

THE 4-H FLASH NEWSLETTER

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April 2023

“So what is a goal???”

A goal is deciding what you want to do and learn in a 4-H project and serves as the road map that helps you get to where you want to go. Well thought out goals should have four parts that will allow you to measure and check your progress. The four parts of a good goal include:

1. ACTION—how are you going to do something?
2. RESULT—what are you doing to do specifically?
3. TIMETABLE—when are you going to do it?
4. ASSISTANCE—who will help you achieve this?

CONTROL TEST: Do your goals pass the control test? Do you have control over all parts of what happens? If you can answer “yes” then you are ready to begin goal setting for record keeping. For example “I want to win champion at the fair with my photograph” does not pass the control test, as you can’t control the ribbon placing a judge awards. “I want to learn how to make my photo have brighter, crisper colors when printed off”, now that is something you can control!

Goal setting should be part of every 4-H member’s annual project experience. Additionally, these goals should be recorded in the 4-H Record Book, as each project report has a goals section. Completing that EARLY in the 4-H year is better than later! Keep in mind that younger 4-H members will have fewer, less complex goals than older, more experienced 4-H members. A good rule of thumb is; three to five goals for ages 7 to 10, four to eight goals per project for ages 11 to 13 and seven to twelve goals per project for ages 14 to 18.

There is an excellent resource available to help Setting 4-H Project Goals—4H1100 can be found on the Project Records page of our website: <https://www.cowley.k-state.edu/4-h/forms/index.html>

Prizes will be awarded to those that complete the goal setting worksheet and submit those to slag11@ksu.edu or drop a copy off at the Extension Office.

— Sarah LaGrone



Please note: The Cowley County Fair is a week later than normal. August 3-7, 2023

Contact us:

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Community Leaders

April Check-Up

- * Are you running a new roster (in 4honline) for each club meeting's roll call? Is everyone enrolled??
- * Are you reviewing project lists, to be sure 4-Hers are enrolled in the project they intend to participate in at the Fair?

Review

- * Read the *4-H Newsletter* and mark important dates on the calendar. (Have you noticed all the links provided?)
- * Review highlights from the *4-H Newsletter* at your club meeting.
- * Have you checked out the [4-H Club Corner](#)?

To-Do

- * Check in with project leaders to ensure they are on task and holding meetings.
- * Make sure 4-H Council report is given to the club

- * Check club mailbox at Extension Office

Promote/Recruit

- * University Tours (KSU & OSU)
- * Entomology & Geology Workshop
- * [Celebrate Ag](#) (see below)
- * Southeast Area Research Center Tour
- * RCB Tour
- * [4-H Media Team](#)
- * [Entrepreneur Club](#)
- * Sign-up for County Committees

Remember

- * Small Specie Weigh In - Sunday/April 23, 1:30-4 pm & Tuesday/April 25, 5-7 pm at the Winfield Fairgrounds
- * [Horse ID papers](#) due May 1st
- * Dairy ([Cattle](#) & [Goat](#)) Lease papers due May 1st

Important Dates and Deadlines *underlined text is a link

April

- 4/15 [Cowley Classic Beef Show](#)
- 4/16-22 National Volunteer Week
- 4/20-21 KSU Tour
- 4/23 Small Livestock [Tagging Day](#) 1:30 - 4 pm
- 4/25 Small Livestock [Tagging Day](#) 5-7 pm

May

- 5/1 [Horse ID papers](#) due
- 5/1 [Dairy Cattle](#) & [Dairy Goat](#) lease papers due
- 5/1 KSF/KJLS Beef [Nominations](#) due
- 5/3 Superintendent Training
- 5/4 OSU Tour
- 5/6 [Cowley County Sheep & Meat Goat Show](#)
- 5/20 [Celebrate Ag](#)

June

- 6/3 Winfield 150 Years Grand Parade
- 6/6 Southeast Research & Extension Center Tour
- 6/7-9 [Discovery Days](#)
- 6/15 KSF/KJLS Sheep, Swine & Goat [Nominations](#) Due

- 6/16-17 [Insect Spectacular](#)
- Starting in June, [Rock Spring Camp](#)
- [Geology Field Trip](#)

July

- 7/5 ENROLLMENT ENTRY DEADLINE to show at the Cowley Co. Fair (must have an approved enrollment status by 7/5)
- 7/5 ADD/DROP Projects deadline
- 7/15 [KSF Livestock Entries](#) Due

August

- 8/1 [KJLS entries](#) due
- 8/3-7 Cowley County Fair
- 8/3 [Wheat Expo](#)
- 8/11 Kansas State Fair non-livestock pre-entries due
- 8/12 4-H [Horticulture Judging Contest](#)

[Cowley County Annual 4-H Calendar](#)

[Kansas 4-H Events & Activities Calendar](#)

4-H Council & Junior Leaders

May 15, 2023 - 7:00 p.m.
Meeting Location:

Cherry Street Park, Winfield

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.

April 17, 2023
7:00 p.m.

Junior Leaders will meet on April 17, 2023 in the Assembly Room at the Extension Office.

Previous meeting's minutes:

https://docs.google.com/document/d/127fRxGgdeCWX-SgXlxJ8pvG3w_WS5vWYd2J7DJofA8A/edit?usp=sharing

4-H Council would like to invite 4-H clubs to walk in the Winfield 150th Celebration Grand Parade on June 3rd. More information to come.



How will you show your appreciation?

National
VOLUNTEER
 Week *April 16-22, 2023*

It's a great time to recognize and show appreciation to your club leaders, project leaders, fair superintendents, and other 4-H volunteers.

