

THE 4-H FLASH NEWSLETTER

January 2023

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Hello 2023! We hope you all have had the best holiday break!

Many people feel inspired around the New Year but feel puzzled about how to set clear and attainable goals. One way of evaluating goals is to be S.M.A.R.T.. This means that goals are: Specific, Measurable, Attainable, Relevant, and Time-bound.

- **Specific:** The more specific your goal, the more you can see it.
- **Measurable:** When it is measurable, you can accurately make a plan (such as how much to save each month) and determine your progress.
- **Adaptable:** goals are ones that can change as your situation changes, the economy changes, or other factors change.
- **Realistic:** While you always want to dream big, goals that are realistic help you to feel a sense of accomplishment when they are met. Otherwise you may find you lose some of your motivation when you fail to meet your goals.
- **Time-bound:** Finally, your commitment to yourself is confirmed by the time frame you establish. By establishing a when, you create a firm deadline. This can help you to continue to prioritize your goals appropriately.

We have a challenge for you! The first two families to email slag11@ksu.edu with your 2023 S.M.A.R.T goals will receive a prize!

-Sarah

“A goal without a plan is just a wish.” — Antoine de Saint-Exupéry

Contact us:

cl@listserv.ksu.edu (620) 221-5450 or (620) 441-4565

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Research and Extension



Cowley
County

Cowley County Extension Office will be closed December 23 - January 2 and again on January 16, 2023 for Martin Luther King Jr. Day

Community Leaders

January Check-Up

- * Take time to RELAX!
- * Are your 4-H Club Officers running the club meeting?
- * Jan-Feb Private Officer Training available, contact [Sarah](#)

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

- * 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 - 7:00 p.m.

Meeting Location:

“Main Street Skate”

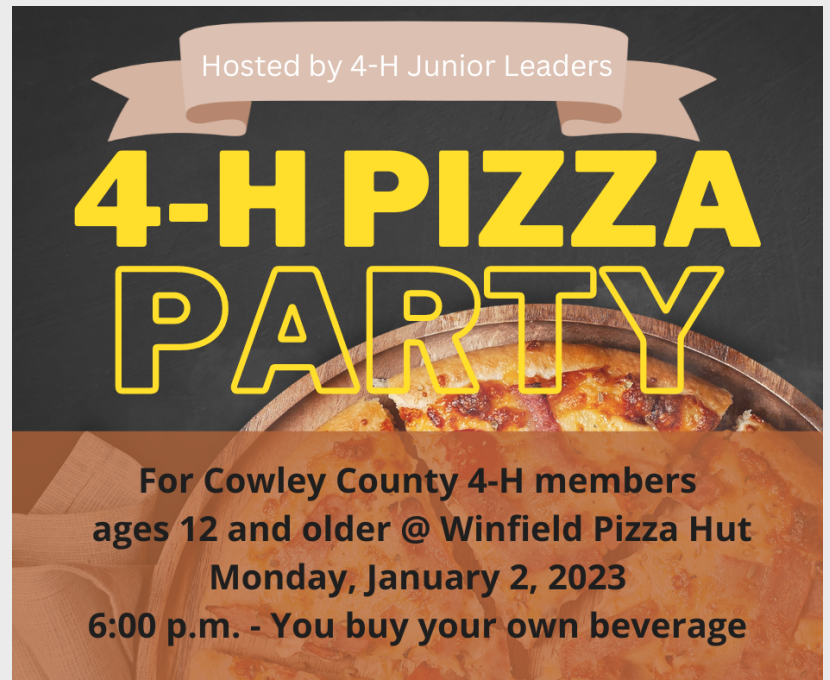
Skating rink at
515 Main St. Winfield

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 monthly meeting will be held on Tuesday, January 3, 2023 at 5:30 p.m. in the Assembly Room at the Cowley County Courthouse.

