

**K-STATE**  
Research and Extension



Cowley  
County

2023-2024

## 4-H FAMILY HANDBOOK



311 E. 9th Ave.  
PO Box 538  
Winfield, KS 67156



Cowley County 4-H

Register at:

[v2.4honline.com](http://v2.4honline.com)

**Come and join us!**

## THE 4-H PROGRAM

4-H helps young people to develop life skills. A life skill is an ability that one can use in everyday life. There are five basic skills that 4-H teaches. They are:

1. Building self-confidence
2. Developing an inquiring mind
3. Setting goals and making decisions
4. Relating to other people
5. Developing a concern for the community

## WHAT IS 4-H?

4-H is a volunteer led, educational program that supplements the teachings of home, church and school. 4-H is an informal educational program for all boys and girls 7 to 19 years of age whether they live in town, the country, or on a farm. 4-H is open to all youth regardless of race, color, national origin, sex, age or disability.

4-H is kids having fun and learning with their friends. 4-H is a universal, primary prevention youth development program.

## WHAT IS THE PRIMARY OBJECTIVE OF 4-H?

The basic philosophy in 4-H is to strengthen the youth development of boys and girls, and therefore developing competent, capable, caring citizens for tomorrow's leaders. 4-H provides "learning by doing" or experiential learning through projects, events and educational activities.

## WHAT ARE THE PRINCIPLES OF 4-H?

- It is not what we know, but what we believe that determines what we do. 4-H leaders and parents can make their best contribution to the development of 4-H boys and girls if they understand 4-H objectives and principles.
- The 4-H club boy and girl are more important than the project.
- Project work is one of the best devices for developing young people. To "learn by doing" is fundamental in any sound educational program and is characteristic of the 4-H program.
- 4-H is not trying to replace the home, church or school- only to supplement them. This does not mean that 4-H should avoid areas touched by school or church. 4-H music, dramatics, etc., may give additional opportunities for participation
- 4-H'ers should be their own best exhibit. This means manners, attitudes, and courtesy, as well as appropriate dress and physical appearance.
- Competition is a part of life and should be recognized in 4-H as a human trait, but competition requires careful planning and safeguards when used as an educational device.
- No 4-H award is worth sacrificing the reputation of a 4-H member or leader.
- A blue ribbon 4-H'er with a red ribbon exhibit is more desirable than a red ribbon 4-H'er with a blue ribbon exhibit.
- Many things are caught rather than taught.
- Every 4-H member needs to be noticed, to feel important, to achieve some degree of success, and to be praised.
- Our job is to teach 4-H members how to think, not what to think.

## WHAT IS A 4-H CLUB?

A 4-H Club is a group of boys and girls organized with officers appropriate to the group and with one or more leaders under the sponsorship of K-State Research and Extension. The club is organized within a neighborhood, a school, a church, a business or social unit. The size of the club should be suitable to the age of the members, meeting place and leadership available. This type of club is called a community 4-H club.

Also, youth are 4-H members by taking part in project clubs (one subject), special interest groups, school based programs and other enrichment programs.

## COWLEY COUNTY 4-H CLUBS

There are eleven 4-H clubs in Cowley County that meet once a month. Each 4-H member must enroll in a 4-H club.

<b>CLUB</b>	<b>MEETING DAY</b>	<b>LOCATION</b>
Burden	2nd Sunday of the month	Burden City Building, Burden
Cameron	2nd Monday of the month	C-4 School, Arkansas City
Dexter/Otto	1st Monday of the month	Dexter FFA Classroom, Dexter
Floral	1st Monday of the month	Assembly Room, Extension Office
Martha Washington	First Sunday of the month	Central Christian Church, Ark City
Muddy Creek	2nd Sunday of the month	Dixon's home, Rock
Sunrise	2nd Monday of the month	Grace Point Church, Winfield
Tisdale	1st Monday of the month	Tisdale Methodist Church, Winfield
Udall	1st Sunday of the month	Free Heritage Church, Udall
Walnut Valley	2nd Monday of the month	Kellogg Hall, Winfield
Shooting Sports	4th Monday of the month	New Hope Fellowship, Winfield
Cloverbuds	TBD	TBD