Upcoming Events

University Tours

Join us for spring University Tours! It is never too early to take a peak at Universities and see ALL the opportunities they have to offer! We welcome all 4-H age groups to come learn and spark interest. Hotels will be provided courtesy of the House Foundation Donation.

Kansas State University Two day Tour Manhattan Kansas -April 20-21, 2023

We will also be visiting the Flint Hills Discovery Center

Oklahoma State University - May 4, 2023

[Register Here](#)

Upcoming Events

Entomology and Geology Workshop

Are you interested in Entomology and Geology? Join us to learn more about bugs and rocks, information for all levels! [Sign up](#) to join us on April 28th at 5:30PM at the Extension Office

Celebrate AG

May 20, 2023

4-H is looking for individuals that wish to participate in Celebrate Ag. Come talk to the public about your projects and 4-H. This will be a great opportunity to bring animals to show the public as well as project displays! We want to see examples of all 4-H has to offer and different projects represented. Also, a great leadership opportunity for your record books. If you are interested in participating please reach out to Sarah at slag11@ksu.edu

Southeast Area Research Center Tour

June 6, 2023

Meet [Dr. Jaymeylynn Farney](#) and tour the Southeast Area Research Facility

The Southeast Research-Extension Center is located in Parsons, Kansas. The center is a unit within the [Eastern Kansas Research-Extension Centers](#), and is a part of the Kansas [Agricultural Experiment Station](#) and [Cooperative Extension Service](#).

Research at the Southeast Research and Extension area has focused primarily on practical cattle management practices for tame grasses. Types of research include:

- Supplementation effects on cattle gains while grazing different varieties of fescue
- Supplementation effects on cattle gains while grazing bromegrass
- Effects of legumes interseeded in fescues and bermudagrass pastures
- Effects of cattle gains while grazing crabgrass and bermudagrass that has been interseeded with winter wheat
- Whole systems research that evaluates how stocker cattle management may impact finishing cattle performance and carcass composition
- Evaluation of selectivity of cover crops for grazing cattle
- Re-evaluation of nitrate toxicity with cover crops
- Chelated minerals for spring calving operations on fescue
- Spices in minerals for cattle gains, fly control, and tick management
- Use of virtual fencing

This opportunity is open to all 4-H youth, families and local producers!

[Sign up today](#)

RCB Bank Tour

June 8, 2023

2:30 PM

Winfield RCB Bank

[Sign up today](#) to RSVP for the 4-H Bank Tour

This is a GREAT opportunity with content for all 4-H Ages! Learn about money management, banking operations, careers in banking and MORE!

Round Robin Updates - Cowley County Fair

GRAND CHAMPION SHOWMAN/ROUND ROBIN CONTEST

Superintendents: Tina Bailey and Carol Mackey

1. The Champion and Reserve Champion Showman from the SENIOR divisions in Beef Cattle, Dairy Cattle, Horse, Sheep, Meat Goats, Dairy Goats and Swine are eligible to compete for Grand Champion Livestock Showman and Reserve Grand Champion Livestock Showman. To be eligible for the Round Robin a participant must place 1st, 2nd, 3rd, or 4th in a Division. Each Senior Division is required to place a 4th Place Finisher.
2. Participants must show the same animal which qualified them for this event. Participants who qualify in multiple species will be allowed to choose which one of their Champion or Reserve Champion showman animals they want to show in the Round Robin. Example: If a showman won Champion Meat Goat Showman and Reserve Champion Beef Showman. They qualified in the first specie shown (Meat Goat) but they may choose to show their own beef calf in Round Robin and draw for a Meat Goat to walk in the Meat Goat round. Participants who have multiple species are not allowed to use their 3rd or 4th place species.
3. After an exhibitor is named Champion Senior Showman or Reserve Champion Senior Showman within a division (dairy cattle, dairy goats, beef, sheep, meat goats, horse or swine), they are deemed as the automatic qualifiers in that division. They may not qualify in any other species for Grand Champion Showman. Exhibitors may show in subsequent showmanship classes, but the automatic qualifiers will be based on the first species they qualify in. The remaining open spots in the Round Robin will be filled from eligible 3rd Place Showman at the conclusion of the last show of the fair. If there are still openings after all eligible 3rd Place finishers, then 4th place finishers will be inserted using the same procedure and preference order. The order used will be based on the Preference Order. The 2023 Preference Order for 3rd and 4th place showman will be Dairy Cattle, Swine, Sheep, Beef, Meat Goat, Horse, Dairy Goat. The Preference Order will rotate annually.
4. For species with limited Senior exhibitors: Should a Senior contestant elect not to participate in the Round Robin, it will be their responsibility to permit the use of their animal for the purpose of the Round Robin contest. In the event that there is not a contestant from each specie, every effort will be made by species' superintendents to locate animals for use by the exhibitors in the Round Robin.
5. Participants will draw for the animal they will show in each species except as noted in Rule 2 above and for 3rd or 4th Place Qualifiers based on Rule 3. 3rd and 4th place species qualifiers from Rule 3 will be allowed to use their animal from the species shown when they qualified for Round Robin competition.
6. Previous winners of the Grand Champion Showman award at the fair are eligible to compete.

Horse Safety - REQUIRED for KSF

As part of the qualification requirements for the Kansas State Fair 4-H Horse Show, members must complete the Horse Safety Webinar and pass the quiz. They will both be available on the Kansas 4-H Equine Webinar page <http://bit.ly/3zbn5XC> on Monday, April 24th at 7pm. They must be completed prior to the entry deadline (August 1, 2023).

4-H Junior Rodeo - Cowley County Fair

July 29, 2023

Check in 4:00 PM

Rodeo begin 5:00 PM

Burden Rodeo Arena

Age Groups as of (January 1 2023)

7 to 9 years - Junior

10 to 13 - Intermediate

14 to 18 - Senior

Event Registration:

*Rodeo will BEGIN at 5:00 PM. Be ready to start the events by this time!

