

THE 4-H NEWSLETTER

December 2022

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A note from Sarah...

Happy Holidays! This time of year is filled with reflecting and planning for the next year. I know in our office, we are working on planning activities for a wide range of project areas. When planning projects, it is a great idea to set goals for yourself. This will be a helpful guide to plan how you will accomplish these goals. What are your goals for 2023? Will it be attending local, regional, or state events, will it be teaching others, or will it be learning about a specific skill to better a technique? The possibilities are endless on how you can accomplish your goals. Another great way to keep you on track is to start looking at project record books to see where you might need to be focusing your time and energy. You can find those under “[Youth Development/Forms](#)” on our local [Cowley County Extension](#) webpage.

This is also the perfect time of year to start recruiting and promoting 4-H within your local communities. It is a group effort to help grow our program and each and every family can help!

We have some great committees going currently and new events/programs/equipment hopefully coming this year. Be sure to keep an eye on your email, County Facebook pages and Newsletters, you will NOT want to miss the opportunities 2023 has in store.

We hope everyone has a great holiday season, eats lots of good food, and are able to spend time with family!

Contact us:

cl@listserv.ksu.edu (620) 221-5450 or (620) 441-4565
Sarah LaGrone, 4-H Youth Development, slag11@ksu.edu
Becky Reid, Family & Consumer Sciences, bkreid@ksu.edu
Cindy Stephens, Office Professional, cstephens@ksu.edu
Jewell Falletti, Office Assistant

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Cowley County Extension Office will be closed from
December 23, 2022 to January 2, 2023.

Community Leaders

December Check-Up

- * 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

- * 4-H Sewing Project Selection Meeting (Dec. 8)
- * Family Food Challenge
- * Willie & The Beanstalk Contest
- * RCB Bank Tour (Jan. 6)
- * 4-H Day (February 11)
- * [Citizenship In Action](#)
- * [4-H Media Team](#)
- * [Entrepreneur Club](#)
- * 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.

Register now!
COWLEY 4-H
Family Food Challenge

Free registration:

Provide a video response to monthly challenges to earn prizes!

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Join the 4-H Family Food Challenge. Participate in challenges, upload your video response, and qualify for free prizes!

Youth will learn more about where and how their food is grown or produced with an emphasis on safe food preparation.

Invite siblings, neighbors or friends to be part of your family team. Challenges will be released on the 10th of the month. Register [here](#) or use QR Code.

Funding for this challenge is from the Bill House Foundation gift to the Cowley County 4-H program.

Questions? Contact Becky Reid, 620-221-5450

4-H Council



January 16, 2022
Meeting Location:

“Main Street Skate”

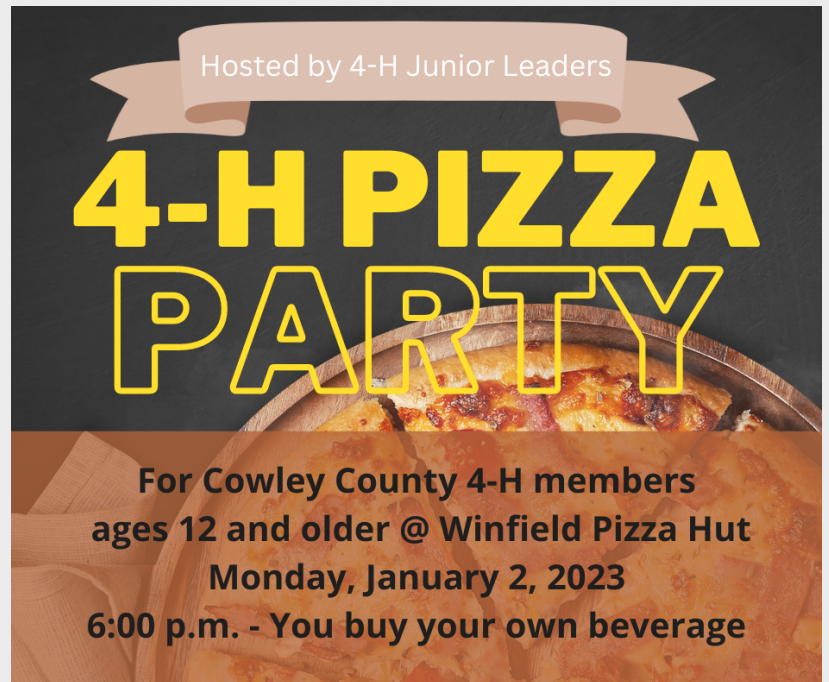
Skating rink at
515 Main St. Winfield

4-H Council reps may invite one friend.

