



## 4-H UPDATES



Official Newsletter of Meadowlark Extension District 4-H

# September 2024

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## Moving On From Extension

I will be moving on from the ranks of Extension. I have thoroughly enjoyed my 2+ years serving as the District 4-H Agent. It has brought me great joy seeing the youth set goals, achieve, and develop within the program. I will remember the connections I have made, and the lessons that I have learned from both volunteers and the youth.

I want to thank all of the young people, volunteers, and co-workers for making my time in the Meadowlark District enjoyable!

*Clay Roland*

## 48 Hours of 4-H 2024

Every 4-H Club is encouraged to join 4-Hers from across the state this fall in seeing just how much we can give back to our communities! The weekend after National 4-H Week is the perfect opportunity to setup a service project. Invite your friends, clubs, adult volunteers, potential 4-H members and 4-H alums too!

**When: October 12-13, 2024**

**Who:** 4-H Members, 4-H Clubs, Friends, Adult Volunteers, Parents, 4-H Alumni, Partnerships, Community Organizations, Potential 4-H Families

More information can be found at <https://www.kansas4-h.org/events-activities/conferences-events/48-hours-of-4-h/>.



# 48 Hours of 4-H

*A weekend of service. A lifetime of impact.*

## Kansas Youth Leadership Forum

The Kansas Youth Leadership Forum (KYLF) is planned for **November 23-24, 2024** at Rock Springs 4-H Center. KYLF is for youth ages 14-18 years of age before January 1, 2025. KYLF will feature leadership workshops, Youth Council Elections, and opportunities to learn and have fun. Registration will open in August. Registration deadline is **October 15, 2024** by 11:59 PM. For more information go to, <https://www.kansas4-h.org/events-activities/conferences-events/kansas-youth-leadership-forum/index.html>.



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## Kansas State Fair

One of the largest events in Kansas will be happening **September 6-15** in Hutchinson. This is the Kansas State Fair. This is the capstone event for many 4-Hers in their project work, but the Fair offers something for everyone.

For information about the 2024 Kansas State Fair please visit the State Fair website: [www.kansasstatefair.com/](http://www.kansasstatefair.com/).

Please refer to your specific counties newsletter page with information on when your 4-H entries need to be brought into the local Extension Office.

4-H results can be found at <http://www.kansas4-h.org/events-activities/fairs/kansas-state-fair/index.html>.

## Record Books—A Summary of Your 4-H Year

To mitigate stress, I hope that everyone has been working on their 4-H records throughout the year. In addition to the PDF versions of the Kansas 4-H Record Reports, Meadowlark District has continued to utilize the Kansas 4-H Record online template with ZSuite. Remember the completion of a 4-H Record Book is part of the annual requirement of 4H membership. During October, Record Books will be evaluated to determine local Project Champions. Members remember to only use the project records located on the Meadowlark District website, [https://www.meadowlark.k-state.edu/4-h/project\\_records.html](https://www.meadowlark.k-state.edu/4-h/project_records.html). Please consult with your Club Leader as your club most likely asks for these to be turned in at the club level much earlier than the deadline in which they are due to the office. Club Leaders need to review and submit record books to the Extension office.

## Youth Council and National Conference Applications

The Youth Council application and National Conference application are again combined this year. Applicants will indicate if they are applying for one or both opportunities.

This year's KYLF delegation will elect representatives from the four extension program regions (NE, NW, SE, SW) for one-year terms on council. Up to six National Conference delegates will be selected through an interview process at KYLF and they serve a two-year term on council.

Application information for State 4-H Youth leadership Council and National Conference is available at <https://www.kansas4-h.org/4-h-programs/teen-leadership-opportunities/youth-leadership-council/index.html>.

The deadline to apply is **October 1, 2024, by 11:59 PM**.