Please arrive early enough to complete check-in/confirming entries. Please have this completed 30 minutes prior to the start time listed above.

*Pre- Entry is required with normal fair pre-entries.

General Rules:

NOT RESPONSIBLE FOR ACCIDENTS

Rodeo is limited to Cowley County 4-Hers only

1. 4-Hers must pre-enter at the Extension Office by July 5,2023
2. All participants must wear their contestant's number to enter the arena. Contestants must check in with Rodeo Secretary upon arrival.
3. A 2023 Horse ID will be required of each horse participating in the Rodeo. Horse ID's will be checked prior to the start of the Rodeo. Any horse that doesn't have an ID will not be allowed to participate.
4. No contestant will be awarded a prize until official entry blank has been approved and double-checked.
5. Good conduct and sportsmanship will be expected of all contestants, parents/guardians, and spectators. Failure to comply with the Rules and Regulations will be cause for immediate disqualification.
6. Dress Code: Long sleeve collared shirt, long pants, boots, western hat (optional) – Absolutely NO caps.
7. All horseback participants should participate in the grand entrance.
DRESS CODE WILL BE STRICTLY ENFORCED
8. No running of horses outside of arena
9. No double riding allowed, No leading by another rider, no saddle restraints or seatbelts, unless proven to be medically necessary.
10. Participants must be ready at the gate when their name is called. Their name will be called 3 times- if they are not at the gate then they will not be allowed to compete and will receive no points in that event.
11. Volunteers/ assistance throughout the events are welcome. If you are interested in being responsible for setting up the event, running the gate during the event, etc. Please let the event coordinator know you are interested in helping.
12. We intend for these rodeos to be fun learning experiences for the youth. Please be respectful of the youth and their families in your actions. Please also keep the grounds clean.
13. All Timed events will be flagged and not ran by a timer.

4-H Junior Rodeo con't.

Events

- 1 Dummy Roping, Senior 14-18
- 2 Dummy Roping, Intermediate 10-13
- 3 Dummy Roping, Junior 7-9
- 4 Barrel Racing, Senior 14-18
- 5 Barrel Racing, Intermediate 10-13
- 6 Barrel Racing, Junior 7-9
- 7 Flag Race, Senior 14-18
- 8 Flag Race, Intermediate 10-13
- 9 Flag Race, Junior 7-9
- 10 Pole Bending, Senior 14-18
- 11 Pole Bending, Intermediate 10-13
- 12 Pole Bending, Junior 7-9
- 13 Goat Tying, Senior 14-18 girls
- 14 Goat Tying, Senior 14-18 boys
- 15 Goat Tying, Intermediate 10-13 girls
- 16 Goat Tying, Intermediate 10-13 boys
- 13 Goat Tying, Junior 7-9 girls
- 14 Goat Tying, Junior 7-9 boys
- 15 Dummy sled breakaway roping, Senior 14-18
- 16 Dummy sled breakaway roping, Intermediate 10-13
- 17 Dummy sled breakaway roping, Junior 7-9
- (Live cattle roping events pending cattle availability)
- 18 Breakaway Roping, Senior 14-18
- 19 Breakaway Roping, Intermediate 10-13
- 20 Junior Breakaway Roping, Junior 7-9
- 21 Steer Breakaway Roping, Senior 14-18
- 22 Steer Breakaway Roping, Intermediate 10-13
- 23 Steer Breakaway Roping, Junior 7-9

Breeding Bulls Division - Cowley County Fair

Cowley County Fair Division-Breeding Bulls

- 1. Bulls must arrive the day of the show (Friday, August 4, 2023) and will be released directly following the show.
- 2. Upon arrival, there will be a beef superintendent and a fair board member present for unloading. It will be at their discretion to determine that the animal is safe to continue stalling and show.
- 3. Bulls will be allowed to stall at the participant's designated area.
- 4. Bulls may only be shown in the bull division
- 5. Bulls over 24 months of age will be ineligible to show
- 6. All bulls 12 months or older must have nose control or nose clip.
- 7. Bulls are to only be allowed to stall in the East and West outside portions of the beef barn, and are at no time allowed in the middle, inside portion of the beef barn.
- 8. There must be an adult present with the participant at all times that the bull is not stalled, with the exception of entering the show ring, and exiting the show ring. An adult will escort from stalling to the show arena and again back to stalling.

Cowley County Fair King & Queen

The Cowley County Fair King & Queen Contest is designed to bring to the attention of the general public the outstanding youth of our county, to promote youth development organizations involved with the fair and to promote the Cowley County Fair. Entry Deadline - July 1, 2023. All applications will be reviewed by the judging committee prior to the Cowley County Fair. Late applications will not be accepted.

RULES:

1. Each Cowley County Fair Group, FFA Chapter or 4-H Club may nominate King and Queen candidates from their eligible membership.
2. All contestants must be nominees of one Cowley County organization named above.
3. All contestants must be exhibitors in the Cowley County Fair in the year nominated.
4. All contestants must be between 14 and 18 years of age before January 1 of the current year.
5. Contestants who have previously served as King or Queen will not be considered.
6. Contestants who have not served as King or Queen may re-enter the contest.
7. Final selection of King and Queen will be made by a combination of judges' scores and balloting by Cowley County Fair board members.
8. Candidates may not bring additional items, such as scrap books, photo albums, etc. into the interviews. Judges' selections will be based solely on the written application and personal interview.
9. All nominees must complete the King and Queen Entry Form and return to Cowley County Extension, 311 E 9th St. (P.O. Box 538), Winfield, 67156 by 5:00 p.m. on or before July 1.
10. Interviews will be the week of July 11th-17th.
11. Winners will be announced on July 19 and notified via (phone/email/mail).