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.

4-H Junior Leaders

4-H Junior Leaders invite youth ages 12 and older to a pizza party on Monday, January 2, 2023 at Pizza Hut in Winfield. This event will serve as the meeting for December and January.



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 Tuesday, December 6, 2022 at 6:00 p.m. The Executive Board will meet at 5:30 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

- 12/6 Cowley County Extension Council board meeting, 5:30 p.m. Winfield Public Library
- 12/8 4-H Sewing Project Selection Mtg.
- 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.)

January

- 1/2 Junior Leaders Pizza Party
- 1/3 Cowley Co. Extension Council Board Mtg. 5:30 p.m., Courthouse Assembly Room
- 1/4 Sitter Solutions; Winfield
- 1/6 4-H Bank Tour
- 1/16 4-H Council Meeting
- 1/16 Registration Deadline for Willie & the Beanstalk Contest
- Horse Panorama- Registration due Jan. 10, 2023

February

- 2/11 Cowley County 4-H Day; Winfield
- 2/20-2/21 Citizenship In Action

March

- 3/5 Beef Tagging / Weigh-In Day
- 3/11 KSU Junior Swine Producer Day
- 3/18 KSU Junior Meat Goat Day

April

- 4/23 Small Livestock Tagging Day
- 4/25 Small Livestock Tagging Day

SPREAD YOUR WINGS
AT

Insect Spectacular

JUNE 16 & 17, 2023

MANHATTAN, KS

K-STATE
Research and Extension



The Kansas 4-H Insect Spectacular, a two-day state-wide entomology workshop, will be held June 16-17, 2023 in Manhattan, Kansas. Classes will include basic pinning, basic and advanced identification, insect photography, and much more. A parent or legal guardian must attend with their 4-H'er. Registration, proposed schedule, and full information will be available in the spring. Stay tuned!

4-H Day

Cowley County 4-H Day will be held on February 11, 2023 at the Winfield Middle School, 130 Viking Blvd.

County 4-H Day is one of the first big events of the year. It's an opportunity for all 4-H members to share their speaking skills, knowledge, talents, and creativity before a larger audience. The event is also counted on achievement pin applications.

Any approved/enrolled 4-H member can participate in as many categories as they choose. There is no pre-requisite or qualifying competition required. Registration information will be in the January newsletter.

Music/Talent will include:

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

Presentations Include:

- * Demonstration/Illustrated Talk
- * Project Talk
- * Public Speaking
- * Impromptu Public Speaking
- * Pickle Power
- * Model Meeting
- * Gavel Games

Favorite Foods include:

- * Table Setting & Menu
- * Table Exhibit

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 member 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.

4-H Day Guidelines



Excellent Community Service Opportunity!

Volunteer as a club or individual to ring the bell for Salvation Army. Ark City and Winfield locations are available.

- * Ark City/ Call Jessica Dorman at 620-441-7824
- * Winfield/ Call Mark Olney at 620-222-5988

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.



Sponsored by Kansas State University Department of Agronomy

The 2023 Willie and the Beanstalk competition will be held as part of the 2023 Spring Kansas State University Open house.

Rules for the 2023 contest.

Please contact Sarah by January 16, 2023 to register. Contest is open to all 4-Hers and schools.