### WHAT DOES IT COST?

4-H members pay an annual program fee of \$15/member to the Kansas 4-H Program\ . There are some costs for project materials. Members may have the opportunity to qualify for and/or attend regional, state or national competitions/events. While some funding/scholarship may be available, registration/fees for these events will be the member's responsibility. Local clubs/projects may develop their own methods of raising money for worthwhile activities.

### MOTTO

"To Make the Best Better."

### EMBLEM

The 4-H emblem is the four-leaf clover with the letter "H" on each leaf, standing for head, heart, hands and health.

### COLORS

The 4-H colors are green and white. Green symbolizes nature's most common color and represents life, spring-time and youth. White symbolizes purity.

### PLEDGE

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.

### 4-H YEAR

A new 4-H year starts October 1 each year and ends September 30 of the following year.

### AGE FOR MEMBERSHIP

4-H membership is open to all boys and girls who are 7 years of age before January 1st of the current 4-H year and have not passed their 19th birthday of the current year. 4-H age is determined as of January 1 of the current year.

### SCOPE

4-H is in all the states and in many foreign countries. Over 80 foreign countries have 4-H or 4-H type youth programs.

### PROJECTS

Other than age, the only requirement for 4-H membership is that 4-H'ers enroll in at least one project (learning opportunity). There are more than thirty projects to choose from.

## LEADERS

Adults serve as two types of 4-H leaders: project (subject matter teachers) and community (organization leaders). Helping boys and girls grow through their 4-H opportunities can be a very rewarding experience for adult volunteers. All adult volunteers go through a volunteer screening process that trains and protects the youth and adults of our organization. Volunteers are subject to a two-part background check, receive training about the ages and stages of youth as well as the policies and procedures of Cowley County 4-H and are approved by a committee appointed by the Cowley County Extension Board.

## 4-H FAMILY NEWSLETTER

The monthly newsletter is emailed to each 4-H family in Cowley County. The 4-H Flash is also available online at [www.cowley.k-state.edu](http://www.cowley.k-state.edu). Our email/ mailing list is made from the 4-H members' enrollment information in [v2.4honline.com](http://v2.4honline.com). The newsletter is to keep families posted on upcoming events. It includes dates and activities in which 4-H'ers and their families may want to participate.

## WHO'S WHO IN 4-H (CLUB LEVEL)

### *Cloverbud*

Any youth 5 or 6 years old before January 1 of the current 4-H year who completes a Cloverbud enrollment. Cloverbuds may attend a monthly community club meeting, but are encouraged to attend the monthly Clover Bud club meetings.

### *4-H Member*

Any child 7-19 years of age before January 1 of the current 4-H year who completes enrollment at [v2.4honline.com](http://v2.4honline.com) and meets the club requirements.

### *Community Club Leader*

A volunteer who is responsible for the organizational part of the club.

### *Project Leader/Coordinator*

A volunteer who helps teach kids the projects. This person is often a 4-H parent who agrees to help with the project. It may also be a Junior Leader or a person from the community who has knowledge in a particular subject matter area. Project leaders give a minimum of 6 hours of volunteer time to the project area in which they are involved.

### *Cloverbud Coordinator*

Any adult or teen who organizes activities for Cloverbuds within a club or in the county.

### *Project*

A learning experience for the 4-H member in a subject the child is interested in. Each member must take at least one project.

### *Junior Project Leaders*

A 4-H member who is 12 years of age and is enrolled in the Leadership Project or Junior Leaders. They take an active part in helping the younger members in the club/project. By doing this, they grow, mature and learn leadership skills.

