

4-H FLASH



Cowley County 4-H News

January 2021

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The new year is an excellent time to start setting project goals. It's important to plan out what you want to do and accomplish with your projects. What new skills would you like to gain? How will you learn them? What do you want to achieve? Who will help you get there?

Goals are like a road map. They allow us to plan and list what we want to accomplish and make a plan to get there. Your goals should be measurable so that you can check to see where you're at on the way to accomplish them. Good goals include three specific things:

- Action- How you are going to do something.
- Result- What you are going to do. Be specific.
- Timetable- When you are going to do it.

Here's an example of taking a goal to a great goal.
First: I want to make snacks for Sunday School.

Revised: I want to make healthy snacks for my Sunday School class in January.
Make sure your goals contain all three parts (Action, Result, Timetable). As an added measure of success, evaluate your goals based on the "control test". You should have control over your goals, meaning you have control over all the parts of what happens. For example, "I want to win showmanship at the Cowley County Fair" does not pass the control test because a 4-H member does not have control over their placing.

Kansas 4-H has a great resource to help you plan out your project goals. Check out "[Setting 4-H Project Goals](#)". Additional information that will be helpful is found on the [Kansas 4-H Project Report Evaluation Score Sheet](#).

—Kelsey Nordyke

Upcoming Meetings

4-H Council and Junior Leaders will meet Monday, January 18th. 4-H Council will meet first at 7pm followed by Junior Leaders at 7:45. If you were selected to represent your club at 4-H Council and find you cannot attend, please let your leaders know and find another member to serve in your place.

Extension Office Closed

The Cowley County Extension Office will be closed December 24th - January 1st, 2021.

We will re-open on January 4th, 2021.

We will also be closed Monday, January 18th in observance of Martin Luther King, Jr. Day.

In this issue:

4-H Day

Horse Panorama

Beef Weigh In

Citizenship in Action

Project Leaders



Membership

In order to be a regular member of Cowley County 4-H, the member must be 7 before January 1st, 2021. New members and returning members will need to complete enrollment online (v2.4honline.com). Please complete the health form in its entirety. Missing information will result in an incomplete request to enroll and will not be accepted.

There is a \$15 fee for every enrolled 4-Her.

(Cloverbuds and adult volunteers are not charged).

Enrollment is not accepted by the state until the fee is received. More information can be found in the [4-H Program Fee Guide](#).



County-Wide Committees

We are looking for a few good 4-H families to help conduct county-wide events! Become a part of a County-wide Committee. Committees are: National 4-H Week, Awards (adults only), 4-H Day, Fashion Revue, Achievement Night, Budget and Fair/Shows. For more information on what each committee does, contact Kelsey at 620-221-5450, 441-4565, or knordyke@ksu.edu. To sign up for a committee, visit

<https://goo.gl/forms/zJiSbXsANB7ckAFR2>.

Adults and Teens

Cowley County 4-H is in need of county-wide project leaders. If you are interested in sharing your expertise or coordinating learning experiences for a specific project, please contact Kelsey at 620-221-5450, 441-4565, or knordyke@ksu.edu.

Project Materials

The Extension Office has a variety of 4-H souvenirs, project materials and curricula available for checkout and/or purchase on display at the Extension Office.

Southeast Area KAP Screening

Adult volunteers are needed to screen KAP's for the Southeast Area Friday, January 14th in Fredonia. This is a great opportunity to give back (especially if your member has ever sent a KAP to area or state screening) and to learn about what kids in other counties are doing with their projects. Please contact Kelsey by Tuesday, January 5th if you are willing to serve.

4-H SPIN Club -

The Entrepreneur Club will be meeting the 1st and 3rd Thursdays in January, February, and March at 7 p.m. E-mail bkreid@ksu.edu for the Zoom link. We hope to see you there!

This club will help 4-H (and other youth) learn and practice business skills to make money from their projects. This 4-H SPIN (Special Interest) Club is being coordinated by 4-H member Abigail Reid as a junior leadership project.

