

# THE 4-H NEWSLETTER

December 24/January 25

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### *A note from Sarah...*

Happy Holidays! This time of year is filled with reflecting and planning for the next year. I know in our office, we are working on planning activities for a wide range of project areas. When planning projects, it is a great idea to set goals for yourself. This will be a helpful guide to plan how you will accomplish these goals. What are your goals for 2025? Will it be attending local, regional, or state events, will it be teaching others, or will it be learning about a specific skill to better a technique? The possibilities are endless on how you can accomplish your goals. Another great way to keep you on track is to start looking at project record books to see where you might need to be focusing your time and energy. You can find those under “Youth Development/Forms” on our local Cowley County Extension webpage.

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

We have some great committees going currently and new events/programs/equipment hopefully coming this year. Be sure to keep an eye on your email, County Facebook pages and Newsletters, you will NOT want to miss the opportunities 2025 has in store.

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

#### Contact us:

[cl@listserv.ksu.edu](mailto:cl@listserv.ksu.edu) (620) 221-5450 or (620) 441-4565

Sarah LaGrone, 4-H Youth Development, [slag11@ksu.edu](mailto:slag11@ksu.edu)

Becky Reid, Family & Consumer Sciences, [bkreid@ksu.edu](mailto:bkreid@ksu.edu)

Cindy Stephens, Office Professional, [cstephens@ksu.edu](mailto:cstephens@ksu.edu)

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Research and Extension



Cowley County Extension Office will be closed from  
December 24, 2024 to January 1, 2025.

## Community Leaders

### December Check-Up

- \* Have you turned in the Financial Review and Organizational Report?
- \* Have you worked with the team of Officers to complete the club goals and plans for 2025?
- \* Recognize those who submitted Record Books and Pin Applications
- \* Are your 4-H Club Officers running the club meeting?

### Review

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

### To-Do

- \* Use your club roster from [4honline](#) to do roll call at your club meeting. Anyone not on it? Strongly encourage them to get enrolled.
- \* Remind parents to [send payment](#) for any 4-Hers with a “payment due” status.

### Promote/Recruit

- \* Work with club members to put a plan in place to recruit more 4-Hers and to have an active role in their club.
- \* L.E.A.D. Program
- \* Market Broiler Program
- \* Cowley County Beef Production Day Camp ( Feb 22)
- \* Willie & The Beanstalk Contest
- \* 4-H Day (February 8)
- \* [Citizenship In Action](#)
- \* [4-H Media Team](#)
- \* 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.
- \* Encourage 4-Hers to attend County Programs

# 2024



## ACHIEVEMENT NIGHT HIGHLIGHTS



[CLICK HERE TO VIEW HIGHLIGHTS](#)

### 4-H Council



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

The purpose of the 4-H Junior Leaders club is to help members:

- 1) build self-confidence
- 2) relate to others
- 3) develop concern for the community and others in it
- 4) use knowledge, skills and values in making decisions
- 4) develop an inquiring mind. These aims are to be implemented by encouraging members' participation in planning and involvement in meetings, individual or group projects, tours or field trips, camps and other community or county activities.

Our meetings are typically at the Cowley County Courthouse Extension Assembly Room and via zoom. Any youth 12 and older are invited to participate

**January 20, 2025**  
**6:30 pm**

**Assembly Room**  
**Cowley County**  
**Extension Office**

### Cowley County Extension Council

The Cowley County Extension Council Executive Board meets monthly and conducts the business of the Extension Office. The Extension Council Annual meeting will be held on Thursday, December 5 2024 at 6:00 p.m. The Executive Board will meet at 5:30 p.m. for its regular meeting. The meetings will be held at the Winfield Public Library, 605 College St. Winfield, KS 67156.

## Important Dates and Deadlines

### December

- 12/5 Cowley County Extension Council board meeting, 5:30 p.m. Winfield Public Library
- Livestock dates published
- State 4-H Scholarship Information published
- Begin goal setting for projects
- Citizenship In Action information published
- Club Day planning (Talks, Demos, Musical presentation, Talent, Model Meeting, etc.)