RSVP TODAY Sewing Project Selection Meeting It is never too early to begin planning your 2023 construction quilt or clothing projects! During this session we will be answering questions, offering help and discussing picking a project at the correct skill level with a manageable fabric while still challenging themselves with something new. 5:30 P.M. December 8, 2022 Extension Assembly Room 311 N. 9th Winfield, KS 67019 K-STATE Research and Extension Cowley County

SIGN UP TODAY to RSVP for the 4-H Sewing Project Selection Meeting.

- * December 8, 2022
* 5:30 p.m.
* Extension Assembly Room (311 E. 9th Ave. Winfield)

4-H Bank Tour

- * January 2, 2023
* 2:00 p.m.
* RCB Bank, 900 Main St. Winfield, KS

SIGN UP TODAY to RSVP for the 4-H Bank Tour!

4-H BANK Tour 900 MAIN ST WINFIELD, KS 67156 RCB BANK That's my bank! K-STATE Research and Extension Cowley County

4-H Events Continued

Horse Panorama

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

When: February 20-21, 2022

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: February 1, 2022

BANQUET will be Sunday evening, if you are asking your legislators to join, please email dsratlif@ksu.edu by Feb 15 with any additional attendees. The cost is \$30 for additional attendees.

4-H Camp

Ready, set, register! All 4-H camp sessions are now available for registration online at www.rockspringsranch4hcamp.org. This includes half week, full week, Leaders in Training (LIT), and Counselors in Training (CIT) sessions. Rock Springs is finalizing the transportation schedule for next summer and will share it once it's complete.

They anticipate an influx of registrations at launch and last year, they did reach capacity in a few sessions. Early bird registration rate (10% discount) ends on December 31, 2022.

The session dates are [here](#). Look forward to making memories at Summer Camp 2023!

[Leaders in Training](#) These week-long sessions will be for our rising sophomores and juniors, which will include some great volunteer opportunities as well as some unique camp experiences.



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 2022-2023 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, 2023.

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

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

[Setting 4-H Project Goals](#)

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

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

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



MEDIA TEAM

K-STATE Research and Extension |  Cowley County

OPPORTUNITIES INCLUDE:

- PHOTOGRAPHING 4-H EVENTS
- MARKETING
- WORKSHOPS AND TRAININGS

.....

JOIN NOW

For 4-H youth and adult leaders that are interested in photography and media marketing.

Are you a 4-H youth member or adult volunteer that is interested in photography and media marketing? This is an opportunity for you!
Click the link below to sign up!
<https://forms.gle/F81DWCSCGMk3kkpx9>

2022 4-H Achievement Awards

4-H Achievement Results

Congratulations to our Cowley County 4-H members who submitted Project Records and Pin Applications for the 2022 4-H Program Year! We are excited about all the project experiences you completed! Achievement Night was celebrated Saturday, November 12th at the Udall Community Center. Udall 4-H Club did an amazing job hosting and decorating for the event.

*Senior County Champion Award winners will have the opportunity to have their Project Record's judged at the Southeast Area Project Screening January 20, in Fredonia, KS.

Club Achievement

Burden 4-H Club: Purple Seal

Floral 4-H Club: White Seal

Muddy Creek 4-H Club: White Seal

Sunrise 4-H Club: Blue Seal

Udall 4-H Club: Purple Seal

Officer Notebooks

Addison Robinson: Udall 4-H, Reporter, Purple

Anna Wolfe: Burden 4-H, Secretary, Red

Anthony Jelinek: Udall 4-H, Treasurer, Purple

Brilee Pellegrini: Udall 4-H, Secretary, Purple

Caydence Billiter: Walnut Valley 4-H, Secretary, White

Isebella Brodbeck: Sunrise 4-H, Secretary, White

Jacob Arnett: New Horizon 4-H, Treasurer, Purple

Lauren McCosh: Muddy Creek 4-H, Treasurer, White

Monica McCosh: Muddy Creek 4-H, Secretary, White

Project Records/Achievement Pins

Juniors:

Asher Wolfe: Burden 4-H, Jr. STEM/Rocketry Certificate, Bronze Pin

Caleb Krepps: Tisdale 4-H, Jr. Beef Certificate, Jr. Dairy Cattle Champion, Jr. Horse Champion, Jr. Horticulture Champion, Jr. Photography Champion, Jr. Self-Determined Champion, Jr. Visual Arts/Leather Champion, Clover Pin