Shooting Sports News

Club Meeting

January meeting has been cancelled.

Please check your email, and the Shooting Sports Facebook page for updated to practice schedules in January.

For more information, contact Shooting Sports Coordinator, Austin Waite at 620-222-1982 (no texting) or cowley4hshootingssports@gmail.com

Updates in between Flash Newsletters can be found on the Facebook page, Cowley 4-H Shooting Sports. For more information, go to www.4hshootingssportscowleyks.com

Citizenship in Action (CIA)

Citizenship in Action will be a virtual event in 2021. Plans are being made for programming on February 14 and 15.

The current plan is a community conversation, including deliberating and finding common ground on Sunday afternoon (tentatively 1 p.m. to 5:30 p.m.). The Sunday afternoon session could potentially (depending on Covid-19 Restrictions) be a local "watch party" where you have your own conversation as a community of 4-H members.

On Monday the program will begin after lunch and be an opportunity to hear how others decided to make a difference and make a plan to do the same. Tentatively 1:00 p.m. to 4:30 p.m.

Registration should open in early January and will be due Monday, February 1. More information will be available soon.

State 4-H Scholarships

The 2021 Kansas 4-H Scholarship process will be online applications. These will be available by December 23rd, 2020. The 2020 applications are still posted for a reference to what kind of information is needed.

Please continue to check [awards and recognition](#) for more information.

Kansas Clover Classroom

The [Kansas Clover Classroom](#) features free, online lessons to explore Kansas 4-H projects. Some of the initial activities include getting to know your camera; learning about pollinators in the garden; and knowing the differences between quick bread and yeast bread.

The online activities are developed at different skill levels. So, even if you've never done photography before, the lesson will give you some things to get you started in photography.

More activities will be routinely added in the future. The early lessons are based on the most popular 4-H projects in past years.

The classroom is located on the Kansas 4-H website, Kansas4-H.org; select 4-H Clover Classroom under the Resources tab.

Club Volunteer Resources

As a resource for club leaders the North Central Region Volunteer Specialists have created a new online training resource: "[4-H EZ: Recipe for Community Club Success.](#)"

This training includes 6 videos, handouts, and resources that go with the videos. Volunteers can watch the videos and review the handouts and resources designed to help create a better club experience. We have also included a "4-H EZ Application Guide" that allows you to reflect on the videos and apply the information specifically to your 4-H Community Club.

This online training can be completed by an individual as volunteer development or with a group of youth and adult volunteers. The videos are set up so they could be completed all in one setting or divide them up, as needed, for a busy schedule.

The videos are available at: <http://bit.ly/4-HEZ>. Click on the heading of each section to go to the video. You'll first be asked to sign in, then you can click on the video link. At the end of each video, you'll be asked to reflect on something you have learned and offer suggestions for future training opportunities.

Thank you for your interest in strengthening your 4-H Community Club!



4-H Day 2021

PLEASE NOTE - As an update to the December flash, a few 4-H Day categories will not be available due to technology limitations and safety expectations. Group entries such as ensembles, chorus, skits, plays, and model meetings will not be available in 2021.

Cowley County 4-H Day will allow youth to upload recorded entries using Flipgrid. Interested youth should pre-enter to receive the Flipgrid code and password.

PRE-ENTRY LINK:

https://kstate.qualtrics.com/jfe/form/SV_1yM0jqsIXmSa63j

What is flipgrid?

Flipgrid is a fun application used in many schools for interactive, virtual learning!

How do I access?

After you pre-enter for Club Days, you will receive the Flip Code and password via e-mail. The Flip Grid home page is: <https://info.flipgrid.com/>

What do I include?

Review the "Guidelines for 4-H Day" to understand expectations (timing, memorization, score sheets.) You will need a video camera or smart phone to record your presentation to upload into Flipgrid.

How much time do I have?

Each topic (aka entry) has a time limit for the video. You can review, edit, and record again before you upload.

What feedback do I get?

Feedback from the judge will come via email with either video and written follow up. This is private information and is not available to other users.