## Re-Enrollment

Each new 4-H year begins on **October 1**. On this day, enrollment and re-enrollment opens via the Kansas 4-H Online system as well. All re-enrollments must be completed by **November 1**. If re-enrollment is not completed by this deadline, youth will become ineligible for the current year to receive exhibitor premiums or participate in premium auctions, hold a leadership position at the county or district level, and more! For additional information please visit the website at: <https://www.meadowlark.k-state.edu/4-h/enrollment.html>.

## Important Due Date—September 30

As with every year, **September 30** is the last day of the 4-H year. This time of year is also a beneficial time to reflect on your year in 4-H: did you meet your goals, what have you learned, how can you improve for next year, have you grown as a young person through your 4-H work? The 4H record book, especially Permanent Record and 4-H.

Story, is a perfect place to journal this reflection. **LEADERS – September 30** is the date that completed 4-H Record Books, Achievement Pin applications (submitted to you by member), Club Seal Summary reports, Club Goal Summary reports, and other important local forms are all due to the Extension office. All of these forms can be found at <https://www.meadowlark.k-state.edu/4-h/forms.html>.

## Outbound Exchange Programs Operating in 2024

The International 4-H Youth Exchange (IFYE) programs provide international exchange opportunities for 4-H alumni from 19-25 years old. IFYE Representatives spend 2 to 3 months living with host families in countries all over the world. Participants can be gone June-August, June-September or September-December. Applications for 2025 are tentatively due **November 15, 2024**. More information about the IFYE programs can be found at <https://www.kansas4-h.org/events-activities/global-citizenship/international-4-h-youth-exchange-program/index.html>.

## 4hOnline

With another year of experience in 4hOnline, we hope that your interaction with the site went well! With that being said, now is a great time to review your 4hOnline account to make sure your data is accurate. This can mean your contact information, but years in each project and other data needs to be corrected prior to the end of the current 4-H year. September is the month for staff to do reviews, reports and maintenance; so please let us know of issues or corrections as soon as possible.

Screened and registered 4-H adult volunteers who do not have an active enrollment in 4hOnline yet will need to get this done as soon as possible! You could be in jeopardy of losing your status as a registered Kansas 4-H Volunteer. Members, as a reminder, club and project enrollment will not automatically propagate in your accounts, so please watch carefully come enrollment time. Stay tuned for more information, but please note that the enrollment process for the 2023-2024 year will not begin until **October 1**.

## Setting S.M.A.R.T. Goals

As you begin to think ahead about the new 4-H year, you may have things you want to improve, change, or accomplish as the year progresses. A great way to quantify these thoughts would be setting goals. All in all, these tactics will help you set goals that will increase your likelihood of successfully achieving your goals.

Setting goals is an important aspect of success, and how we can measure success. It can help guide focus and help trigger new behaviors. Ultimately, they help manage your focus and success.

Goals need to be S.M.A.R.T. which stands for:

- **Specific** – This is where you want you should be thinking about what you want to accomplish. This is where you would have to ask yourself the “W” questions; who is involved, what are you accomplishing, where is this, when will this be done, and why are you doing this?
- **Measurable** – What are you measuring to determine if you have met the goal? This will help make more quantifiable and provides a way to determine the progress of your goal.
- **Achievable** – This will focus on the importance of the goal. Additionally, you should think about how to accomplish the goal and if you have the skills and tools to accomplish the goal.
- **Relevant** – This should be focused around what makes sense for the broader picture at hand.
- **Time-bound** – A target finish date should be set for your S.M.A.R.T. goal. Additionally, you should have other check-in dates as well to ensure that you are on track to achieve your goal.

Here are two examples of S.M.A.R.T. goals that I pulled from 4-h.org:

1. Learn how to use my DSLR camera by completing the photography 4-H project and enrolling in the Clover County Library’s basic photography class this June.
2. Apply for to be a 4-H Camp Counselor for this summer and complete all required training by **June 1**.

I encourage you and your family to sit down and reflect on the last year. Next, I encourage you to think about the future year and develop S.M.A.R.T. goals to track your success as a 4-H family. These can also be included in your Record Books!