INTERVIEWS: Face to face interviews will be conducted by three or more judges selected by the Cowley Fair Board King and Queen Committee. Date and location of the interview TBD. Face to face is defined as physically in the room with the judges. No additional materials may be brought to the interviews.

SCORING: Scoring will be done as follows:

1. Cowley County Fair Activities 30%
2. Club or Chapter Activities 15%
3. School, Church, Community Activities 10%
4. Poise and Personality 20%
5. Personal Appearance 10%

RESPONSIBILITY OF COWLEY FAIR QUEEN AND KING COURT:

1. Attend all Cowley County Fair shows and sales during the current fair. May be excused to attend functions to represent Cowley with approval of Cowley Fair King and Queen Committee or committee advisors.
2. Must be available to present awards to all Cowley Fair Shows, responsibilities being divided if one or the other is showing.
3. A schedule of time and places where attendance is required will be provided by the Cowley Fair King and Queen Committee. The King and Queen will be responsible for assigning all court members to Cowley County Fair shows and events. Court members will meet immediately following the coronation to review responsibilities.
4. The King and Queen shall represent Cowley County Fair.

Click [HERE](#) for an application.

Kansas State Fair/Grand Drive Changes

GROOMING RULE UPDATE (ALL SPECIES): FULL FIT SHOW

Junior Livestock Show Grooming: The purpose of grooming rules for junior exhibitors is to promote the program as a learning experience for youth. All junior exhibitors are expected to care for and groom their animals throughout the show. Grooming at the Kansas State Fair for the breeding and market animal shows may include the use of adhesives, paints, and powders. Twine, other artificial material or hair not from the animal itself are not allowed.

Grooming at the Kansas State Fair for the showmanship competition shall be "no fit"/ "blow and go." Adhesives, paints, and powders are not allowed.

Immediate family members of current Kansas 4-H or FFA members exhibiting may provide grooming and care to assist the junior exhibitor, regardless of whether the exhibitor is present while such grooming and/or care is being provided. Immediate family members include parents, legal guardians, siblings, and grandparents.

Individuals who do not meet the definition of an immediate family member or are not exhibitors at the show, but wish to provide consulting assistance to exhibitors, shall be deemed "Livestock Helpers." A Livestock Helper may only provide verbal guidance, consultation, and educational assistance. Hands-on assistance by Livestock Helpers is not allowed any time during the show.

Livestock Helpers must register with the Grand Drive office either at the time of entry by the relevant exhibitor(s) or during the State Fair. During registration, Livestock Helpers must submit documentation with the State Fair office containing the names of all exhibitors they wish to help. Livestock Helpers must wear a visible badge while in the barns providing guidance and verbal assistance.

Livestock Helpers found to be grooming or caring for animals will be warned once by the Competitions Director or their designee and upon the second violation may have their credentials revoked. An entry that has been groomed by a Livestock Helper may be disqualified.

Violations of this rule are subject to all penalties afforded by all applicable Kansas State Fair rules and may include revocation of Livestock Helper credentials for up to two years.

4-H AND FFA BEEF CATTLE RULE UPDATES (BEEF CATTLE EXHIBITORS ONLY):

NO CHUTES IN TIE SPACES IN THE CATTLE BARN

Stall chutes and "EZstay, Straight Up type bars" are allowed in stalls when in use only and cannot take up cattle space.

Only on show day may chutes be placed in aisles. This applies to steer exhibitors on Saturday and heifer exhibitors on Sunday. Please angle and space your chutes so that cattle can be moved to the ring. Do not block the entire aisle.

Chutes may be placed in open space along North and East walls of the barn and in open space in the Southeast part of the tie barn/ Prairie Pavilion.

Please plan and coordinate chute sharing with others from your county.

NO PENS OR PANELS IN TIE OUTS

No pens, extra panels or end panels will be allowed in the tie outs.

If pens/panels are set up the exhibitor will receive one warning to remove immediately, and if not removed will be removed by KSF staff.

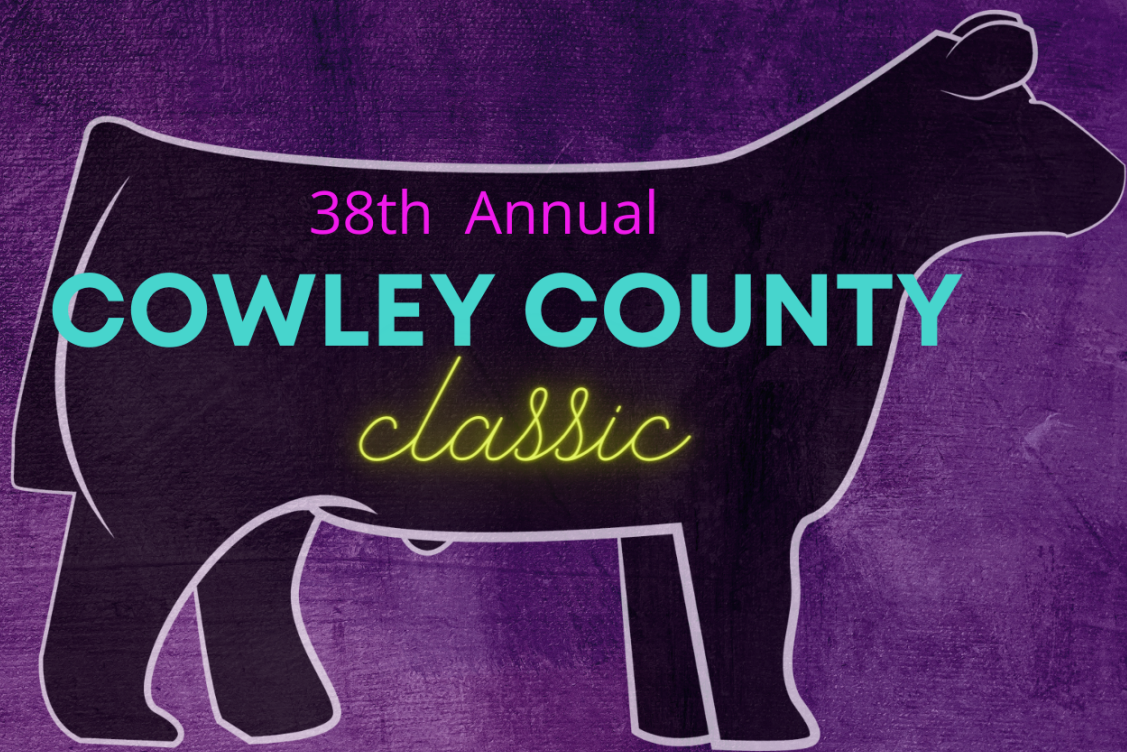
Tie out space is limited to only the animals that are checked in to the show, not the number of cattle entered.

