

4-H FLASH

Cowley County 4-H News

March 2022

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New Friendships

It is the time of the year we are starting to get our livestock projects. This time can be fun as we seek out our animals for this year's show season. It can be filled with family road trips and late nights, as we study them, budget for them, and look for hours trying to find your perfect "pick" for this year. I remember that giddy feeling when you make it home with your new project, you are on top of the world with so many possibilities for the year to come. You just can't wait to get to know and make friends with your new project.

As we are being introduced to our new 4-H animal we are patient and understand that relationships take time. Whether you sit in their feed bunk and talk to them, brush them with a broom across the pen, (because that is as close as you can get to them), or if you give them treats to bribe them- It takes patience to build that relationship and to build that trust. We are kind because we see they are scared, and we want to show them it will be okay. If we are kind and gentle, they begin to trust us more and in return will be kind and gentle to us. We respect them for the wild animals they are and give them grace as we teach them that it's okay to be friends with us.

Let us remember as we go to our club meetings, or walk through the doors at class, (whether you are an adult or child) we are all wild animals sometimes and deserve respect and grace. Look at building relationships with people like we do that fuzzy faced lamb. Sometimes we are all scared in new situations but being patient and kind will build trust with one another. Just like when we build a powerful relationship with our animals, it shines from the backdrop photo. The same happens with our human friendships and connections. There is no stopping the goals you can reach with a village on your side! And don't forget oreo cookies, we all can be bribed with those. 😊

—Sarah LaGrone

March 13, 2022



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Upcoming Meetings

The Cowley County Extension Council Executive Board meets monthly and conducts the business of the Extension Office. The March meeting will be held on Tuesday, March 8th at 5:30 p.m. in the Assembly Room of the Cowley County Courthouse, 311 E. 9th Ave., Winfield.

4-H Council and Junior Leaders will meet Monday, March 21st. in the Assembly Room. A Zoom link will be available. 4-H Council will meet from 7:00 p.m. - 7:35 p.m. Junior Leaders will begin at 7:40 p.m. 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.

4-H Supporter's Week

March 13th-19th

Supporter's Week is an opportunity for 4-H members to thank members of the community who support 4-H in a variety of ways. A 4-H Supporter is not just someone who contributes money to the 4-H program. Supporters are cheerleaders for 4-H and are interested in seeing Cowley County 4-H thrive. Supporter lists were sent to Community Leaders to be disbursed throughout the membership. You may have additional supporters you know for your club who are not included on this list. Please be sure to thank them as well.

Clubs are welcome to thank their supporters as they see fit. Some examples are:

- A recorded video of 4-H members visiting the individual or business with a thank you banner and post on social media. Use the hashtag #Cowley4HSupporter. We'll share on our Cowley County 4-H Facebook page too!
- Handwritten (by 4-H'ers) thank you notes are also great. (Special thank you cards are available at the Extension Office) Please consider that a thank you note goes above and beyond, "Thank you for supporting 4-H." Take the time to share with your supporter a little about you and what you love about 4-H. Remember that larger businesses and organizations should be given more than an individual supporter.

Walk Kansas

Walk Kansas will start on March 27, 2022. Teams of six people log minutes during the eight weeks to virtually walk paths in Kansas. Registration is \$10.00 per person and will be online at www.walkkansas.org.

The first step is to join a team, select a challenge, and register. The captain of your team should initiate this process and register your team online. (The captain will need your email address.) When you receive the email invitation to join Walk Kansas as a member of a specific team, follow instructions for registration. If you don't have a team to join right now, register online and choose the "individual" option when it asks you to select a team registration or individual registration. You will be placed on a team that could use an additional member.

The 2022 apparel options feature heather clay or heather teal colors.



Shooting Sports

Please make sure you have enrolled in the areas that your member is interested in for this season. This helps us to stay connected with those who have an interest in county practices.

Archery Practice, Thursdays(March 10th & 31st), 6:30pm at the Winfield Fairgrounds

Shotgun Practice, Sunday March 20th, 2 p.m. at the meadow.