### *Parent's Committee*

This committee is made up of 3-5 parents of club members. Duties will vary from club to club, but their basic responsibilities are: to give parental input into the 4-H club program in the planning stages, recruit and orient project leaders and/or community club leaders, and assist the club leader at his/her request.

### *Parents*

They are very important to the success a child will have in the 4-H program. Parents are encouraged to attend monthly meetings and project meetings with their child. All county-wide events are open and parents are encouraged to attend. Parents may help boys and girls get more from their 4-H experience in several ways:

1. Counsel your 4-H'er in the selection of a suitable project. Show interest. Learn what's required. Help guide, but don't do for him. When something is started, see that it is completed.
2. Encourage your child to attend meetings regularly and attend with him/her so you'll be able to help the child know about and remember upcoming activities.
3. Volunteer to furnish transportation.
4. Offer your home occasionally for a club or project meeting.
5. Share your knowledge, special skills and hobbies with club members as a club leader or project leader.
6. Offer to help your club leaders with various activities.
7. Keep informed of 4-H information that comes to members of your family.

## CLOVERBUDS

The 4-H Cloverbuds program is designed specifically for 5- and 6-year-old children. In order to become a 4-H Cloverbud member, a child must have reached the age of five before January 1 of the current 4-H year. When a child reaches the age of eligibility for traditional 4-H programs (age 7 or older) the child may transition into 4-H Club membership. At the time of transition, parents and their child will be responsible for completing the appropriate 4-H enrollment at [ks4honline.com](http://ks4honline.com). Due to the unique nature of the 4-H Cloverbuds, a child may not be a Cloverbud and a regular 4-H member at the same time.

4-H Cloverbuds is activity-focused, rather than project-focused. A 4-H Cloverbuds member participates in noncompetitive, age appropriate, properly supervised events or activities sponsored or conducted by the local 4-H program. The 4-H Cloverbuds program is based on cooperative learning. The 4-H Cloverbuds member is to participate in activities and opportunities where the member practices developmental skills, discovers talents and learns about fairness in a nonjudgmental environment.

The 4-H Cloverbuds member may exhibit or showcase activity-related items from their 4-H Cloverbuds' experiences at appropriate locations. The 4-H Cloverbuds member may not participate as a competitive exhibitor and is not eligible to receive premiums or awards in traditional 4-H events. The 4-H Cloverbuds member may receive a 4-H Cloverbuds ribbon. Cloverbuds may showcase one exhibit at the Cowley County Fair.

The 4-H Cloverbuds member is allowed to showcase a pet from the approved list in accordance with 4-H Cloverbuds pet policies. The 4-H Cloverbuds member may not have 4-H livestock exhibits that require long-term ongoing care or weigh-ins, nor can the member participate as a competitive 4-H exhibitor within livestock divisions.

### Pet Policies:

- A 4-H Cloverbuds member may showcase a pet from the approved pet list.
- Wildlife cannot be allowed (as per the Kansas Wildlife and Parks Policies and Statutes).
- All pets must be caged, leashed, and/or contained as appropriate and manageable/under-control. • A parent or guardian must be present with their child and pet at all times.
- Pets cannot be included in overnight exhibits at the fair but may be used as show-and-tell activity or showcase.

### • Approved Pets:

Amphibians- frogs/toads  
Fish  
Mice

Ant Farms  
Gerbils  
Parakeets

Cats  
Guinea Pigs  
Rabbits

Dogs  
Hamsters  
Rats

## 4-H CLUB MEETINGS

### WHAT ARE THE PURPOSES OF 4-H CLUB MEETINGS?

The purpose of the 4-H meetings are to help boys and girls:

- Acquire new information
- Learn to use leisure time creatively
- Develop social skills
- Acquire leadership and citizenship traits

4-H members are given the opportunity to learn and practice decision-making in group situations by using the knowledge and skills acquired at these meetings. 4-H members are expected to attend the monthly meetings.

