- \$500 Sullivans Supply Gift Card
Connor Minson- \$400 Sullivans Supply Gift Card

Two names from livestock event attendance were drawn, receiving \$100 Sullivans Supply Gift Cards:

Kalem Miller

Newt Champlin



Important Fair Changes

Cowley County Fair Youth Participation

Flow Chart