Club Meeting & Hunting Skills, Sunday, March 20th, 4:30 p.m. at New Hope Fellowship Church, 19195 61st. Rd. Winfield

Air Disciplines, watch your email for practice times and dates

***Flower Sales information on page 5**



IPM

KSRE Integrated Pest Management
& Pesticide Safety Education is

hosting an insect-themed art contest for Kansas 4-Her's and art students across the state. The artwork should depict the benefits of insects. The program encourages youth to get creative and create an entry before April 15, 2022. Click [here](#) for contest rules and entry forms.

Self-Regulation and Goal Setting **help 4-H Youth Thrive**

Thriving youth have their eyes on the future and set goals to get them where they want to go. Self-regulation, or the ability to make choices with a goal in mind, is a key skill for goal setting and a future orientation. Thriving youth are able to make choices and take actions for both short and long-term success, especially when it means letting go of short-term gratification in exchange for achieving a longer-term goal. Thriving youth also persevere to reach their goals, even when the going gets tough. This perseverance is known as "grit" and research shows that grit is a bigger predictor of success than innate intelligence or ability.

When working with 4-H youth:

- Encourage and help youth to set goals for what they want to achieve. Start with modest achievable goals that gradually get more difficult
- Help youth identify steps they will take to achieve their goals.
- When youth struggle, remind them of the idea of grit, and that with effort, their goals are achievable.
- When youth reach roadblocks to their goals, encourage them to reflect on what didn't work and develop new strategies for achieving the goal.
- Remind youth of the importance of delaying short-term gratification for longer-term goals.
- Recognize youth for the achievement of their goals and the effort they put in to making their goals a reality.

Use the Setting 4-H Goals [Worksheet](#) to plan goals for each project area. This will be a helpful tool for the new Kansas 4-H Project Records (which replaced the Kansas Award Profile or KAP).

Discovery Days

Kansas 4-H Discovery Days is planning to be in-person on KSU campus.

When: June 1st-3rd, 2022

Who: Youth ages 13-18 before January 1, 2022 are invited to register

Cost: TBA

Registration: Coming soon

General Schedule: TBA

Discovery Days objectives:

- Help youth learn new ideas, techniques, and skills they can use personally and in their 4-H clubs or groups and communities
- Give youth in-depth training through hands-on educational sessions from content and youth development experts
- Prepare youth to make informed decisions about their careers and college path
- Enhance personal growth by giving opportunities to develop responsibility, confidence, independence, accountability, problem-solving, decision-making, and time management skills
- Help youth meet new people and make new friends from different places and with different backgrounds from across the state
- Provide an opportunity for youth to experience the K-State campus and its wealth of resources
- Develop college and career readiness skills which prepare participants academically and socially for a successful transition to college and life as an adult

2022 4-H Day Results

Congratulations! We had 22 individual entries. Results are listed below and score sheets are in club mailboxes.

Instrumental Solos

Junior

Olivia Clapp, Dexter-Otto, Purple

Intermediate

Matik Tatum, Burden, Blue

Senior

Abigail Reid, Sunrise, Purple

Readings

Intermediate

Olivia Brodbeck, Sunrise, Red

Dance

Intermediate

Olivia Brodbeck, Sunrise, Red, Champion

Project Talks

Junior

Luke Ahlerich, Udall, Purple

Jake Jelinek, Udall, Blue

Westen Pellegrini, Udall, Purple, Champion

Landry Robinson, Udall, Blue

Intermediate

Anthony Jelinek, Udall, Blue, Champion

Addison Robinson, Udall, Blue

Visual Presentations

Adison Henderson, Burden, Purple, Talent Champion

Matthew Henderson, Burden, Blue

Samantha Henderson, Burden, Blue

Elizabeth Jirak, Udall, Purple, Talk Champion

Rachel Jirak, Udall, Blue

Illustrated Talks

Intermediate

Koy Holcomb, Floral, Blue

Senior

Kennedy Holcomb, Floral, Blue

Abigail Reid, Sunrise, Blue

Demonstrations

Junior

Olivia Clapp, Dexter/Otto, Purple, Champion

Lee Preston, Udall, Purple

Intermediate

Matik Tatum, Burden, Blue

Brilee Pellegrini, Udall, Blue

Senior

Caydence Billiter, Walnut Valley, Purple

Andrew Preston, Udall, Purple

Favorite Foods

Junior

Lee Preston, Udall, Purple

Intermediate

Olivia Brodbeck, Sunrise, Blue

Senior

Andrew Preston, Udall, Purple

FCS Contest Results

22 youth participated in the Family and Consumer Sciences Judging Contest held at 4-H Days on February 5. Participants had to place judging classes and complete reason categories on the following topics: board games, hand washing, jeans jargon, athletic shoes, smart saving and hiking, beverage choc

Junior, age 7-8 (1 participant).