What if I need more help?

Family training is available at: https://www.kansas4-h.org/resources/2020_fair_and_alternative.html

When is my entry due?

Flipgrid submissions will be due on Monday, February 1 by 5 p.m.

NEW for 2021 - Gavel Games - Turbo Edition

Gavel Games Turbo will be available instead of Model Meetings. Visit the "Gavel Game Guide" on the Cowley

4-H website to see how this is a simplified version of a model meeting and emphasizes effective meetings.

This contest will consist of teams with three-five 4-H Members taking the roles of: President, Vice-President, Secretary and Treasurer. One additional 4-H member may participate on the team as an at-large member (optional). Teams are encouraged to pre-assign and practice their roles.

In Gavel Games Turbo, teams are required to do a main motion and one other motion from a list of parliamentary procedure problems. The emphasis is understanding how a 4-H meeting runs effectively and how to properly make a motion.

Teams can select fun themes and business topics. Video examples are posted on the Cowley website. For the Turbo entry, teams will have 10 minutes to record content to upload into Flipgrid.

Extra 4-H Day Opportunities

Online contests will be available for youth during February, including Photography Judging and Family and Consumer Sciences judging. These contests will allow youth to examine and rank multiple options based on a scenario. Options will be available for first timers, juniors, intermediates, and seniors. Judging contests are an opportunity for skill building.

Favorite Family Foods Contest

Eating together encourages family togetherness, provides better nutrition and is enjoyable! Showcase how you enjoy your "Favorite Family Foods" via Flipgrid. Participants choose their favorite menu and prepare one item. Take photographs of the food (and the member in action) and upload to the Flipgrid. The menu can relate to a theme or special occasion.

Consider a team entry with older family members helping younger youth. Your Flipgrid should include photos or video of the:

- 1) menu (consider MyPlate recommendations)
- 2) place setting (placemat, napkin, flatware, plate, cup).
- 3) the member(s) in action making one item from the menu (favorite family food)
- 4) close-up photo of the food item

Entries are requested by February 15 (please note, this is later than other 4-H Day entries).

Visit the [Favorite Family Foods Contest](#) webpage for photo examples.

Cowley County 4-H Livestock

2021 4-H Program Year Tagging Procedures
COVID - 19 & Cowley County 4-H FAQs

The following livestock nomination (tagging/ownership) procedures allow for processes based on the level of severity of COVID-19 cases in Cowley County in order to keep our volunteers and participants safe.

YQCA training

YQCA is required for members who will exhibit at the Kansas State Fair and/or Kansas Junior Livestock Show and must be completed by the specie specific nomination deadline (May 1 for Beef, June 15 for small livestock species). Until further notice, 4-H'ers may complete YQCA online. In-person training **may** be scheduled at a later date in the spring.

What are we going to do about tagging animals?

Three levels of procedures will be put into place. They are as follows:

Level 1: Tagging will take place just like a "normal" year. All county tagging procedures will take place in person. KSRE staff, volunteers and youth participants will observe social distancing and masks must be worn. Beef Tagging: Sunday, March 7; 1:00-3:00 p.m., Winfield Livestock Auction.

All market beef must be weighed and tagged with an official 4-H EID eartag. This includes Second Year Bucket Calf Market Steers and Second Year Bucket Calf Market Heifers.

Commercial (heifers that are not registered with a breed association) must also be tagged with an official 4-H EID eartag by Cowley County Extension Staff. Members are encouraged to bring Commercial heifers to Beef tagging day to be tagged.

Small Livestock Tagging (Sheep, Swine, Meat Goat, Bucket Calves): Tuesday, April 27; 4:00-6:00 p.m., Winfield Fairgrounds.

All breeding and market sheep, swine and meat goats must be tagged with an official 4-H EID eartag. Sheep and Meat Goats will be weighed to establish in initial weight for the rate of gain contest. Families who are unable to attend the tagging in-person, must contact the Cowley County Extension Office in advance to schedule an alternate tagging date. All small livestock **MUST** be tagged by May 1, 2021.