Important Dates and Deadlines *underlined text is a link

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
- 1/10 Horse Panorama- Registration due
- 1/16 4-H Council Meeting
- 1/31 4-H Day Registration Due

February

- 2/11 Cowley County 4-H Day; Winfield
- 2/12 4-H Day with Women Wildcat Basketball
- 2/20-2/21 Citizenship In Action
- 2/20 Registration Deadline for Willie & the Beanstalk Contest

March

- 3/5 Beef Tagging / Weigh-In Day
- 3/11 KSU Junior Swine Producer Day
- 3/18 KSU Junior Meat Goat Day
- 3/29 YQCA

April

- 4/20-21 KSU Tour
- 4/23 Small Livestock Tagging Day
- 4/25 Small Livestock Tagging Day

May

- 5/3 Superintendent Training

June


- 6/7-9 Discovery Days
- 6/16-17 Insect Spectacular

July

August

- 8/3-7 Cowley County Fair


SPREAD YOUR WINGS
AT




Insect Spectacular

JUNE 16 & 17, 2023

MANHATTAN, KS



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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. Click [here](#) to register for 4-H Day.

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

4-H Day Guidelines

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 members 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 Events

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!



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.

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.

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.



Sponsored by Kansas State University
Department of Agronomy

4-H Events Continued

Horse Panorama

When: January 28, 2023

Where: K-State Salina Campus

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, 2023

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

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!



**LEADERSHIP
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Kansas 4-H programs help kids grow into confident, capable and caring adults. Give your child the skills to lead for a lifetime.

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Annual Calendar

All dates are subject to change.

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

OCTOBER

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

NOVEMBER

- Club Organizational Reports due November 1
- Club Financial Review Reports due November 1
- Volunteer Screening Renewal due November 30
- Achievement Night- second Saturday
- Sign up for county-wide committees
- 4-H Council Budget Committee presentation to 4-H Council
- Officer Installation- 4-H Council
- Officer Installation- Jr. Leaders
- Extension Council Elections
- Kansas Youth Leadership Forum
- Kansas Volunteer Leader Forum
- Extension Council Annual Meeting, Extension Council Executive Board is elected
- Project Leader Recruitment
- Livestock Dates published
- Citizenship In Action information published
- Enrollment and Health info due online by November 30th

DECEMBER

- Livestock dates published
- Club Day information published
- State 4-H Scholarship Information published
- Begin goal setting for projects
- Citizenship In Action information published
- Club Day planning (Talks, Demos, Musical presentation, Talent, Model Meeting, etc.)

JANUARY

- 4-H Day committee meets (beginning of the month)
- Area Project Records screening 3rd week of January
- 4-H Day entries due (3rd week of January)
- Horse Panorama, Rock Springs
- Planning for spring livestock shows
- 4-H Day information published- schedule if possible
- Discovery Days info (if available)
- Livestock ownership requirements published

FEBRUARY

- Citizenship In Action Registration due February 1
- 4-H Day
- 4-H Supporters Week
- Citizenship In Action (President's Day Weekend)
- State 4-H Scholarships due
- Beef Weigh-In info published
- Livestock ownership requirements published
- Discovery Days info published

MARCH

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

APRIL

- Cowley County Classic Steer and Heifer Show
- Tag/Weigh-In Goats and Sheep; Tag Swine and Bucket Calves (April 24, 2022)

Annual Calendar continued

MAY

- Target Deadline. Last day to enroll in 4-H to receive the Fair Book and Fair Pre-Entry Packet in the mail, May 1st
- Ownership deadline for Dairy Cattle and Dairy Goats, May 1st
- Beef nominations due for Kansas State Fair and Kansas Junior Livestock Show (KJLS)- May 1st
- Last day to add or drop projects- May 1st, 4-H/FFA members must be enrolled by this date to be eligible to show at the Cowley County Fair
- Horse ID Forms due- May 1st, horses must be ID'ed to be eligible to show at the fair and district shows
- Cowley County Sheep and Meat Goat Show
- Discovery Days Orientation

JUNE

- Discovery Days (first week of June)
- Emerald Circle Banquet for state award/scholarship winners
- Southeast Area Livestock Judging
- Southeast Area FACS Judging
- Southeast Area Favorite Foods Show
- Southeast Area Horticulture Judging
- 4-H Camp Orientation
- 4-H Camp (dates vary)
- Campference
- Sheep, Swine and Goat nominations due for State Fair and KJLS- June 15th
- 4-H PDC Meeting

JULY

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

AUGUST

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

SEPTEMBER

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

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Becky Reid, 620-221-5450. (For TDD, Kansas State University, 785-532-4807.)

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Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Ernie Minton, Director.