## Meadowlark District Encourages YOU to Volunteer!

We invite you to make the difference in the life of a young person. Volunteers make 4-H possible through the passion, skills, and talents they share with young people. 4-H volunteers are screened and receive ongoing training.

How do you get started? Talking to your local extension office is your first step in the volunteer process. You will then complete your application through 4-H Online. All Kansas 4-H volunteers must complete the Kansas 4-H Volunteer Screening process through their local Extension Office to work with Kansas 4-H youth. Your local Extension Office will guide you through the process.

Kansas 4-H offers a wide variety of involvement opportunities for adult volunteers, from a one-time event or program to a multi-year experience as a club or project leader. There are many roles for volunteers, check with your local club and/or Extension Office for more information.



# Project Spotlight



## Leadership

Leaders influence and support others in a positive way while working for a shared goal. Leaders aren't just elected. You can be a leader of committees, small groups, and teams. Learning about yourself and how you work with others is a key part of developing leadership skills. In the Leadership Project, you can practice leadership skills including teamwork, communication, encouragement, organization, goal setting, decision making, and solving problems. Understand roles, attitudes, tasks, and functions necessary for effective leadership. Get involved! Be an active participant in your 4-H club and involve your friends, too!

Starting out in this project, you could lead the 4-H pledge and the Pledge of Allegiance at a club meeting, prepare and give a project talk at a club meeting, and learn more about each officer position.

As you continue in this project, you can teach your club or project members to properly give a demonstration, participate on a 4-H Council committee, or help officers in your club with their understanding of parliamentary procedure.

As an older member of this project, you can serve as an Ambassador, learn more about different leadership styles, work with a team to organize and carry out a day camp, and run for club and 4-H Council offices.

To bolster your leadership, and harbor a deeper understanding, there are tons of opportunities! For example, you can attend a number of camps or conferences through 4-H! Attending the Rock Springs Ranch Leaders in Training session is a great opportunity to learn more in the summer. In November, KYLF happens at Rock Springs Ranch as well! Finally, Discovery Days happens in June, and they offer class sessions to develop leadership skills, amongst many other interesting topics.

There are many options to convey what you have learned in the Leadership Project. For the fair, you can develop a poster that teaches something or you can give a representation of the timeline of your process of doing a leadership activity. Furthermore, you could create a series of workshops of your interest and share it with others.

## Horse

Love horses? Then this project is for you! You will have the opportunity to learn, handle, care for and ride horses. Members may own or lease a horse, but must manage the horse 75% of the time, whether owned or leased.

Horseless horse members do not own or lease a horse. 4-H members participate by learning about horses and can participate in judging contests, quiz bowl, hippology, and give presentations. Horseless horse members may volunteer to assist with horse shows and trail rides.

### Starting Out

- Learn about personal protection equipment and clothing appropriate for working with horses.
- Learn about the "blind" and "flight zones" of horses and impact on safe handling.
- Learn how to approach and catch a loose horse.
- Learn how to tie a quick release knot.
- Learn basic bridling and saddling safety precautions.
- Learn basic riding safety precautions.

## Why 4-H ???

*(Noting the **IMPACT** of the 4-H Program in the lives of young people, in their own words.)*

*4-H has taught me how to conduct a business meeting and how to get a group to cooperate and coordinate for a good cause.*

# Jackson County News

## Thank You

A GREAT BIG THANK YOU to 4-H'ers, your families, 4-H Ambassadors, Fair Board members and all the Volunteers who made the 2024 Jackson County Fair a big success.

Each 4-Her can be proud of the things they accomplished this year. No matter what color of ribbon you won or how much your premium check is, you are ALL winners because you worked hard and learned many new things along the way.

*Jackson County Farm Bureau Association* provided a free meal for every 4-Her so a big thank you to them as well. Please take time to write thank you notes to the sponsors of your awards and others that helped with the fair. We need to let our volunteers and sponsors know that we appreciate their continued support.