Topics: board games and hand washing

1. Lee Preston, Udall 4-H

Intermediates, ages 9-13 (12 participants)

Topics: board games, hand washing, jeans jargon, athletic shoes

1. Anthony Jelinek, Udall 4-H
2. Jake Jelinek, , Udall 4-H
3. Anson Tovar, Walnut Valley 4-H
4. Carson Brackenridge, North Butler 4-H
5. Ella Amend, North Butler 4-H

Seniors, ages 14-19, (7 participants)

Topics: smart saving, hiking, jeans jargon, athletic shoes, beverage choices, online safety

1. Abigail Reid, Sunrise 4-H
2. Caydence Billiter, Walut Valley 4-H
3. Andrew Preston, Udall 4-H
4. Kylee Barlett, Purple Heart 4-H
5. Charles Hensely, Sunrise 4-H

Cowley County youth who participate in at least 2 contests during the 4-H year may qualify to participate at the Kansas State Fair.

ROLL CALL

Are you doing a roll call from the 4-Her's listed on your club roster in 4honline? Perfect way to discover if someone isn't enrolled!





Cowley 4-H Shooting Sports Club Flower Sales

Please contact a Shooting Sports member, visit Double Eagle in Ark City, or go to cowley4hshootingsports@gmail.com to place an order.

Last Day to order this year is Thursday, April 21st. The flowers will be delivered, Friday, May 6th to be picked up from 3:00-7:00 at the Winfield Marquee.

2022 Insect Spectacular

The Kansas 4-H Insect Spectacular, a two-day state-wide entomology workshop, will be held in person this year! It will be held June 17-18 in Chanute, Kansas. Classes will include basic pinning, basic and advanced identification, insect photography, invasive species, pollinator gardens and more. A parent or legal guardian must attend with their 4-H'er. Registration, proposed schedule, and full information will be posted [here](#) around May 1. Stay tuned!

Hosting Japanese Exchange Summer 2022

Looking for some new fun and excitement this summer? Host a new friend from Japan in your home this summer, July 22 – August 16. Kansas 4-H International Exchange Programs are offering hosting opportunities for 25- 30 families this summer. Host families are needed who would be willing to host a Japanese boy or girl.

The Japanese youth will be between the ages of 12 and 15. Our responsibility is to make host family assignments matching each delegate with an American same-gender host sibling as soon as possible so that families and exchange delegates can communicate and get to know each other.

Any Kansas family with children aged 10-16, who is interested in the Japanese culture, may host. A separate bed is required, but not necessarily a separate room from the host sibling. Delegates are 100 percent medically covered with 4-H insurance and bring their own spending money. They can go on host family vacations, camping trips, or join their host sibling for summer camps and the county fair. The focus is everyday family life.

If you have further questions, please call Pam Van Horn, Kansas 4-H Japanese Exchange Coordinator, 785-826-8917, or email pvanhorn@ksu.edu.

Sunny Hills 4-H Camp

4-H Camp at Rock Springs 4-H Center is changing! We will no longer be camping together in county groups, but families will have several camping date options for their 4-H members. Families from various counties may choose to send their 4-H'ers to camp at the same time.

Campers may choose a three-night or six-night camping experience and may attend as campers (3rd-12th grades), Leaders in Training (11th grade) and Counselors in Training (12th grade).

Skilled, trained camp staff will lead 4-H campers in a fun, hands-on camping experience that includes recreational activities, aquatics, horseback riding, ropes course, stream study, shooting sports and adventures with new 4-H friends from across the state. Register today as camps are filling up!

Visit www.rockspringsranch4hcamp.org.

USDA APHIS Summer Ag Discovery

The United States Department of Agriculture Animal and Plant Health Inspection Service (USDA APHIS) sponsors a unique summer outreach program for youth in grades 7-12 to experience agriculture at a variety of universities that work with USDA across the country.

Students spend 2-4 weeks at a university learning about agriculture. There is NO cost for tuition, room and board, activities or meals. The only cost is for travel to and from the university campus. Each University offers different opportunities and activities that correlate to Agriculture in that region of the United States.