"Tying out" in the dairy barn or to the chain link fence is not allowed.

Tie out space is not assigned by club/county, and if excessive space is used by an exhibitor the show management and KSF staff have the right to condense the exhibitor's space.

For a full list of Kansas State Fair rules and guidelines, visit <https://www.kansasstatefair.com/p/competitions/2020-special-edition-4-h--ffa-grand-drive>

Cowley County Beef Classic



Saturday, April 15, 2023

Winfield Fairgrounds; Winfield, KS

7:00-9:00 a.m. Check-In and Weigh

9:00 a.m. Weight cards due

10:00 a.m. Show begins

Breeding Heifers

Cowley County Heifers

Market Steers

Cowley County Steers

Showmanship

Cash awards will be given to the top three Market and top three Breeding animals

\$750, \$500, \$300

Beef Classic Entry Form

General Rules

Entry is open to any bonafide 4-H or FFA member. Exhibitors must be at least 7 years old and not have passed their 19th birthday before January 1, 2023.

The entry fee is \$30/head by April 10, 2023. After April 10, entry will be \$35/head. Entry fee may be mailed with official entry blank or presented at check-in. Pre-entries are preferred. **All pre-entered exhibitors will receive a show t-shirt.**

Cash awards will be given to the top three Market and top three Breeding animals (\$750, \$500, \$300). Prizes will be awarded for Showmanship and Class winners.

There will be no limit on the number of entries per exhibitor.

Heifer and steer check in begins at 7:00 a.m. All entries must be checked in and weight cards are due by 9:00 a.m. on Saturday, April 15, 2023.

No stalling, no bedding available. Must show off the trailer. Generators are encouraged. Exhibitors are to clean up their area before leaving the grounds.

A minimum of 3 head is required to show as a breed. There will be an AOB class if needed. The show management reserves the right to alter and/or combine classes.

Heifers must be accompanied by registration papers or a copy of transfer papers in the member's name. There will be a commercial heifer class for all unregistered heifers. Maximum heifer birth date shall be no sooner than January 1 of the previous year.

Market Steers will show by breed and weight. The Market Heifers will show by weight.

The showmanship contest is open to all exhibitors and will be conducted as follows: Senior (14 and over), Intermediate (10-13), Junior (7-9). Age is determined before January 1, 2023.

There will be a separate Market and separate Breeding class for Cowley County Exhibitors with no entry fee.

The Cowley County Classic will be a full-fit show.

Skills learned in 4-H last a lifetime:

A positive self concept	An inquiring mind	A concern for the community
Healthy interpersonal relationships		Sound decision making

Please complete and return to: Cowley County Classic
 c/o Cowley County Extension
 P.O. Box 538
 Winfield, KS 67156

****Exhibitors who pre-enter by April 10, 2023 will receive a t-shirt.**

Exhibitor Name _____ Age (before 1/1/2023) _____

County _____ Address _____

City/ST/Zip _____ Showmanship: SR ____ INT ____ JR ____

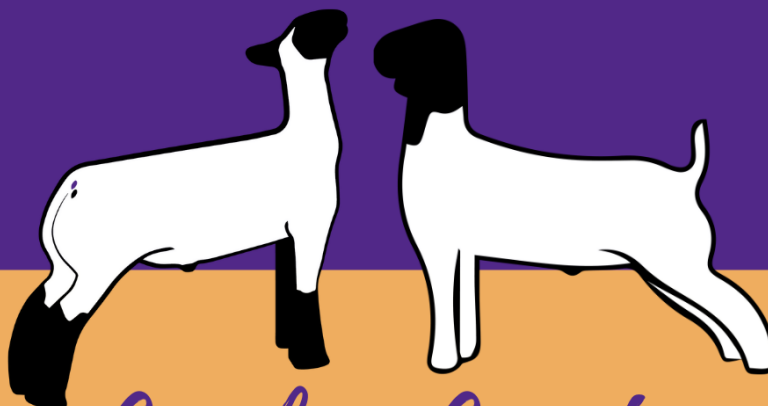
T-shirt size (indicate youth or adult size) _____

Breed (specify steer or heifer)

1. _____ 2. _____

3. _____ 4. _____

Cowley County Sheep & Meat Goat Show



*Cowley County
Sheep and Meat Goat Show*

Saturday, May 6, 2023

Winfield Fairgrounds; Winfield, KS

Sponsored by the Cowley County Sheep and Meat Goat
Show Committee

Schedule:

- | | |
|-----------------|---|
| 7:30-8:30 a.m. | Sheep Check-In, Declare weights |
| 9:00 a.m. | Sheep Show (30 minutes after Cowley County Classic) |
| | Breeding Ewes |
| | Showmanship (Senior, Intermediate, Junior, Peewee) |
| | Market Lambs |
| | Cowley County Sheep |
| 9:30-10:30 a.m. | Goat Check-In, declare weights |
| | Goat Show (30 minutes after sheep show) |
| | Breeding Does |
| | Showmanship (Senior, Intermediate, Junior, Peewee) |
| | Market Goats |
| | Cowley County Goats |

Sheep & Goat Show Entry Form

Cowley County Sheep and Meat Goat Show

Saturday, May 6, 2023

Winfield Fairgrounds; Winfield, KS

General Rules

Entry is open to any bonafide 4-H or FFA member. Exhibitors must be at least 7 years old and not have passed their 19th birthday before January 1, 2023.

The entry fee is \$15/head and \$5 per exhibitor for showmanship by May 1, 2023. Entries received after May 1 are \$25/head. All pre-entered exhibitors will receive a show t-shirt. Entry fee is to defray expenses of the show. No refunds.

Judge's decision will be final.

Animals shown in the market classes are not eligible to show in the breeding classes and vice versa.

Everyone must check in at the registration table prior to weighing. This includes in-county, out of county, breeding and market entries.

Market lambs must be slick-shorn to one quarter inch, to the hock. Wool on the face and below the hock is allowed.

Market Goats will be shown clipped to 3/8" or less. All classes will be split by weight.

All goats must be dehorned or tipped and rounded.

All wethers must be castrated/banded prior to coming to the show. No bucks/rams allow.

The showmanship contest is open to all exhibitors and will be conducted as follows: Senior (14 and over), Intermediate (10-13), Junior (7-9).

Age is determined before January 1, 2023. All animals shown in showmanship classes must be owned by the exhibitor.

Classes will be determined by weight and specified by committee. Classes will be determined at the conclusion of weigh-in.

Each exhibitor will be allowed to show only two head in market and two head in breeding classes.

No stalling, no bedding available. Must show off the trailer. Generators are encouraged. Exhibitors are to clean up their area before leaving the grounds.

All lambs must have lamb teeth, all goats must have kid teeth. All sheep and goats must have scrapes tag. No yearling ewes or yearling does.

NO MISTREATMENT OF ANIMALS WILL BE TOLERATED.

HEALTH REQUIREMENT: Animals that are ill, have soremouth, and/or "club lamb" fungus **will not be allowed to show.** Decision of veterinarian is final.

The use of artifical coloring, except on hooves is prohibited.

Each exhibitor must groom his/her own animal and may use only the assistance of an immediate family member (mother, father, legal guardian, brother, sister) or another 4-H/FFA member who is an exhibitor at the show.

A special peewee showmanship class for children less than 7 years old will be offered during fitting and showing. ****Peewees may ONLY exhibit in fitting and showing.**

Goats must be shown with all four feet on the ground. Exhibitors may use a collar, a collar with a short lead or a halter when showing. Medium (3mm) or smaller pinch collars will be allowed.

There will be a separate Market and separate Breeding class for Cowley County Exhibitors with no entry fee.

Skills learned in 4-H last a lifetime:

A positive self concept An inquiring mind A concern for the community
 Healthy interpersonal relationships Sound decision making

Please complete and return to: Cowley County Sheep and Meat Goat Show
 c/o Cowley County Extension
 P.O. Box 538
 Winfield, KS 67156

****Exhibitors who pre-enter by May 1, 2023 will receive a t-shirt.**

Exhibitor Name _____ Age _____ T-shirt size _____
 (before 1/1/2023)

County _____ Address _____

Sheep Showmanship (\$5) Age by 1/1/2023 _____SR _____INT _____JR _____Peewee

_____#Mkt. Lambs _____#Breeding Ewes _____Total Sheep (#head x \$15 + \$5 showmanship)

Goat Showmanship (\$5) Age by 1/1/2023 _____SR _____INT _____JR _____Peewee

_____#Mkt. Goats _____#Breeding Does _____Total Goats (#head x \$15 + \$5 showmanship)

New! 2023 Livestock Production Essay

Who can participate: 4-H Members exhibiting livestock at the 2023 Cowley County Fair AND submitting a 4-H Project Report.

Participants exhibiting these species will be eligible:

- * Beef
- * Bucket Calf
- * Dairy Cattle
- * Swine
- * Sheep
- * Meat Goat
- * Dairy Goat
- * Meat Rabbits
- * Production Poultry



Due
September 22, 2023
 Both 4-H Project Report and Essay

Potential topics to build on:

- * **Production-** Breeding animals, what are your future goals? What specific details do you need to consider if you plan to keep this animal and breed them?
- * **Finances-** pasture stocking rate, available pasture/rental rates, price to feed, maintain, breed, house this animal?
- * **Marketing-** Marketing to sell this animal or their progeny for a return on investment.
 - Break down your plan
- * **Industry Expectations-** interview Bankers, FSA Loan Officers, Extension Agents, Local Farm/Ranchers, study and cite University publications.
- * **Goal Setting-** does your animal have products to sell? (milk/eggs/offspring) What does your business plan look like for that and how are you going to make that work and grow to be a profitable business owner?

-Do you have a market animal? How are you feeding that animal to be the most profitable on the rail? Are you marketing that animal before the fair to get the best price? Do you know how much meat that animal provided after the fair? What is your goal as you feed this animal and how did you do? Hanging weight, back fat, pounds of product.