## Remember to send your Trophy Sponsors and Livestock Buyers Thank You Notes or Cards!

Without their support we wouldn't have the trophies and premiums that we do. Trophy sponsors labels can be found on the thank you cards, on our website or you may call the office.

## Premium & Livestock Checks

Leaders may pick up Premium & Livestock Checks from the Extension Office after August 31<sup>st</sup>. **No checks will be mailed out or given to anyone besides your leader.** Please make arrangements with your leader. An explanation of the checkoff & deductions will be included with the livestock checks. **4-Hers please remember to send your buyers a thank you.**

## Special Thanks to Livestock Sale Crew!

A huge THANKS to Denison State Bank Crew and sale clerks. The Livestock Haulers are a special set of volunteers that help out year after year, working the back and we wouldn't have had a sale without them. Also, thanks to Dan Harris, Cody Askren, Craig Wischropp and Henry Hill for being the ring men and auctioneers for the evening. We couldn't have done it without all of you. Please be sure to send your thank-you's to the premium buyers, livestock buyers, livestock sale crew & clerks.

## Key Award

This is a state-wide award, the standards are set by the State 4-H Department. Applicants must be 16 years old by January 1, 2024 and enrolled in leadership at least four years.

## State Fair Entries

All exhibits going to the state fair need to be at the Extension Office before **September 3.**

## Record Books

The last phase of the 4-H year is the record book process. All 4-Hers will need to complete their record books. All the record book forms, permanent record, and personal page can be found on the Meadowlark District website [www.meadowlark.ksu.edu](http://www.meadowlark.ksu.edu). It's time to record what happened during the year, what you've learned, what brought you success, and what you can improve upon. Community Leader's will receive information on nominating 4-Hers for county awards. Your record books are **due to your club leaders. Club leaders please be sure to turn in the following on September 30.** Record Books for District judging, Club Goals, Pin Applications & Record Book Nomination Sheets.

## Judging of Record Books

If you are interested in helping judge record books, adult or teen leader over the age of 13, please let Cara know. This is a great learning experience. Those that have participated in the past really enjoyed the opportunity, as well as, pickup up ideas and lessons learned from judging them. We will be judging Nemaha County's record books on Sunday, **October 6** from 2:00-6:00 PM at the Northeast Kansas Heritage Complex.

## Club Elections

The following are suggested guidelines for conducting the 2024-25 club election of officers:

- Nominate and vote for the member who would carry out the responsibilities of the office well. **Election of officers should not be a popularity contest.**
- A nominating committee, made up of 4-H members & parents, should develop a slate of candidates, preferably two or more candidates per office.
- Vote on each office individually. It takes extra time, but allows important learning time for members.
- Club members should be allowed the opportunity to nominate members from the floor for offices.
- A club needs to have a motion, a second and approval to close the nominations for each office.
- A nomination does not need to be a motion. It can simply be, "I nominate Sally".
- Voting should be done by ballot. Ballots should be counted by two to three members who are not running for office and preferably not by members who made the nominations or by parents.
- Each member should have one vote per office.
- In cases where the club may have more than one person in office, each member should vote for corresponding candidates.



# Jefferson County News

## Record Book Judging

We will be judging record books for Jackson County on **October 14**. We will be doing this at the main fair building in Valley Falls. At least four older teens/ adults from every club are needed to select project award winners. Please watch your email for more information!

## State Fair Entries

Entries can be brought to the Oskaloosa office before or on **September 4** at noon. Please make sure that all accompanying paperwork is completed for your entry. Food exhibits need to be brought in before noon on September 4; everything will be transported to Hutchinson on that afternoon.

## State Fair Judging and Exhibitor Tickets

Kansas State Fair participant and exhibitor tickets will be available for pick-up in the Oskaloosa office. Each exhibitor will receive two general admission tickets. Call the office for availability.