2022/2023 Fair Changes

May 1- Target Deadline-

- * Must be enrolled in 4-H with projects selected by this date to receive a fair book and Fair Pre-Entry packet in the mail. If you enroll in 4-H after this date, you will find the fair book posted on the Cowley County website. To be eligible to showcase in the Cowley County Fair you must have an approved 4-H Enrollment status prior to the July 5, 2023 Pre-Entry Deadline.

Cowley County only (Not State Qualifying) new beginner level classes for:

- * Entomology
- * Geology
- * Rocketry
- * Poultry (Barn Yard mix)
- * 4-H Jr. Rodeo

Tagging Rule Addition- One week late tagging grace period with \$25/animal fee.

- * Enrollment must be finalized prior to tagging. Names will be marked off enrollment list prior to tagging animal. There will be a waiver form for agent and family to sign if exhibitor comes to tagging and are not enrolled, waiver will give exhibitor 7 days to finalize enrollment or the tagged animal will be invalid to exhibit at Cowley County Fair.

May 1- Dairy Cattle, Dairy Goat and Horse lease/Ownership papers due. 7-day grace period with a late fee of \$25/Head

Change to Sheep-Rule 8. At the time of weighing and showing, all Market Lambs must be slick shorn with an even length of wool covering above the hock and knee (head excluded). Belly wool is prohibited. Wool length shall not exceed .2 inch. Market Lambs with excessive or uneven wool will not be weighed in.

All fitting and animal show prep must be done in/around barns or wash racks.

Change to General Livestock-Rule 7. Dairy Cattle, Dairy Goats, Bucket Calves, Poultry and Rabbits will be released at 1:00 P.M. on Monday. Stalls/pens will need to be cleaned. These animals are released and must be moved off the fairgrounds by 1:00 P.M. unless prior arrangements have been made with department superintendent, for temporary accommodations.

Shooting Sports

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

January Club Meeting - 2nd Sunday (January 8th), 3:30 @ the fairgrounds

Air Discipline Practice

Sunday, January 8th at the Winfield Fairgrounds

2:00 p.m. BB

4:00 p.m. Air Rifle

5:30 p.m. Air Pistol



Archery Practice

Thursday, Jan 5th & 19th @ 6:30 p.m. at the Winfield fairgrounds.

Shotgun/Hunting Skills Discipline

Sunday, January 22nd at 2:00 p.m. at the Meadow. *Inclement weather, indoors at New Hope Fellowship*

(Note change of date to 4th Sunday due to New Year Holiday)

Happy New Year to all! - More information between newsletters, please email at cowley4hshootingsports@gmail.com and go to the project page <https://www.facebook.com/cowleycounty4hshootingsports> or www.4hshootingsportscowleyks.com/contact

--

Austin Waite

Cowley County 4-H Shooting Sports Coordinator

620-222-1982



CONFIDENCE GROWS HERE.

Kansas 4-H programs help kids grow into confident, capable and caring adults. Give your child the skills to lead for a lifetime.

Visit www.Kansas4-H.org

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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>



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Lady Cats Basketball



SUNDAY, FEBRUARY 12, 2023, 1:00 PM

KANSAS 4-H DAY WITH K-STATE WOMEN'S BASKETBALL

K-State vs. Oklahoma!

\$25 - TICKET, VOUCHER (\$10 CONCESSIONS), & SHIRT

\$15 - TICKET & VOUCHER (\$10 CONCESSIONS)

HOW TO GET TICKETS?

1. REGISTER!
2. DAY OF: 11:30 AM-12:30 PM - PICK UP TICKET PACKAGES - LOCATION TBD
3. DAY OF: 12:00 PM - DOORS OPEN FOR THE GENERAL PUBLIC
4. DAY OF: 1:00 PM - TIP-OFF

Online registration for this event will be due January 15th, 2022. No paper registrations will be accepted. To register, go to: <https://conta.cc/3UkNwIO>



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Resource: <https://www.apa.org/topic/resilience>

Congratulations to Floral 4-H Club!

Their club will receive a pizza party from Friends of Extension for selling the most raffle ticket for Fall For Extension!



Save the Date

Pawnee County 4-H Wool Judging Invitational

Saturday, January 28, 2023

Open Practice Friday, January 27, 2023 4-6 pm



J.A. HAAS BUILDING,
400 E 18TH ST, LARNED, KS 67550

Open to all Bonafide 4-H and FFA members



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
311 E 9th
Winfield KS 67156

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