PARENTS ARE ENCOURAGED TO ATTEND MEETINGS WITH THEIR 4-H'ERS. 4-H is a family affair.

## 4-H PROJECTS

The 4-H project is the “gateway” to the rest of the 4-H program. Projects provide the basis of the 4-H program by offering various educational experiences. Carrying out a project will help the member “learn by doing” as well as learn “why” things happen the way they do.

Projects are real life experiences that help 4-H'ers learn to make sound decisions. Projects put the hands and mind to work.

The selection of 4-H projects has expanded greatly over the years. There are now over 30 different projects with different levels or degrees of advancement. Most of the projects have been planned with several levels so that a member may advance to more difficult and challenging activities. 4-H projects take on a wide variety of interests and activities and are designed to attract members regardless of their place of residence, economic status, race, color, religion, national origin, sex or disability.

### WHAT ARE THE OBJECTIVES OF 4-H PROJECTS?

- 1) Create a sense of ownership.
- 2) Give a feeling of achievement.
- 3) Strengthen family and community ties.
- 4) Provide members the opportunity to:
  - i) Learn project skills
  - ii) Develop and understand project knowledge
  - iii) Develop good attitudes
  - iv) Assume responsibility
  - v) Provide healthful competition
  - vi) Make meaningful decisions
- 5) Provide leisure time activities.
- 6) Explore career opportunities and thus the need for continued education.

### HOW DO YOU SELECT PROJECTS?

Parents and members should know and fully understand what is expected of the 4-H'ers before enrolling in the project. Projects are selected early in the 4-H year when enrollment cards are filled out. Usually, younger members should limit their projects to one or two. Older, experienced members are able to complete several different ones, including those that are more difficult.

In selecting projects, consider:

1. Does it meet the need and interests of the member?
2. Is the project in keeping with age and ability (physical and mental) of the member? Will it challenge him educationally?
3. How much time does the member have and how much time does the project require?

What season of the year has most of the activity of the project taken place?

4. Is the project acceptable to you as parent and does it fit into the family needs and situation?
5. How much will the project cost?
6. Is adequate space and equipment available?
7. Is there an opportunity for ownership and management responsibilities?
8. Are there leaders to help with the project, or are you willing to help the member with the project?

## **WHAT IS THE “GUIDE TO PROJECT SELECTION”?**

The Guide to Project Selection lists guidelines and suggested learning experiences for the various projects. It is available at [www.kansas4-h.org](http://www.kansas4-h.org) or from the Cowley County Extension Office.

## **HOW ARE PROJECTS CONDUCTED?**

Project work is conducted through various activities and events such as:

1. Project meetings in the local club.
2. Demonstrations and talks at regular club meeting.
3. Tours.
4. Family activities or work at home.
5. Exhibiting at shows and fairs.
6. Record keeping.

## **WHAT IS THE ROLE OF THE PROJECT LEADER/COORDINATOR?**

4-H project leaders are people who have an interest in a particular area. They are willing to share their time, talents and efforts with a group of young people.

You could be a project leader! It doesn't take an expert to be a project leader. The most important ingredient for project leaders is that they be interested in working with youth. If you would consider being a project leader, visit with your club's community leaders or parent committee members. It is recommended that project leaders give 6 hours toward the project area in which they are involved in the given 4-H year. Project leaders are asked to commit to a one year renewable term as a leader.

Training meetings for project leaders are conducted at a county level. Also, many projects have leader's guides to assist leaders.

Many clubs have a policy that unless more than two or three members are enrolled in a project, no project leader will be obtained. Parents will be expected to help the member with his project in this case.

## **HOW DO I BECOME A VOLUNTEER?**

The Volunteer Screening process is the 4-H program's tool to match the volunteer and their skills to volunteer opportunities in the club or county program. All parents and other adults working with 4-H are required to complete the process.