### January

- 1/1 Market Broiler Contest registration closes
- 1/9/25 Cowley Co. Extension Council Board Mtg. 5:30 p.m.
- 1/20 4-H Council Mtg
- 1/20 4-H Junior Leaders Mtg

### February

- 2/7 Cowley Co. registration deadline for Willie & the Beanstalk Contest
- 2/8 Cowley County 4-H Day; Winfield
- 2/16-2/17 Citizenship In Action
- 2/22 Beef Production Day Camp
- 2/22-23 Horse Panorama

### March

- 3/1 KSU Junior Swine Producer Day
- 3/2 Beef Tagging / Weigh-In Day
- 3/22 KSU Junior Meat Goat Producer Day
- 3/30\* Regional 4-H Day \*Subject to change

### April

- 4/19 Cowley County Beef Classic
- 4/25 Market Broiler Contest judging
- 4/26 Cowley Co. Sheep & Goat Show
- 4/27 Small Livestock Tagging Day 1
- 4/29 Small Livestock Tagging Day 2

### Southeast Area Project Records Screening

Adult volunteers are needed to screen Project Record Books for the Southeast Area, ON Friday January 17th 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 6th if you are willing to serve.

### Scholarship Opportunities

Please visit the Kansas 4-H Resource [page](#) for Scholarship Opportunities: Kansas 4-H Scholarship, Kansas 4-H Dog Scholarship, Kansas 4-H Geology Scholarship, and Vanier Scholarship!



## Important Fair Changes

### MARKET LIVESTOCK SALE

Auction Clerk - Edw. B. Stephenson & Co., CPA

Monday, August 4, 2025 - 6:45 p.m. Cowley County Fairgrounds

1. The 4-H and FFA Market Livestock Sale will be for Market: Beef, Swine, Sheep, Goat and Rabbit Meat Pen only.
2. The sale order for 2024 will be: Meat Goat, Sheep, Beef, Rabbit and Swine
3. Animals sold through the sale must be exhibited at the Cowley County Fair.
4. Each 4-H and FFA exhibitor can participate in the Market Sale with one animal or rabbit meat pen only, and must exhibit their own animal in the sale ring. Exceptions may be considered for a substitute sale exhibitor with prior written approval prior to fair pre-entry deadline of a majority of the Market Livestock Sale Superintendents and the Cowley County Extension Agents for the following reasons: An official State or National 4-H/ FFA/Agricultural Industry event whereby the exhibitor is a documented officer or committee person.
5. The Market Livestock Sale Committee will announce a base bid on all species prior to the sale to be used only on all market animals sold through the Cowley County Fair. The base bid for all market animals will be subject to discounts for weight ranges according to industry standards. Discounts will be announced prior to the sale.
6. A charge of 3 percent of the total premium value only will be made for all animals. No commission will be charged on the base bid value of the animal. This fee is used to provide a special barbecue honoring buyers and other supporters of the Market Livestock Sale. It also covers advertisements, buyer's ribbons, and supplies.
7. All market livestock will be shown and sold based on official weight at fair weigh-in.
8. Each exhibitor must complete a "Livestock Destination" card for all livestock species eligible for the market livestock sale. This card must be turned in to the species superintendent by 2:00 p.m. on Saturday. There will be a 3% dock of premium money for cards which are turned in late or marked incorrectly.
9. All animals entering the sale **ring that are not "take home"** will be sold and must be picked up by a state inspected locker plant or to the base bid buyer.
10. Steers must be controlled without use of extra ropes or lariats.
11. 4-H/FFA members selling animals through the sale are expected to feed/water and care for them up until the time they are loaded on the truck **or taken home**
12. To qualify for the auction, market animals' weight must fall within the following ranges. No shrinkage will be calculated on any animals.
  - Market steers/heifers- minimum of 1,050 pounds
  - Market hogs- 230-290 pounds
  - Market lambs- Minimum of 90 pounds
  - Rabbit meat pen- 3-5 pounds each
  - Market goats- minimum of 50 pounds.
13. **Starting in 2025 the Market Livestock Sale is not a mandatory terminal sale, individuals will have the option to select "premium only and take home" on their Livestock destination card. These animals will sell as premium only and animal will go home with the youth member.**

[Sign Up Here!](#)



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# Market BROILER CONTEST

## 2025

**CHICK PICK UP  
AND EDUCATIONAL  
PROGRAM**  
**MARCH** Date TBD

**JUDGING**  
**APRIL**  
Date TBD  
Winfield Fair  
Grounds



Sign up closes  
January 1, 2025



10-15 Chicks provided  
per family, open for  
smaller groups



7- 8 weeks



Must be Enrolled 4-H Youth



T-Shirts for all exhibitors  
and Prizes for top teams



Family retains all meat

Following the judging portion we are  
excited to Collaborate with our Cowley  
County Farm Bureau and 4-H volunteers to  
guide the youth as they hands on process  
their birds!