A brochure highlighting each experience is attached with complete information. Deadline for application is March 31, 2022. Click [Here](#) for more info.

Beef Weigh-In

Beef Weigh-In and Tagging will be Sunday, March 6, 2022 at the Winfield Livestock Auction from 1:00 p.m.-3:00 p.m. All Market Beef and 2nd year bucket calves must be weighed and tagged on this day. This is also an opportunity to get Commercial Heifers tagged.

Spring Shows

Members interested in showing livestock at spring shows may view fliers for other county shows in our Spring and Summer Shows binder in the Extension Office, or online at www.cowley.ksu.edu.

Livestock and Horse Judging

Curious about why judges place livestock or horses the way that they do? Want to learn more about selecting quality livestock? Start judging! Livestock judging practices are held the 2nd and 4th Fridays of the month at 4 pm in the Extension Office Meeting Room. Horse judging practice will begin again soon. If you are interested in judging, contact Kelsey Nordyke at knordyke@ksu.edu.

4-H Livestock Tagging Policy

(Adopted by the Cowley County Extension Council Executive Board 5/4/21)

Beginning with the 2022 4-H program year, families that choose not to bring livestock to the scheduled tagging day have the option to schedule a time with the Extension Agent to bring livestock to the Extension Office during office hours (M-F 8am-11:30am, 12:30pm-5pm) for tagging (\$4 a tag). Families who elect to have an Extension Agent travel to their residence to tag livestock will be assessed a \$50 tagging fee, roundtrip mileage and cost of tag (\$4 each).

Cowley County Beef Classic

The Cowley County Classic Spring Beef Show will be held Saturday, April 16th at the Winfield Fairgrounds.. If you are interested in helping with the show, please contact Kelsey Nordyke at 620-222-1311.

Cowley County Sheep and Meat Goat Show

The Cowley County Sheep and Meat Goat Show will be held Saturday, May 21st at the Winfield Fairgrounds. This is a great opportunity to learn more about sheep and goat production as well as increase your showmanship skills.

YQCA Training

Youth for the Quality Care of Animals (YQCA) is a national, multi-species youth livestock quality assurance program that focuses on food safety, animal well-being, and character development, through age-appropriate educational curriculum for youth 8-21 years of age. This program is an annual certification that grows with a young person, so the learning modules are different every year. Curriculum materials were launched in October, and youth are welcome to begin completing the training at any time.

ALL exhibitors are required to be YQCA certified in order to participate in the 2022 Kansas State Fair Grand Drive and/or Kansas Junior Livestock Show (KJLS). This includes youth who will be showing market animals and breeding females. The YQCA certification covers a variety of species, so youth only need to complete one certification session to fulfill the requirement. Youth who are age 7 may participate in an instructor-led course and a parent or guardian will need to attend the training with them. The parent/guardian will not officially register, as this is a youth-only program. The parent/guardian will attend to serve as a guide for their child during the training, and because of the level of involvement first-year parents have in projects to help their child have a positive experience.

Youth ages 8-21 may obtain their YQCA certification using one of the following methods:

Online Course - \$12/child

Test-Out Option – only 12 & 15 year olds eligible; online only; cost varies

Families must pay for the online class through the site at the time of registration. It will require a credit card number or coupon code.

In person options are hosted by Butler County. Contact Sarah (slag11@ksu.edu) for more information.

Click on this link for directions on how to obtain certification:

<https://www.asi.k-state.edu/research-and-extension/youth-programs/GettingYourYQCAILTCertification20.pdf>