## Jefferson County 4-H Council Meeting

The 4-H Council meeting will be on **September 23** at 7:00 PM at the Fair building. Business items will include election of officers, evaluation of the fair including dates and theme, organization of a financial advising committee, and setting dates for the 2025 Club Day and Carnival. Bring your ideas and calendar!

## Fair Follow-Up

Premium checks will be mailed to club leaders for distribution to members with fair exhibits. Premium Fund Donors can be found near the back of the Donor Book. Please, take time to let them know you appreciate their generosity.

Livestock premium checks will be mailed directly to members and will include a small deduction to cover buyer's plaques, accounting fees, and other costs associated with the sale.

Ideas on what you liked about our fair and improvements that you would like to see can be given to your club council representative to be discussed at the next 4-H Council meeting.

## Project Fair Coming

We are organizing a project fair to help begin the new 4-H year! If there are any projects that you would like to see in this fair, call or email Heather. This is a great way to see projects 4-H has to offer and try something new or to share some of your expertise! More information to follow!

## Fair Royalty

Congratulations to our 2024-2025 4-H Royalty.

- **King**-Jayden Herrman, Prosperity 4-H Club
- **Queen**- Sara Leitner, Jolly Juniors 4-H Club
- **Prince**- Tommy Welsh, Valley Victors 4-H Club
- **Princess**- Erin Bolinger, Fairview 4-H Club

Thank you to all of our royalty candidates who competed in the contest. You represented your club and yourself very well!

## Fair Thank You

It was a great fair week, and we are so happy to have so many talented and supportive people as part of our team.

THANK YOU TO ALL OF OUR VOLUNTEERS. It is your dedication and experience that make our events successful opportunities for our youth. Each of you plays an important role in making our fair run smoothly, and when it doesn't, you lend a helping hand to make things better.

THANK YOU TO OUR 4-H MEMBERS! It was wonderful to see your project work and to hear the judges' comments. We hope you will take the suggestions that the judges made for improvements and apply it as you set goals for next year in each of your projects.

THANK YOU TO ALL OF OUR AWARD DONORS and LIVESTOCK and PIE BUYERS.

Use the Donor Books, which are available in the office and on our webpage, to find out who you need to thank. Don't forget your club leaders, project leaders, and anyone else who helped you with your project work this year.

## Project Record Books

It's time to get those record books completed and turned in to your leader club leader by your club's designated deadline in September. Don't be late! You must use the project records found on the Meadowlark website at [https://www.meadowlark.k-state.edu/4-h/project\\_records.html](https://www.meadowlark.k-state.edu/4-h/project_records.html) You only need to turn in your 2023-2024 records along with your Permanent Record. This form and your Member Achievement Pin application should be placed in the front of your record book. You are not eligible for county or area awards unless record books are completed.



Record Book Forms

# Nemaha County News

## Thank You

The 2024 Fair was a great success because of all the help we had! We would like to THANK all the, fair board members, volunteers, superintendents and 4-Hers who helped make the Nemaha County Fair a success.

## Please Thank Sponsors

Over 150 businesses and individuals contributed thousands of dollars to the fair, not including the livestock auction. Please make sure that if you received an award of any type that you take the time and write the sponsor a thank you. It is not too late; in fact, you should thank them multiple times throughout the year! If you are not sure, contact Deb.

## Extra Special Thank You

Make sure to tell each Fair Board member THANK YOU. They put a lot of time and effort into making sure you 4-Hers have a fair. A list of all Fair Board members can be found in the front of the fair book.

THANK YOU to Mike Stallbaumer for providing live coverage of the livestock shows and auction. If you missed these shows they can still be found on the Nemaha County Kansas Fair Facebook page.

Because of Rainbow Communications we were able to have the live coverage. So make sure to Thank them as well.

## Fair Premium Checks

Premium checks will be sent to the club treasurers in September. The club treasurer will then hand out premium money to exhibitors at your club meetings.