Bucket calves may be brought to the fairgrounds to be tagged. However, bucket calf tags may also be purchased over the counter and tagged by the 4-H

family. Bucket calves must be born between January 1 and May 31 of the current 4-H program year and must be tagged prior to the Cowley County Fair.

Level 2: All county tagging procedures will take place in person. However, 4-H families will schedule an appointment for tagging and all 4-H families will be required to remain in the vehicle. Designated volunteers and KSRE staff will tag and/or weigh all livestock. Tagging dates will take place as indicated in Level 1. Families must schedule tagging appointment in advance.

Level 3: No in-person tagging will take place. All members will be required to complete the Livestock identification form found at <https://www.cowley.k-state.edu/4-h/livestock2020.html>. Forms must be emailed to klnoordyke@ksu.edu. Videos must be uploaded to the private Facebook group for each respective specie.

Livestock Judging Winter Workout

Join us Saturday, January 23 for a live livestock judging practice! This workout is open to all ages of youth interested in learning more about evaluating livestock.

We'll begin at 10:00 a.m. and will be hosted by Tatum Farms and LaGrone Farms. Judges will have the opportunity to evaluate and receive feedback on the following classes: Market Hogs, Breeding Gilts, Breeding Heifers, Market Heifers, Yearling Bulls. Note-taking and oral reasons will be taught and practiced. Participants must wear face masks and social distancing will be observed.

Parents are welcome to attend with their youth.

Contact Kelsey at the Extension Office for directions and more information.



Horse Panorama

Due to Rock Spring's current closure, the Horse Panorama will not be held in January. Instead, the Horse Action Team will host Hippology, Public Speaking, Demonstrations/Talks, Photography, Logo, Poster, PowerPoint, Ad Layout, and Model Horse Show virtually in 2021. The exact dates are yet to be determined.

In addition, tentatively, Quiz Bowl will join Horse Judging and be hosted with our Kansas Horse Council partners at Equifest March 5-7 in Salina. This plan will be tentative until we learn more about Salina Co. health orders in mid-January. If COVID-19 restrictions prevent us from hosting these contests in the spring, the Horse Action Team is exploring virtual options. Announcements will be made as plans are finalized.

Junior Producer Days

The 2021 KSU Junior Producer Days will be hosted virtually as week-long educational events this year. Kansas Junior Swine Producer Week will be February 15-20, 2021, with Kansas Junior Meat Goat Producer Week being March 15-20. There will be a few presentations throughout the week, with each of the programs wrapping up on Saturday morning. All of the sessions will be recorded and shared with those who register, so families may participate at their own pace and as their schedule allows.

The junior day events will be free this year, thanks to our gracious sponsors, but all participants will still need to register. This includes both youth and adults. Families also need to use an email address someone from the household checks on a regular basis, as that is the method of communication we will use to share links and specific details with attendees. Participants will need to register by February 8 and March 8, respectively, to receive the appropriate information.

Here are the registration links:

Swine: <https://bit.ly/KSUJrSwineWeek>

Meat Goat: <https://bit.ly/KSUJrMeatGoatWeek>

ACCIDENTALLY OMITTED



Addison Robinson, Udall 4-H Club completed a KAP on the horse project, earned an Intermediate Certificate and an Emerald Achievement Pin.

Cowley County Project Leaders

The following volunteers are currently serving as county-wide project leaders.

- Austin Waite- Shooting Sports Coordinator, Rifle, Shotgun
- Joe Rasico, Shooting Sports, Archery
- Justin Deal, Shooting Sports, Archery
- DJ Holland, Shooting Sports, BB
- 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
- Jared Crittenden, Shooting Sports, Shotgun
- Pete Nulik, Shooting Sports, Shotgun
- Angie Krepps- Horse and Leathercraft
- Brayden Krepps- Horse and Leathercraft
- Dale Weishaar- Entomology
- Becky Henderson- Dairy Cattle
- Andy Murphy- Dairy Cattle
- Scott Murphy- Dairy Cattle
- Mary Foster- Food Preservation
- Vernan Stout- Horticulture/Floriculture, Food Preservation
- Rachel Hanna- Dog



All dates are subject to change.