The process for becoming a 4-H volunteer is:

1. Contact the 4-H Agent, Sarah LaGrone. ([slagg11@ksu.edu](mailto:slagg11@ksu.edu) or 620-221-5450)
2. Complete an interview with the 4-H Agent.
3. Enroll in [v2.4honline.com](http://v2.4honline.com)
4. Complete the volunteer orientation trainings in [v2.4honline.com](http://v2.4honline.com)
5. Complete the online backgrounds checks at <https://tinyurl.com/cbc-Kansas4H>
6. The 4-H Program Development Committee reviews the applicant and makes recommendation to the Cowley County Extension Council Executive Board for approval.

Volunteers must enroll in [v2.4honline.com](http://v2.4honline.com) annually. All volunteers are required to complete and pass the criminal background check every three years.

If you have questions about your volunteer status, please contact the Extension Office.

## **4-H RECORDS/AWARDS**

Each 4-H'er should keep a record of his 4-H work. Records are not an extra task, but are a part of 4-H work. Few young people enjoy record keeping. However, the record keeping habit is quite valuable

## **WHY ENCOURAGE 4-H'ERS TO KEEP GOOD RECORDS?**

A good 4-H record is a measuring stick. Members and leaders are kept informed of the member's progress and this helps stimulate self improvement.

- A good 4-H record is a mirror. It will reflect accomplishments, growth and development.
- A good 4-H record teaches a desirable habit. Developing this habit early in life is a valuable asset.
- A good 4-H record can be achieved only when there is cooperation between members, parents and leaders

## WHAT TYPES OF RECORDS ARE THERE?

4-H'ers are asked to complete a minimum of three different record sheets each year. (All of these forms are available on the Cowley County 4-H website, [www.cowley.k-state.edu](http://www.cowley.k-state.edu))

These are kept in a notebook or folder, call 'Kansas Project Records'. Each year, record books are evaluated at the county level. If quality merits and age requirements are met, they will be evaluated at the area level. (if awarded, the record book can go to state level)

The minimum requirements are:

- Personal Page - Contains space for a picture of the member, listing of projects carried and the 4-H Story. A new personal page is issued each year.
- Personal Record Sheet - The summary of all projects, exhibits made, offices held, events attended and other participation for the entire year is made on the permanent record. This record sheet is used year after year.
- General Project Report Form or Animal Project Report Form- The Project Report Form is the record sheet used for Cowley County record book evaluations. A separate form is used for each project. Each Project Report Form has separate sections where the member will list their goals for the project, knowledge learned, size of the project and citizenship or leadership in the project. Age appropriate forms are available for members who are 7-8 years, 9-13, and 14 and older. 4-H'ers are encouraged to work on records throughout the year as they do their project work. Many project leaders assist 4-H'ers with their records at the project meetings or club meetings. The 4-H year runs from October 1 to September 30 of each year. Records should include all activities regarding the 4-H'er and his or her projects during the 4-H year.

Younger members can complete their records in pencil. Older 4-H'ers should write in ink or type the records themselves. Parents may assist with completing records, but should not fill them out for the member. Completed record books are signed by Community Leaders and turned in to the Extension Office in September.

## HOW ARE RECORD BOOKS ASSEMBLED?

4-H Record Books should be turned in in a three-ring binder, or a report folder with three brads in the center. One book should be turned in for each project. Members may make copies of Personal Page and Permanent Pages for each project book submitted. Parents will need to help younger members with the assembly of his/her record book.