2022 4-H Livestock Events, Deadlines and Schedule

Date	Event	
March 5	Junior Beef Producer Day, Weber Arena, Kansas State University	Educational opportunity for all Beef exhibitors
March 6	Market Beef Weigh-In/Tagging Day, Commercial Heifer Tagging; Winfield Livestock Auction 1pm - 3pm	Mandatory for all who wish to exhibit Market Steers/Market Heifers at the Cowley County Fair.
March 19	Junior Sheep Producer Day, Weber Hall. Kansas State University	Educational opportunity for all Sheep exhibitors
April 16	Cowley County Classic Spring Beef Show, Winfield Fairgrounds	Educational show opportunity for beef exhibitors
April 24	Tagging for sheep, swine and meat goats (weigh-in), Winfield Fairgrounds 1:30pm - 4pm	Mandatory for all members who wish to exhibit Sheep, Swine, Meat Goats at the Cowley County Fair.
April 26	2nd tagging day for sheep, swine and meat goats (weigh in) Winfield Fairgrounds 5pm-7pm	Mandatory for all members who wish to exhibit Sheep, Swine, Meat Goats at the Cowley County Fair.
May 1	Market Beef nominations due (Kansas State Fair/Kansas Junior Livestock Show). Requires Agent signature.	Mandatory for all members who wish to exhibit Market Beef at the Kansas State Fair and/or Kansas Junior Livestock Show.
May 1	Add/Drop Deadline for all 4-H projects. Must be completed online.	Mandatory for all local 4-H members.
May 1	Horse ID's due. Requires Agent signature.	Mandatory for all 4-H'ers who wish to exhibit Horses at the County Fair, District Horse Show and/or State Horse Show.
May 1	Ownership/leasing deadline for all breeding livestock and Dairy Goats . Commercial females must be tagged with a county-issued EID tag, registered females must have registration in exhibitor's name.	Mandatory for all youth who wish to exhibit a breeding female or Dairy Doe at the Cowley County Fair.
May 21	Cowley Co. Sheep and Meat Goat Show, Winfield Fairgrounds	Educational show opportunity for youth livestock exhibitors.
May 21	Celebrate Ag Day, Winfield Fairgrounds, 8am-3pm	Educational opportunity for all 4-Hers
June, TBA	South Central District Horse Show entries due. Level testing must be completed before entering online.	Mandatory for all Horse members who wish to exhibit at the District Horse Show and/or qualify for the Kansas State Fair.
June 15	4-H Grade and Dairy Cattle Leasing Identification Form due.	Mandatory for all 4-H Dairy exhibitors.
June 15	Commercial heifer, market swine, sheep and meat goat nominations due (State Fair/KJLS). Requires Agent Signature.	Mandatory for all members who wish to exhibit commercial heifers, market swine, sheep or meat goats at the State Fair/KLJS.
June, TBA	South Central District Horse Show, Hutchinson.	Mandatory for all Horse members who wish to qualify for the Kansas State Fair.
July, TBA	Poultry Testing	Mandatory for all members who wish to exhibit poultry at the County Fair.
July 6	Cowley County Fair Entries Due	Mandatory for all Cowley County 4-H/FFA members.
July 25	Kansas State Fair Livestock Entries Due	
July 23	Cowley County Horse Show, Burden	
August 1	State Fair Horse Entries Due, KJLS Entries Due	
July 28-Aug 1	Cowley County Fair	



LIVESTOCK PROJECT INFO SESSION

MARCH 22, 2022, 6:30 P.M.
COWLEY COUNTY EXTENSION OFFICE
IN PERSON OR ZOOM OPTION

This will be a great opportunity for anyone interested in getting involved in Cowley County 4-H Fair livestock projects, wanting to learn more about your selected specie and getting to know your superintendents!

Topics Discussed:

- Fair Rules
- Specie Specific Rules/Info
- General Care and Feeding
- Facilities and Equipment needed
- Answering Any Questions

**REGISTER
HERE**



[Cowley County Classic Beef Show](#)

[Cowley County Sheep and Goat Show](#)

[Cowley County Goat Project](#)

[Cowley County Sheep Project](#)

[Cowley County Swine Project](#)

[Cowley County Horse Project](#)

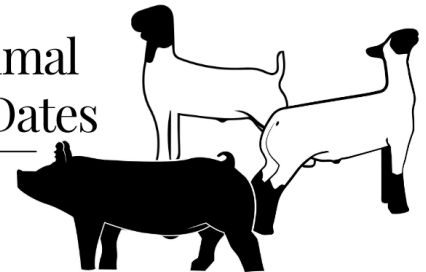
[Cowley County 4-H](#)

[K-State Research and Extension- Cowley County](#)



Small Animal Tagging Dates

WINFIELD, KS
FAIRGROUNDS




Sunday, April 24, 2022: 1:30 p.m.-4:00 p.m.



Tuesday, April 26, 2022: 5:00 p.m.- 7:00 p.m.