**Requests to be on the agenda for 4-H Council and/or Junior Leaders must be submitted in writing at least one week prior to the scheduled meeting. 4-H Council and Junior Leaders meet the third Monday of the odd months unless otherwise noted.

OCTOBER

- October 1- New 4-H Year begins
- National 4-H Week (first full week in October)
- Volunteer Screening renewal
- 1st week in October- Record Books and KAP's are judged
- Registration for KYLF/KVF Forum due
- October 15
- State Dog Conference
- Agents attend Annual Conference in Manhattan (3rd week of October)
- 4-H Council Budget Committee meeting to prepare budget
- Project Leader recruitment

NOVEMBER

- Volunteer Screening Renewal due November 30
- Achievement Night- second Saturday
- Officer Training
- Sign up for county-wide committees
- 4-H Council Budget Committee presentation to 4-H Council
- Officer Installation- 4-H Council
- Officer Installation- Jr. Leaders
- Extension Council Elections
- Kansas Youth Leadership Forum
- Kansas Volunteer Leader Forum
- Planning for District Horse Show
- Project Leader Recruitment
- Livestock Dates published
- Citizenship In Action information published
- Fall for Extension Fundraiser (Saturday before Thanksgiving)
- Enrollment and Health info due online by November 30th

DECEMBER

- Club Organizational Reports due December 31
- Club Financial Review Reports due December 31
- 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.)
- Extension Council Annual Meeting, Extension Council Executive Board is elected

JANUARY

- 4-H Day committee meets (beginning of the month)
- Area KAP screening 2nd week of January
- Citizenship In Action Registration due January 15
- 4-H Day entries due 3rd week of January
- Horse Panorama, Rock Springs
- Planning for spring livestock shows
- 4-H Day information published
- 4-H Day schedule published (if possible)
- State 4-H Scholarships
- Discovery Days info (if available)
- Livestock ownership requirements published

FEBRUARY

- 4-H Day
- 4-H Supporters Week
- Citizenship In Action (President's Day Weekend)
- State 4-H Scholarships due
- Beef Weigh-In info published
- Livestock ownership requirements published
- Discovery Days info published

MARCH

- Beef Weigh-In and tagging- first Sunday
- State KAP Screening
- PDC Meeting
- Camp information published
- Small livestock tagging/weigh-in dates published
- Discovery Days info published

APRIL

- Cowley County Classic Steer and Heifer Show (TBA)
- Weigh-In Goats and Sheep; tag Swine and Bucket Calves

MAY

- Beef nominations due for Kansas State Fair and Kansas Junior Livestock Show (KJLS)- May 1st
- Last day to add or drop projects- May 1st, 4-H/FFA members must be enrolled by this date to be eligible to show at the Cowley County Fair
- Horse ID Forms due- May 1st, horses must be ID'd to be eligible to show at the fair and district shows
- 4-H Camp Registration due
- Cowley County Sheep and Meat Goat Show
- Discovery Days Orientation

JUNE

- Discovery Days (first week of June)
- Southeast Area Livestock Judging
- Southeast Area FCS Judging
- Southeast Area Favorite Foods Show
- Southeast Area Horticulture Judging
- 4-H Camp Orientation
- 4-H Camp (dates vary)
- Campference
- District Horse Show entries due
- Sheep, Swine and Goat nominations due for State Fair and KJLS- June 15th
- Ownership deadline for breeding livestock and Dairy
- 4-H PDC Meeting
- South Central District Horse Show

JULY

- South Central District Horse Show
- Poultry pullorum-typhoid testing for fair
- Fair pre-entries due 2 weeks before Fashion Revue
- Fashion Revue, Tuesday before fair
- Foodstand clean up
- Horse Show, Saturday before fair
- Fair set-up
- State Fair Livestock entries due- July 15th