If you need help with this project, please schedule an appointment with Sarah to help you explore ideas.

The intent of this essay is to dig deeper into the production side of the industry, learning from publications and professionals in our area. You will want to plan to have it proofed by multiple people.

4-H Club Corner

4-H Club Leader’s Toolbox

Youth Program Quality Principles

A 4-H Project: More than a Fair Entry

4-H Club Meeting Reflections

Creative Ideas to Enhance Club Meetings

Just click on the link to see helpful resources. The 4-H Club Corner has many more resources available on Kansas 4-H webpage: [4-H Club Corner](#)

Kansas Clover Classroom

Sportfishing Challenge

Thrifty Threads

Reading Challenge

Many more resources available on the [Clover Classroom page](#).

4-H AMBASSADORS

PURPOSE:

WORK TOGETHER WITH A TEAM OF APPROXIMATELY 3-8 AMBASSADORS AND AN ADULT ADVISOR TO DEVELOP A PUBLIC INFORMATION PROGRAM FOR THE COWLEY COUNTY 4-H PROGRAM.

RESPONSIBILITIES:

PROMOTE 4-H TO ALL AUDIENCES
ORGANIZE 4-H PROMOTIONAL EVENTS AND ACTIVITIES
DEVELOP COMMUNICATION SKILLS

QUALIFICATIONS:

HIGH SCHOOL FRESHMAN TO AGE 18
ENTHUSIASM FOR 4-H
INTEREST IN PROMOTING THE 4-H PROGRAM

TIME REQUIRED:

1 OR 2 YEAR TERM
4-8 HOURS PER MONTH

THROUGH THIS EXPERIENCE, 4-H AMBASSADORS WILL HAVE OPPORTUNITIES TO LEARN, PRACTICE AND IMPROVE COMMUNICATION, MARKETING, EMPLOYABILITY AND JOB SKILLS.

APPLY NOW!

CLICK HERE!
to apply for
4-H
Ambassadors

(Extended deadline)

Return application and letter of recommendation by April 30, 2023

Shooting Sports

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

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

Air Discipline Practice - Last Air Practice of the Year

Sunday, April 2 @ 2:00 p.m. BB, 4:00 pm Air Rifle, 5:30 Air Pistol
at the Winfield Fairgrounds.

Archery Practice

Thursdays, April 13, 20, and 27th @ 6:30 p.m. in the meadow. *Note no practice on Easter week, Thursday, April 6th.*

Shotgun Discipline

Sunday, April 16th at 2:00 p.m. in the Meadow.

2023 Wildlife Habitat Education Program - Mondays, 5:00-6:30 pm at New Hope Fellowship Church, 19195 61st Rd., Winfield.



Thank you for your support to our club with orders for the 2023 Flower Fundraiser Orders - reminder that delivery will be Friday, April 28th 3-7:00 pm at the Winfield Marquee.

Congratulations to Cowley members going to Sedgwick County Air Qualifier, BB - Lanie Arnett, Air Rifle - Jacob Arnett, placing 3rd Senior overall, Air Pistol - Kyle Bannon, Everett Green, and Robyn Shaw.

We are excited to let members know if they are enrolled in the shooting sports project club only, they may now enroll also in the sport fishing project and add that to their outdoor projects in Cowley County 4-H! Watch the club facebook page for upcoming fishing tournament opportunities in our area.

Check out this non-4-H first opportunity in the area for youth 12 & under to cast their reels!

Austin Waite

Cowley County 4-H Shooting Sports Coordinator

620-222-1982

P.O. Box 422

Winfield, KS 67156

www.4hshootingssportscowleyks.com

<https://www.facebook.com/cowleycounty4hshootingssports>

1ST ANNUAL FISHING TOURNAMENT & BBQ CONTEST

BASS N BBQ
benefiting the William Newton Healthcare Foundation

WINFIELD, KS

SATURDAY, MAY 6, 2023

WINFIELD CITY LAKE, ZONE 2

FISHING TOURNAMENT

\$150 PER BOAT (2 ANGLERS)
6am - 2pm
Payouts: 1st - \$500 | 2nd - \$300 | 3rd - Prize Package

SIDE POT: BIGGEST FISH
\$30 entry
Payout based on entries

BBQ CONTEST

\$150 PER TEAM
11:30am - 1pm
Payouts: 1st - \$500 | 2nd - \$300

BBQ TASTING 12:30pm
\$5 TASTING FEE OPERATING

KIDS' FISHING DERBY

\$15 PER CHILD (12 & UNDER)
9:30am - 11am
Prizes: 1st - \$30 | 2nd - \$25 | 3rd - \$20

REGISTRATION
RULES + SCHEDULE + INFO
VISIT BIT.LY/BASSNBBQ
REGISTRATION ENDS MAY 1
LIMITED SPOTS AVAILABLE

REGISTER BY APRIL 1 TO GUARANTEE YOUR SHIRT ON EVENT DAY.

BENEFITING:
WILLIAM NEWTON HEALTHCARE FOUNDATION

HOSTED BY:
WINFIELD KANSAS

Kansas 4-H Sportfishing

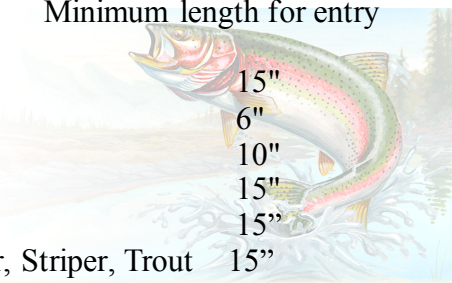
KANSAS 4-H SPORTFISHING TOURNAMENT 2023

The Kansas 4-H Sportfishing Tournament is open to all 4-H members. The contest runs throughout the year and ends September 15, 2023. Anglers can fish year round but entries must be in by the deadline, fish caught after the deadline may be entered in the next contest. Participants can enter in any species/categories that they catch fish – go fishing and have fun!!!