## CONTEST SPONSORED BY THE HOUSE DONATION

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 Sarah LaGrone, 620-221-5450.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
K-State Research and Extension is an equal opportunity provider

**L.E.A.D.**

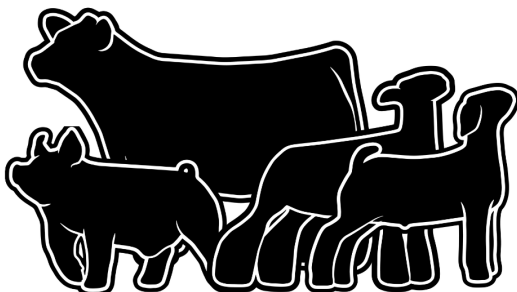
EMERGING **L**EADERS, **E**MPOWERING  
YOUTH WITH **A**CCOUNTABILITY AND  
POSITIVE **D**EVELOPMENT OPPORTUNITIES  
SMALL SPECIE MINI GRANT PROGRAM



We are excited to introduce the L.E.A.D Program! This is a small specie mini grant program focusing on emerging Leaders, Empowering youth with Accountability and positive Development Opportunities. This opportunity comes from the generous donations of the House Foundation. This program will be closely mirroring the Catch-A-Calf program. It will be available to Sheep, Swine and Meat Goat projects. Mini grants of \$500 will be awarded to the selected participants to go towards their market project. Participants will be held to a higher standard to become more knowledgeable about the industry, grow as leaders in their clubs and communities, and push themselves to the next level. Their projects will be exhibited at the Cowley County Fair and sold in the Premium Sale. Their projects will automatically go on to compete in the new carcass contest in Cowley County for sheep, meat goat and swine. This contest will be an opportunity for all youth to participate in with the carcass evaluation/tour on Friday following the fair.

Applications are due February 10th, 2025

<https://www.cowley.k-state.edu/4-h/livestock.html>



COWLEY COUNTY 4-H

*Livestock Judging*



Follow Cowley County 4-H Sweepstakes Team on Facebook to see updates, practices and contest opportunities.



**REGISTER HERE!**



**County 4-H Day is awesome opportunity for all 4-H members to showcase their speaking skills, knowledge, talents, and creativity!**

**Music/Talent will include:**

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

**Presentations Include:**

- Demonstration/Illustrated Talk/Project Talk
- Public Speaking
- Show and Share
- Model Meeting
- Gavel Games

- Favorite Foods**—Table Setting & Menu Table Exhibit  
Decorated Foods

**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.

**Regional 4-H Day**  
**MARCH 30 2025,**  
**AFTERNOON, TIME TBD**

BUTLER  
COWLEY  
SEDGWICK

**8 FEBRUARY 2025**

WINFIELD MIDDLE SCHOOL | DOORS OPEN 8:00 AM

**REGISTER  
BY  
1/24/2025**

## Favorite Foods @ 4-H Days

Eating together encourages family togetherness, provides better nutrition and is enjoyable! Showcase how you enjoy your "Favorite Family Foods" at 4-H Days. Participants choose their favorite menu and prepare one item in advance for their family at home. Take photographs of the food (and the member in action) to display with your entry (either a table setting or table exhibit). This is a great activity to accomplish over the holiday break!

Members must set up the table setting or exhibit by themselves by their assigned time on the day of 4-H Days. Consultation judging will be scheduled at 15 minute increments. Pre-entries for the Favorite Family Foods Show are accepted with 4-H Days pre-entries.

Categories:

### 1) Table Setting and Menu

Participants choose and print a menu (consider MyPlate recommendations) and display it with a proper place setting (placemat, napkin, flatware, plate, cup). At home, participants will make one item from the menu (ie, the favorite food) and take photographs of the member in action making the favorite family food and the finished food item.

### 2) Table Exhibit

Participants complete the table setting and menu but add a table, tablecloth and centerpiece. The member should identify one of the menu items that they have prepared for their family and be knowledgeable about preparation steps and nutritional value. Display photographs of the member in action making the favorite family food and the finished food item.

## Summer Food Fellows Positions (2)

**Position 1:** Work with Irving Elementary School Outdoor Classroom Garden and Cowley Farmers Market Association Vendors for video creation and marketing.