AUGUST

- Cowley County Fair
- State Fair non-livestock entries due (Friday after Cowley County Fair)
- KJLS entries due (August 1)
- State Livestock Sweepstakes (last weekend)
- Kansas All Breeds Dairy Show
- National 4-H Week Committee meets
- Awards Committee meets to plan record book screening



SEPTEMBER

- National 4-H Week information in the 4-H Flash
- Record Books, KAP, Pin Applications, County Scholarships due
- Club Seal Reports due
- County Fair Suggestions due
- Kansas State Fair- non-livestock exhibits due in the Extension Office Thursday before the State Fair.
- 4-H Council Foodstand at Walnut Valley Festival, 3rd weekend
- 4-H Council Officer Elections
- Junior Leaders Officer Elections
- PDC Meeting to discuss fair changes
- Welcome incoming families to 4-H

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
Extension Office Closed @ Courthouse Location				New Year's Eve		
						
3 2:15 PM 4-H Shooting Sports Project Club Mtg	4 7:00 PM Floral 4-H Mtg 7:00 PM Tisdale 4-H Mtg 7:00 PM Martha 7:00 PM Dexter/Otto	5	6 6:30 PM Udall 4-H Mtg	7	8	9
10 3:00 PM Rock Creek 4-H Mtg 3:30 PM Burden 4-H Mtg	11 7:00 PM Cameron 4-H Mtg 7:00 PM New Horizon 4-H Mtg 7:00 PM Walnut Valley 7:00 PM Sunrise 4-H	12	13	14 9:00 AM SE KAP Screening	15 Flash info to Cindy	16
17 2:00 PM Muddy Creek 4-H Mtg	18 Martin Luther King, Jr. Day 7:00 PM 4-H Council 7:45 PM Jr Leaders 	19	20 Inauguration Day	21	22	23 10:00 AM Livestock Judging Winter Workout
24	25	26	27	28	29 Happy Kansas Day! 	30
31	1	2 Groundhog Day	3 6:30 PM Udall 4-H Mtg	4	5	6 
	<ul style="list-style-type: none"> 5:00 PM 4-H Day Flipgrid Submissions 7:00 PM Floral 4-H 7:00 PM Tisdale 4-H 7:00 PM Martha 7:00 PM Dexter/Otto 					

February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	<ul style="list-style-type: none"> 5:00 PM 4-H Day Flipgrid Submissions 7:00 PM Floral 4-H Mtg 7:00 PM Tisdale 4-H Mtg 7:00 PM Martha 7:00 PM Dexter/Otto 	Groundhog Day 	6:30 PM Udall 4-H Mtg			
7 2:15 PM 4-H Shooting Sports Project Club Mtg	8 7:00 PM Cameron 4-H Mtg 7:00 PM New Horizon 4-H Mtg 7:00 PM Walnut Valley 4-H Mtg 7:00 PM Sunrise 4-H Mtg	9	10	11	12 Lunar New Year	13
14 Valentine's Day 9:00 AM Citizenship In Action 3:00 PM Rock Creek 4-H Mtg 3:30 PM Burden 4-H Mtg	15 Flash info to Cindy President's Day ... Citizenship In Action 9:00 AM KS Jr. Swine Producer Week 7:00 PM Junior Lead-	16 ... KS Jr. Swine Producer Week	17 ... KS Jr. Swine Producer Week	18 ... KS Jr. Swine Producer Week	19 ... KS Jr. Swine Producer Week	20 ... KS Jr. Swine Producer Week
21 2:00 PM Muddy Creek 4-H Mtg	22	23	24	25	26	27
28 	1 7:00 PM Dexter/Otto 4-H Mtg 7:00 PM Martha Washington 4-H Mtg 7:00 PM Tisdale 4-H Mtg 7:00 PM Floral 4-H Mtg	2	3 6:30 PM Udall 4-H Mtg	4	5	6

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I pledge...

My **head** to clearer thinking

My **heart** to greater loyalty

My **hands** to larger service and

My **health** to better living
for my club, my community,
my country and my world

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