March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Ash Wednesday			KS Jr Beef Producer Day
<ul style="list-style-type: none"> 1:00 PM Beef Weigh In & Tagging 6:30 PM Udall 4-H Mtg 7:00 PM Martha Washington 4-H Mtg 	<ul style="list-style-type: none"> 7:00 PM Floral 4-H Mtg 7:00 PM Dexter/Otto 4-H Mtg 7:00 PM Tisdale 4-H Mtg 	<ul style="list-style-type: none"> 5:30 PM Extension Council Executive Board Mtg 6:30 PM Dog Practice 			4:00 PM Livestock Judging Practice	
Daylight Saving Time <ul style="list-style-type: none"> 8:00 AM 4-H Supporters Week 2:00 PM Muddy Creek 4-H Mtg 3:00 PM Rock Creek 4-H Mtg 3:30 PM Burden 4-H Mtg 	<ul style="list-style-type: none"> 4-H Supporters Week 7:00 PM Cameron 4-H Mtg 7:00 PM Walnut Valley 4-H Mtg 7:00 PM New Horizon 4-H Mtg 7:00 PM Sunrise 4-H Mtg 	Flash info to Cindy <ul style="list-style-type: none"> 4-H Supporters Week 	<ul style="list-style-type: none"> 4-H Supporters Week 	St. Patrick's Day <ul style="list-style-type: none"> 4-H Supporters Week 	Holi <ul style="list-style-type: none"> 4-H Supporters Week 	KS Jr Sheep Producer Day <ul style="list-style-type: none"> 4-H Supporters Week
<ul style="list-style-type: none"> 4:30 PM 4-H Shooting Sports Project Club Mtg 	<ul style="list-style-type: none"> 7:00 PM 4-H Council Mtg 7:45 PM Jr Leaders 	<ul style="list-style-type: none"> 6:30 PM Dog Practice 6:30 PM Livestock Project Info Session 			4:00 PM Livestock Judging Practice	
9:00 AM Walk Kansas begins					April Fools' Day	Beginning of Ramadan

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM Walk Kansas begins					April Fools' Day	Beginning of Ramadan
<ul style="list-style-type: none"> 6:30 PM Udall 4-H Mtg 7:00 PM Martha Washington 4-H Mtg 	<ul style="list-style-type: none"> 7:00 PM Floral 4-H Mtg 7:00 PM Dexter/Otto 4-H Mtg 7:00 PM Tisdale 4-H Mtg 				4:00 PM Livestock Judging Practice	
Palm Sunday <ul style="list-style-type: none"> 2:00 PM Muddy Creek 4-H Mtg 3:00 PM Rock Creek 4-H Mtg 3:30 PM Burden 4-H Mtg 	<ul style="list-style-type: none"> 7:00 PM Cameron 4-H Mtg 7:00 PM Walnut Valley 4-H Mtg 7:00 PM New Horizon 4-H Mtg 7:00 PM Sunrise 4-H Mtg 				Flash info to Cindy Passover Good Friday	Cowley County Beef Classic
	Tax Day <ul style="list-style-type: none"> 7:00 PM Junior Leaders 				Earth Day <ul style="list-style-type: none"> 4:00 PM Livestock Judging Practice 	
Orthodox Easter <ul style="list-style-type: none"> 1:30 PM Small Livestock Tagging Day 		5:00 PM 2nd Small Livestock Tagging Day				



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



As someone who contributes time, talent and/or treasure to the benefit of Cowley County Extension, you are invited to be part of the Friends of Cowley County Extension organization. The group will alternate between morning and evening meetings to plan fundraising and advocacy events to support K-State Research and Extension Cowley County.

*Did you know? Tax deductible contributions can be made to the 4-H Development Fund (c/o PO Box 538, Winfield KS 67156) or to the Friends of Cowley County Extension Endowment (c/o Legacy Regional Community Foundation, 1216 Main Street, Winfield KS 67156)

K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating.
K-State Research and Extension is an equal opportunity provider and employer.

K-STATE RESEARCH AND EXTENSION
COWLEY COUNTY
311 E. 9TH AVE.
P.O. BOX 538
WINFIELD, KS 67156

What outdoor
or recreational
activities could
your club plan
this spring?

- Park outings
- Cornhole
- Plant a garden
- Hike/ Bike
- ???