**Position 2:** Create best practices for incubator kitchens and help with food recovery/food preservation education and efforts.

Watch for more details to be shared in early December.

Food Fellows will receive a stipend of \$5,600 (\$17.50/hr) for the 320 hour project during summer 2025.

This position requires a high school diploma or equivalent, communication and computer skills. The positions will be housed at the Cowley County Extension Office. Personal vehicle required.



## 4-H Events

Willie and the Beanstalk is a soybean competition for Kansas K-12 students to encourage interest in the field and increase their knowledge of soybean development. Students who enter the competition will work to see who can grow the largest soybean plant. The contest can prove to be a valuable teaching tool as it allows students to plant their own soybean, then watch it grow and document the progress the plant has made.

The 2025 Willie and the Beanstalk competition will be held as part of the 2025 Spring Kansas State University Open house.

Rules for the 2024 contest. (2025 info has not been published)

Please contact [Sarah](#) by February 7, 2025 to register. Contest is open to all 4-Hers and schools.

### Horse Panorama

February 22-23, 2025 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 youth with the capitol building, but will also show them how they can affect the legislative process.

**When:** February 16-17, 2025

**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:** TBA

\* prices and details are subject to change. Details for 2025 have not been published yet.



Sponsored by Kansas State University  
Department of Agronomy

## KSU Junior Producer Days; Q&A

### Registration now open for the K-State Junior Producer Days!

Since 2025 is an odd year, we will be hosting Junior Swine Producer Day and Junior Meat Goat Producer Day (beef and sheep are in even years). [Registration](#) is now open and we look forward to seeing everyone in Manhattan in March!! All attendees must register, which includes all youth, parents, and adults. You must register by the deadline to receive a t-shirt. This information is also available on the KSU Youth Livestock Program website, under the [Junior Producer Days](#) tab.

### What are the junior producer days?

The junior producer day events are one-day family educational programs to learn about the selection and management of swine and/or meat goat youth livestock projects, as well as a variety of aspects related to the animal science industry. Each day is dedicated to one specie. These events are open to all ages and skill levels including youth, parents, extension agents, ag teachers, project leaders, and other volunteers. The tentative program and topics for each day. This is a family event! Parents and youth are invited to come learn together!

### Where will these events be hosted?

The 2025 K-State Junior Producer Days will be hosted at the Stanley Stout Center, which is in Manhattan, north of campus, near the KSU Sheep & Meat Goat Center and KSU Purebred Beef Unit. A map and more specific directions will be provided to families who register the week leading up to the event.

### NEW THIS YEAR – LIMITED REGISTRATION!

Registration for each junior producer day will be capped at 400 participants this year. Register early to reserve your spot! Space will be filled on a first come, first serve basis through the online registration process.

### Can the kids earn their YQCA Certification while we are there?

Yes! We will also be hosting an instructor-led YQCA certification class at the end of the day for each program. This is an opportunity for youth to complete their certification through an in-person class while they are here. Youth must complete the YQCA training annually (every year), unless they have previously tested out of their age group. You will need indicate if you plan to stay for this optional class during the registration process. Then, we will communicate more specific details on registering for the appropriate course through the [YQCA website](#) only with those who plan to stay and attend. You will need to register through the YQCA platform and pay the additional \$3.00/child fee prior to the class. The junior day registration is independent from the YQCA class and does not include that additional fee for the certification. If you have a child who cannot attend the producer day program, but would like to come at the end of the day just for the in-person YQCA certification, they are welcome to do so! Please email to receive communication specifically about the YQCA class.

### Are you going to talk about State Livestock Nominations?

A session over the state livestock nomination process will be hosted at the end of the day for those who are interested. It will be offered for parents concurrently with the YQCA class. So, the adults can come learn about the state nomination process, while the kids complete their YQCA certification. Then, everyone will be prepared for nomination season!

## **KSU Junior Producer Days continued**

Is there going to be a tour of the KSU Sheep & Meat Goat Center this year?

Families attending the junior meat goat producer day will have the opportunity to tour the K-State Sheep and Meat Goat Center on the Friday evening prior to the event, or after Saturday's program. Registrants will be asked to indicate if they plan to participate in the tour during the registration process this year, so we have an accurate headcount and know who to be expecting for this portion of the weekend. Shout out to Payton Dahmer, Kelsey Bentley, and the students who work at the unit for offering to provide this unique opportunity!