Dalton Bowman: Udall 4-H, Jr. Foods & Nutrition Champion, Jr. Swine Certificate, Bronze Pin

Evangeline Erb: Udall 4-H, Jr. Fiber Arts Champion, Membership Pin

Jake Jelinek: Udall 4-H, Jr. Space Tech/STEM Champion, Clover Pin

Katherine Middleton: Udall 4-H, Jr. Beef Certificate, Membership Pin

Kendyl Higdon: Tisdale 4-H, Jr. Visual Arts (including Drawing, Sketching & Painting-and Arts & Crafts) Certificate, Jr. Energy Management Certificate, Jr. Geology Certificate, Jr. Horse Certificate, Jr. Pets Champion, Jr. Robotics/STEM Certificate, Membership Pin

Landry Robinson: Udall 4-H, Jr. Beef Champion, Bronze Pin

Lee Preston: Udall 4-H, Jr. Foods & Nutrition Champion, Bronze Pin

Luke Ahlerich: Udall 4-H, Jr. Sheep Champion, Bronze Pin

Maddux Wilson: Udall 4-H, Jr. Foods & Nutrition Certificate, Membership

Matthew Middleton: Udall 4-H, Jr. Foods & Nutrition Certificate, Membership Pin

Olivia Clapp: Dexter/Otto 4-H, Jr. Beef Certificate, Jr. Clothing Construction Champion, Bronze Pin

Samantha Henderson: Burden 4-H, Jr. Dairy Cattle Certificate, Clover Pin

2022 4-H Achievement Awards con't.

Westen Pellegrini: Udall 4-H, Jr. Swine Champion, Bronze Pin

Zephyr Guinn: Udall 4-H, Jr. Clothing Construction Certificate, Jr. Foods & Nutrition Certificate, Jr. Photography Certificate, Jr. Visual Arts Certificate, Jr. Woodworking Champion, Membership Pin

Intermediates:

Addison Robinson: Udall 4-H, Int. Beef Certificate, Silver Guard pin

Anna Wolfe: Burden 4-H, Int. Foods & Nutrition Certificate, Silver Guard pin

Anthony Jelinek: Udall 4-H, Int. Space Tech/STEM Champion, Silver Guard pin

Brilee Pellegrini: Udall 4-H, Int. Sheep Champion, Silver pin

Hailey Wilson: Udall 4-H, Int. Swine Certificate, Membership pin

Henry Erb: Udall 4-H, Int. Photography Certificate, Membership pin

Koy Holcomb: Floral 4-H, Int. Beef Champion, Emerald pin

Matthew Henderson: Burden 4-H, Int. Dairy Cattle Champion, Silver pin

Olivia Brodbeck: Sunrise 4-H, Int. Geology Certificate, Silver pin

Tinley Archer: Burden 4-H, Int. Meat Goat Certificate, Clover pin

Seniors:

Abigail Reid: Sunrise 4-H, Sr. Leadership Certificate, Gold Guard pin

* **Adison Henderson:** Burden 4-H, Sr. Dairy Cattle Champion, Gold pin

Amelia Erb: Udall 4-H, Sr. Fibert Arts Certificate, Membership pin

* **Andrew Preston:** Udall 4-H, Senior Leadership Champion, Leadership pin

Charles Hensley: Sunrise 4-H, Sr. Geology Certificate

Claire Norton: Floral 4-H, Sr. Leadership Certificate, Gold Guard

* **Elizabeth Jirak:** Udall 4-H, Senior Visual Arts Champion

* **Jacob Arnett:** New Horizon 4-H & Shooting Sports Club, Sr. Shooting Sports Champion, Emerald pin

* **Kennedy Holcomb:** Floral 4-H, Sr. Meat Goat Champion, Leadership pin

Matthew Norton: Floral 4-H, Sr. Leadership Certificate, Leadership pin

* **Rachel Jirak:** Udall 4-H, Senior Foods & Nutrition Champion, Gold pin

KEY AWARD Winners

The Key Award is the highest achievement pin possible. It's a big deal, a huge accomplishment, and an honor to receive. This year's winners are:

Abigail Reid: Sunrise 4-H

Claire Norton: Floral 4-H

Elizabeth Jirak: Udall 4-H

Scholarship Winners

Robert Austin Memorial Horse Scholarship:

Caleb Krepps, Tisdale 4-H

4-H Council Scholarship:

Charles Hensley, Sunrise 4-H

Claire Norton, Floral 4-H

Elizabeth Jirak, Udall 4-H

Jacob Arnett, New Horizon & Shooting Sports

4-H Development Fund Scholarship:

Charles Hensley, Sunrise 4-H

Claire Norton, Floral 4-H

Elizabeth Jirak, Udall 4-H

Jacob Arnett, New Horizon & Shooting Sports

4-H Junior Leaders Scholarship

Claire Norton: Floral 4-H

Elizabeth Jirak: Udall 4-H

Congratulations to the 2021/22 4-H Key Award Winners!!!

Elizabeth Jirak



Claire Norton



Abigail Reid



Southeast Area Project Records Screening

Adult volunteers are needed to screen Project Record Books for the Southeast Area, Friday January 20th 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 3rd if you are willing to serve.

Scholarship Opportunities

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!

Legal Stuff

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

Shooting Sports

Check out the new club TikTok video announcements on Facebook or TikTok pages.
#CowleySS or #PROVENIT



Club Meetings - 1st Sunday, 3:30 @ the fairgrounds

Air Discipline Practice

Sunday, Dec. 4 @ 2:00 p.m. BB, 4:00 pm Air Rifle, 5:30 Air Pistol at the Winfield Fairgrounds for the annual "Air Crush" party.

Archery Practice

Thursday, Dec. 1 & 15 @ 6:30 p.m. at the fairgrounds.

Shotgun/Hunting Skills Discipline

Sunday, December 11 at 2:00 p.m. at the Meadow. *(Note change of date to 2nd Sunday due to Christmas Holiday)*

MERRY CHRISTMAS to all!

More information between newsletters is available

* via email at cowley4hshootingsports@gmail.com

* on the FaceBook project page

<https://www.facebook.com/cowleycounty4hshootingsports>

* club website at www.4hshootingsportscowleyks.com/contact

Austin Waite

Cowley County 4-H Shooting Sports Coordinator

620-222-1982

Friends of Extension - Fall For Extension

Special thanks to 4-H Clubs who contributed items for the 6th 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 - Cozy Fall Basket \$25

Dexter/Otto 4-H Club - Scrap Metal Chickens \$120

Floral 4-H Club - Barn Quilt - \$45

Martha Washington 4-H Club - Stadium Survival Pack & Cooler \$100

Muddy Creek 4-H Club - Basket #1, Cowley Co. Sampler Basket \$40/ Basket #2 Douglass Excursion

Basket \$55, Basket #3 Rt 77 Sampler Basket \$50

Tisdale 4-H Club - Basket of locally grown 4-H goods \$70

Udall 4-H Club - Gourmet Coffee Basket - \$100

Sunrise 4-H Club - Super Hero Theme Basket - \$55

Special donation - Caydence Billiter's award winning 4-H quilt - \$80

* Not all pictures of donations were available





Sitter Solutions

The class for beginning babysitters,
ages 11-15

Class date/location:

WINFIELD

Wednesday, January 4, 2023

9:30 a.m. - 2:00 p.m.

Cowley County Courthouse
Extension Assembly Room, 311 E 9th
Winfield, KS 67156

\$10 class fee includes:

- Lunch
- Babysitting Manual
- How to entertain children with a sitter's magic bag
- Tips on starting your babysitting business

Instructor:

Becky Reid, Family and Consumer Sciences Agent

Pre-register by Tuesday, January 3, 2023

Call (620) 221-5450

or visit www.cowley.ksu.edu



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Cowley County
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Winfield KS 67156

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