One 4-H Angler of the Year will be named in each of the species/category listed below. These are fish commonly found in Kansas waters. Each Angler of the Year will receive a frameable certificate and a Wal Mart gift certificate to hopefully be used for fishing equipment (one per individual). All other participants that enter a certified entry will receive a \$5 gift certificate.

The following species will make up the contest:

Specie/Category	Minimum length for entry
Catfish (Channel, Flathead, or Blue Cat)	15"
Sunfish (Bluegill, Green Sunfish, Hybrid Sunfish)	6"
Crappie (Black or White)	10"
Black Bass (Largemouth or Smallmouth)	15"
Any Rough Fish – Carp, Drum, Buffalo, Gar	15"
Other Game Fish -Walleye, Saugeye, White Bass, Wiper, Striper, Trout	15"



RULES:

1. Must be enrolled in 4-H but do not have to be in the Sportfishing Project.
2. Entry must be measured by length, weighed on a digital scale, verified by a witness, and be accompanied by a photo of the entry. (This is a minimum entry to receive an award.) Please use the 2023 entry form. To compete for **Angler of the Year Award** the entry must be weighed and witnessed. Only one Angler of the Year award per individual will be awarded. We want to recognize as many participants as possible. Please use the [2023 Entry Form](#).
4. Fish must be caught by a legal method as outlined in the current Kansas Department of Wildlife and Parks Fishing Regulations Summary. Fish can be caught anywhere in the state of Kansas.
5. **YOUNG ANGLERS MUST CATCH THEIR OWN FISH!** The past few years some very small/young anglers have caught some very big fish that would have required significant assistance from an adult. Remember, I am a lifetime fisherman, have taught hundreds of fishing clinics, and am a retired fisheries biologist. PLEASE PARENTS OR OTHER ADULTS, LET THE KIDS CATCH THEIR OWN FISH. Questionable situations may be investigated.
6. Entries must be postmarked by September 15th or e-mailed/texted by that date.. Winners will be announced around October 1, 2023. Every effort will be made to have the awards available to the counties by their achievement awards program for presentation at the program or sent directly to the winners. Please include the Extension Office phone number!
7. Entries are to be submitted to Tommie Berger 406 S. New York Ave. Sylvan Grove, KS 67481. bergkwf@wtciweb.com 785-524-6112

Kansas Range Youth Camp

Kansas Range Youth Camp



June 13-16, 2023

Sponsored by:



KANSAS SECTION
Society for Range Management



If YOU are interested in plants, livestock, or wildlife, attend an educational event like no other in Kansas!

Participants: Upcoming High School Sophomores, Juniors, & Seniors

Location: Camp Menoscaw, Murdock, KS (in Kingman County)

Learning: Range Plant Identification, Plant Growth, Stocking Rate Determinations, Livestock Nutrition, Rangeland Wildlife Management, and much more!

Special Items: Field Trips, Steak Dinner

Activities: Swimming, Canoeing, Fishing, & Hiking

Tuition: \$250 per participant*

*Interested students should contact their local Conservation District, Extension Office, Farm Bureau office, livestock association, and/or other local business for possible financial assistance.



Educating Kansas youth

for over 50 years!



<https://kssoilhealth.org/event/2023-kansas-range-youth-camp/>

Contact: Courtney Jackson, Kansas Range Youth Camp Chairman
116 Fox Street, Council Grove, KS 66846--- 620-767-5111---courtney.jackson@usda.gov

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](#)

[4-H Project Record Books](#)

[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

4-H Scholarships

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!

Get Financial Help Attending Events

The Cowley County 4-H Development Fund is our local 4-H foundation created in 1995 to assist Cowley County 4-H'ers take part in educational events and activities. Funding is provided by gifts from supporters. Each year, the 4-H Development Fund awards college scholarships to high school seniors and college freshmen. Beginning in 2015, the Development Fund introduced "Leadership Development Grants". Leadership Development Grants are available by application to local 4-H members who are registered for a state or national leadership event such as Discovery Days, National 4-H Congress, Kansas Youth Leadership Forum, Citizenship Washington Focus and more. Applications are available from the Cowley County Extension Office. Applicants must submit an essay, write a thank you note to a Development Fund donor and present a program about their experience to a 4-H club or county-wide group following attendance at the event. For more information, contact Sarah at slag11@ksu.edu or 620-221-5450.

[Cowley County 4-H](#)

[Cowley County Sheep Project](#)

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

[Cowley County Swine Project](#)

[Cowley County Classic Beef Show](#)

[Cowley County Horse Project](#)

[Cowley County Sheep and Meat Goat Show](#)

[Cowley County Dog Project](#)

[Cowley County Goat Project](#)

[Cowley County 4-H Sweepstakes Team](#)



Find us on:
facebook

Cowley County Extension Office

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

K-STATE
Research and Extension



Office Hours
Monday through Friday
8-11:30 a.m.
and
12:30 - 5 p.m.

Cowley County Extension Council Executive Board

The Cowley County Extension Council Executive Board meets monthly and conducts the business of the Extension Office. The Extension Council monthly meeting will be held on Tuesday, April 4, 2023 at 5:30 p.m. in the Assembly Room at the Cowley County Courthouse.

Friends of Extension

Friends of Extension

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.

4-H Development Fund

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)

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 Sarah LaGrone two weeks prior to the start of the event (insert deadline date) at 620-221-5450. 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.