### K-State Junior Swine Producer Day

Date – Saturday, March 1, 2025

Registration Deadline – February 5

Cost - \$20/person by February 5

\*Only those who register by February 5 will receive a t-shirt.

\*\*Both youth and adults attending (including parents) need to register.

\*\*\*No refunds.

\*\*\*\*Participation is limited to the first 400 registrants.

\*\*\*\*\*Late registration fee after February 5 is \$25/person and these participants will not receive a t-shirt.

Online Registration - <https://commerce.cashnet.com/KSUASIND>

### K-State Junior Meat Goat Producer Day

Date – Saturday, March 22, 2025

Registration Deadline – February 26

Cost - \$20/person by February 26

\*Only those who register by February 26 will receive a t-shirt.

\*\*Both youth and adults attending (including parents) need to register.

\*\*\*No refunds.

\*\*\*\*Participation is limited to the first 400 registrants.

\*\*\*\*\*Late registration fee after February 26 is \$25/person and these participants will not receive a t-shirt.

Online Registration - <https://commerce.cashnet.com/KSUASIND>

## **Beef Production Day Camp**

February 22, 2025

at the Winfield Chamber of Commerce, 123 E 9th Ave. Winfield.

More info to come.

Register Here: <https://forms.gle/dsauevUEr82hTZkQ7>

## Shooting Sports

**Club Meeting - NO December Club Meeting** - Merry Christmas & Happy New Year...Next club meeting, Monday, Jan. 27th, 7:00 p.m., New Hope Fellowship Church, 1995 61st Rd.

**Archery practices, Dec. 5th & 19th** bi-weekly at 7:00 pm at the fairgrounds, building #1.

**Shotgun practice, 3rd Sunday, December 15th** 2:00 at the meadow - weather allowing. **\*\*Must email for a relay time for member to be on the practice line.**

**Air Discipline** (BB, Air Pistol, Air Rifle) **2nd Sunday, December 8th** at 2:00 at the fairgrounds.

Remember to enroll for the new year, at [v2.4honline.com](http://v2.4honline.com) for the 2024-25 practice season! Happy Holidays!!

--

**Austin Waite**

**Cowley County 4-H Shooting Sports Coordinator**

620-222-1982

P.O. Box 422

Winfield, KS 67156

[www.4hshootingsportscowleyks.com](http://www.4hshootingsportscowleyks.com)

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



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## 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 2024-2025 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, 2025.

Cloverbuds is for children ages 5-6 before January 1, 2025.

[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



### Excellent Community Service Opportunity!

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

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



4-H Day with the Lady Wildcats!

Saturday, January 4, 2025, 4:00 PM

K-STATE

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Kansas 4-H Day with K-State Women's Basketball

Opponent: Texas Tech Red Raiders

\$25: Ticket, Voucher (\$10 Concessions), & Shirt
\$15: Ticket & Voucher (\$10 Concessions)



How to Get Tickets?

- Register! Use the QR Code or the link below!
Pick up ticket packages - Location TBA closer to event. (1/4/2024) 2:30pm - 3:30pm
Doors open for the general public (1/04/2024, 3:00pm)
Tip-off! (1/04/24, 4:00 pm)



Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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Online registration for this event will be due December 13, 2024. No paper registrations will be accepted. To register, go to: https://tinyurl.com/4HDaywiththeCats2025

### Friends of Extension - Fall For Extension

Special thanks to 4-H Clubs who contributed items for the 9th Annual Fall for Extension event. This fundraiser helps support Cowley County Extension's educational activities, which includes 4-H activities.

Here are the highlights:

- Burden 4-H Club - Family Movie Night Basket, \$75
- Cameron 4-H Club - Coffee/Cocoa Themed Basket, \$100
- Dexter/Otto 4-H Club - Welcome Sign, \$275
- Floral 4-H Club - monetary donation of \$200
- Martha Washington 4-H Club - The Night Before Christmas Basket, \$90
- Muddy Creek 4-H Club - Upcycled Pig \$140, 3 Metal Hand Crafted Ear Tags, \$120
- Tisdale 4-H Club - 4-H Clover cutout, \$35 & monetary donation of \$75
- Udall 4-H Club - Christmas Gift Basket, \$100
- Walnut Valley 4-H Club - Gift Basket of local vendor items, \$75
- 4-H Council - monetary donation of \$500

\* Not all pictures of donations were available