Order of assembly is:

- Project Recognition Check Sheet
- Current year's Personal Information Page
- Age appropriate General Project Report Form or Animal Project Report Form with photographs
- Permanent 4-H Record

The award is not an end in the 4-H program. The objective of awards is to encourage and further a youth's educational development and to help him look further up the road of achievements. Some recognition and awards offered in the county as incentives are:

### *4-H Achievement Pins:*

All 4-H'ers are encouraged to work toward receiving the achievement pins. Members should be given a pin application at the beginning of the 4-H year. 4-H'ers can apply and receive one pin during the 4-H year and must complete the pins in sequence. In order to receive an Achievement Pin, the member must complete a Record Book. The following pins are awarded annually at the 4-H Achievement Celebration:

- Membership
- Bronze
- Clover
- Emerald
- Silver
- Silver Guard
- Gold
- Gold Guard



### *Key Award*

Key Awards are presented by the state to one percent of 4-H'ers in Kansas. Selection is based upon all-around 4-H leadership and participation in local, county and state 4-H activities. Minimum age to receive a Key Award is 16. Applications for this award should be obtained early in the year and are due with Kansas Project Record Books in September.

### *Kansas 4-H Scholarships*

Scholarships are available to outstanding Kansas 4-H'ers who are in college or who will enroll in college in the fall. There are also National 4-H Scholarships. Applications are available in the Extension Office and are due in late January or early February. Details are given in the 4-H Flash or at [www.kansas4-h.org](http://www.kansas4-h.org).

### *County 4-H Scholarships*

Several county 4-H scholarships are available from Junior Leaders, 4-H Council and the Cowley County 4-H Development Fund. Scholarship applications are available online at [www.cowley.k-state.edu](http://www.cowley.k-state.edu) or in the Extension Office and are due in September with record books.

## **4-H ACTIVITIES**

### **LOCAL CLUB ACTIVITIES**

#### *Officer Training (October)*

Each fall a training program is conducted for newly elected club officers. This may be done within the club or on a county-wide basis. Training includes responsibilities of the office, leadership techniques and "how to" for individual officers.

#### *Club Projects*

Clubs may select a project that the members work on as a group. Examples of projects might include conservation, safety, leadership or citizenship. The purpose of the club project is to perform a service to the community and to encourage unity and fellowship between club members.

#### *Additional Club Activities*

These are planned by the individual 4-H clubs. Visit with your club's community leaders about the particular activities of your local 4-H club.

### **COUNTY-WIDE ACTIVITIES**

#### *School Enrichment Program*

Provides 4-H project experiences to school groups to supplement educational programs with Extension materials.

#### *4-H Day*

4-H'ers make public presentations to share things they've learned in 4-H.

Presentations include:

1. Project Talks – A short talk about the member's project. This area is limited to younger members.
2. Demonstrations – A show and tell type presentation where the 4-H'ers share something they've learned in 4-H.
3. Illustrated Talks – These talks differ from demonstrations in that the tell how rather than show how. Charts and models are important to this type of talk.
4. Musical numbers – Vocal and instrument solo or group numbers.
5. Performing Arts – Dance, mime, skits and short plays can be given as an individual or group.
6. Model Meetings – This meeting gives the 4-H club an opportunity to present a meeting (either scripted or non-scripted) before a judge to be evaluated on Parliamentary Procedure.

4-H'ers are divided into junior, intermediate and senior age division for local and regional competition. The events are usually held on a Saturday in February. Model meetings are an exception as they are evaluated prior to 4-H Day.

### *Judging Schools and Contests (Spring and Summer)*

Judging schools and quiz bowls provide a fun way for 4-H'ers to learn more about their projects and how to make decisions. Judging schools are available for 4-H'ers to attend in life skills (foods, clothing and home environment), livestock (beef, sheep and swine), horse, meats, dairy, poultry, photography and horticulture. Quiz bowls are available in horse and dog. Dates and details are announced in the 4-H Flash.

### *County 4-H Camp (June)*

4-H'ers camp at Rock Springs State 4-H Center, near Junction City with other 4-H'ers from across the state. County Camp lasts four days and three nights and is for 4-H'ers who are third grade through 8th grade complete in the current year. A fee is charged to each camper and scholarships are available.

### *County Fair (Late July, Early August)*

This is the official showing of exhibits. 4-Hers must be enrolled in 4Honline. Fair pre-entries are entered at [www.cowley.fairwire.com](http://www.cowley.fairwire.com). And active enrollment does NOT mean you are entered in the fair. Each 4-H family receives a County Fair Book which lists the show rules and classes. Pre-entry instructions will be sent to each family in June, and must be correctly completed and entered by the specified deadline. Entries must be received by the deadline in order for 4-H members to compete. Since this is the County Fair, the exhibitors receive prize money for their placings. In most projects, those receiving a purple ribbon at this show are eligible to compete in the Kansas State Fair if they meet the age and project requirements.

### *Consultation Judging*

In this type of judging, the judge and 4-H member visit about the exhibit being evaluated. Knowing "why" they receive the ribbon they do greatly increases the learning experience. Consultation judging is used in several departments at the fair. Parents may hear the conference with the judge, but may not enter into discussion.

### *Achievement Night (Second Saturday in November)*

The 4-H Achievement Night is held annually to recognize 4-H members and volunteers for their accomplishments during the year. Many awards including County Champion, Key Award, etc. are presented. Club awards are also presented. Leaders are recognized for their service.

### *Community Leader Training*

Training meetings may be scheduled in conjunction with Officer Training for Community Leaders each year. This is a unique opportunity for leaders to learn or re-learn the basics of Cowley County 4-H and gain valuable ideas for enhancing their clubs.

## **STATE AND NATIONAL ACTIVITIES**

### *Dog Conference and Quiz Bowl (October)*

An educational conference, judges training and youth quiz bowl for 4-H'ers involved in the Dog Project.

### *Horse Panorama (January)*

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. There will also be educational activities for 4-Hers of all ages.

### *Citizenship In Action (February)*

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.

### *National 4-H Congress (late March to early April)*

4-H delegates from each of the 5- states meet in Washington, D.C. to share ideas and plan for future 4-H programs. Kansas sends 2-4 delegates to the conference. conference activities.

### *4-H Discovery Days (Early June)*

Discovery Days is a project enrichment and career exploration conference on the campus of Kansas State University. 4-H members 12 and older, 4-H leaders and parents can join over 1600 others from all over Kansas in conference activities.

### *IFYE (International Four-H Youth Exchange)*

These programs provide youth aged 16-25 and adults the opportunities to learn another culture by living it. Programs include a four week family visit in Japan, or a six to eight week experience traveling to another country. Adults can spend three to four weeks touring a country to see programs similar to 4-H. Funds for the youth programs are provided by the participants, Kansas 4-H Foundation, National 4-H Council, County 4-H Councils and other friends of IFYE.

### *Host Families*

Kansas 4-H families can serve as hosts to IFYE exchangees. Applications are available in the Extension Office.

### *Kansas State Fair (September)*

4-H'ers who receive top blue or purple ribbons at the county fair may exhibit in the 4-H division at the State Fair in Hutchinson. The minimum age for exhibitors is 9 (by January 1) in most departments. In addition, 4-H'ers represent our county in style revue, quiz bowls, demonstrations, informal presentations, and on judging teams.

### *Kansas Junior Livestock Show (Late September/Early October)*

4-H'ers can enter beef, sheep, swine and meat goats in this show and sale held at the Kansas Coliseum near Wichita.

### *National 4-H Week (First full week in October)*

A week is set aside each year to recognize and promote 4-H across the country. Each year a theme highlights the week and we use it throughout the year. Many of our clubs will have a window display or some sort of promotion in schools and communities across the county.

### *Kansas Youth Leadership Forum (November)*

This is a 3-day, state wide conference of workshops and activities for teens (age 14-18). Participants learn how to be a better leader, develop networks and share ideas.

### *Citizenship In Action (February)*

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 familiarize youth with the capitol building, but will also show them how they can affect the legislative process.

### *Citizenship Washington Focus (June)*

Each year 4-H'ers attend this short course at the National 4-H Center in Washington, D.C. Delegates are involved in citizenship-leadership workshops in addition to viewing the historic area. Delegates must be 15 years of age or over and have been in 4-H at least three years.

## WHO'S WHO IN 4-H (COUNTY AND STATE LEVEL) COUNTY LEVEL

### *JUNIOR LEADERS*

The Cowley County Junior Leaders organization is open to all Cowley County 4-H members age 12 and older. Junior Leaders serve in a leadership role within their clubs and communities. Activities include community service projects, monthly meetings, fundraising and educational trips. The Junior Leaders meet on the third Monday of every other month at the Extension Office meeting room.

### *AMBASSADORS*

The Cowley County Ambassadors serve as promoters for the 4-H program in Cowley County. 4-H'ers 14 and older go through an application process to become part of this elite group. The Ambassador team and their sponsor(s) develop a 4-H public relations program. Ambassadors work throughout the year to promote Cowley County 4-H.

### *4-H COUNCIL*

Cowley County 4-H Council is the governing body for Cowley County 4-H. Each club is expected to provide two youth and one adult representative to the bi-monthly meetings. The 4-H Council makes decisions about county-wide events. 4-H Council raises money each year from the 4-H Foodstand at the Cowley County Fair to help pay for events including Achievement Night, Fashion Revue, County Club Day, Foodstand improvements, County Camp Scholarships, college scholarships and more.

### *COWLEY COUNTY 4-H DEVELOPMENT FUND*

The purpose of this non-profit organization is to use private donations to support and promote Cowley County 4-H youth achievements. In particular, the 4-H Development Fund provides college scholarships annually, Leadership Development Grants, and help offset additional program expenses.

### *COWLEY COUNTY EXTENSION COUNCIL*

The Cowley County Extension Board is comprised of 24 elected individuals on four county Program Development Committees (PDC's). The PDC's include 4-H Youth Development, Agriculture and Natural Resources, Family and Consumer Science and Community Development. The PDC members are responsible for determining county and stakeholder needs in Extension programming.

### *COWLEY COUNTY EXTENSION COUNCIL EXECUTIVE BOARD*

The Executive Board is a nine-member board elected from county PDC members. The Executive Board is the governing body for Cowley County Extension. Board members oversee Extension programming in the county. The Executive Board meets once a month in an open meeting format. Monthly meeting dates are posted on the Cowley County Extension website ([www.cowley.k-state.edu](http://www.cowley.k-state.edu))

### *4-H PROGRAM DEVELOPMENT COMMITTEE*

This group is a body of six elected people. They are responsible for the program direction on a county-wide basis. They implement and help to carry out new programs and suggest improvements. This group meets on an as-needed basis.

### *EXTENSION AGENTS*

They are the professionals who help carry out the Extension Program including 4-H, Family and Consumer Science, Agriculture and Natural Resources, and Economic Development. Our county has two agent positions.

**Sarah LaGrone**, 4-H Agent, has 100% 4-H appointment and concentrates solely on 4-H and Youth Development in our county.

**Becky Reid**, Family and Consumer Science Agent, provides consumer programming to local constituents and helps to organize 4-H activities in Family and Consumer Science.

The Extension Office is located in the southeast wing of the Cowley County Courthouse at 311 E. 9th Ave. in Winfield.

## STATE LEVEL

### *STATE SPECIALISTS*

These people have responsibility for the 4-H program on a state-wide basis. The state and area specialists support specific parts of the Kansas 4-H program. They are based at Kansas State University in Manhattan, Kansas.

### *KANSAS STATE UNIVERSITY*

As a land grant university, K-State has the responsibility for taking education to the people of the state. The 4-H program is part of that directive.

### *ROCK SPRINGS 4-H CONFERENCE CENTER*

A state-wide 4-H camp located near Junction City, Kansas.

### *KANSAS 4-H FOUNDATION*

This non-profit organization works to provide additional resources for the 4-H program. They sponsor scholarships, funding for programs and assist where needed.