Livestock premium checks, decorated cakes, cookie jars and bread basket checks will be mailed directly to members in September. You will see a small deduction to cover banners and meals for buyers, accounting fees and other cost associated with sale. **4-Hers please remember to send your buyers a thank you!**

If you see a green ribbon on your statement. That is for any exhibits that were not pre-entered. If you have a yellow ribbon, those are for exhibits taken before check-out time. You will not be paid for either of these ribbons.

## Fair Suggestions

Is there something you would like to see happen differently at the 4-H fair next year? Did you think something went well and want to make sure it doesn't get changed next year? If so, email Deb and she will forward this on to the Fair Board members. You can also talk with any Fair Board member; they are always open to suggestions.

## State Fair Entries

All exhibits going to the state fair need to be at the Extension Office **before noon on Wed., September 4**. We strongly encourage you to bring in your non-perishables state exhibits before **September 1**. You will be able to pick up your state fair entries anytime on September 18 or thereafter.

## 4-H Record Books

The last phase of the 4-H year is the record book process. All 4-Hers will need to complete their record books. All forms can be found on our website [https://www.meadowlark.k-state.edu/4-h/project\\_records.html](https://www.meadowlark.k-state.edu/4-h/project_records.html) It's time to record what happened during the year, what you've learned, what brought you success and what you can improve upon.

There is a general and livestock record. You only need to fill out one form for each project you are enrolled in and not each exhibit you took to the fair. **We ask that you turn in only your 2023-2024 records to your club leader in a 1" 3-ring binder.** Make sure you have a cover page on the binder with your name and club. If you have questions or need help with your records, please contact Deb, she will be happy to help you.

All record books are to go to your club leaders and not dropped off at the Extension office. Each club has set due dates for your record book to be turned into your club leader. Make sure to also turn in your Achievement Pin application and Event Scholarship Application which can be found on our website.

## National 4-H Week

Mark your calendars for **October 6-12**, as it is National 4-H Week. I am requesting that all 4-H members wear a 4-H shirt to school **Wednesday, October 9**.

## 4-H Council

Our next 4-H Council meeting will be **October 7** at 7:30 PM. This will be for the 2025 club representatives. Please come with ideas for "Friend of 4-H" and fair theme ideas.

## Record Book Judging

We will be judging Jefferson County Record Books on **October 16** from **9:00 AM** to ??? at our office. All clubs are required to provide **at least 2 adult volunteers, giving 8 hours of judging time.** The more volunteers, adult or older 4-Hers that we have, the quicker judging will go. If you plan to attend later in the day, a phone call to the office to check on the status of the workload is suggested before you come.



**Meadowlark Extension District**

**Oskaloosa Office**  
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Oskaloosa, KS 66066-0326

**Address Service Requested**

## Calendar of Events

- Sept. 3:** State Fair Entries due to Extension Office, JA
- Sept. 4:** State Fair Entries due to Extension Office, JF & NM
- Sept. 6-15:** Kansas State Fair, Hutchinson
- Sept. 23:** 4-H Council meeting, JF
- Sept. 30:** Record Books due to Extension Office  
Achievement Pin appl. Due to Extension Office  
Club Seal Summary reports due to Extension Office  
Goal Summary reports due to Extension Office
- Oct. 1:** Youth Council & Ntl. Conf. applications due  
4-H Open Re-enrollment/Enrollment
- Oct. 6:** Record Book judging, JA
- Oct. 6-12:** National 4-H Week
- Oct. 7:** 4-H Council meeting, NM
- Oct. 12-13:** 48 Hours of 4-H
- Oct. 14:** Record Book judging, JF
- Oct. 16:** Record Book judging, NM
- Oct. 31:** Last Day to re-enroll in 4hOnline
- Nov. 15:** Outbound Exchange Program applications tentatively due
- Nov. 23-24:** KS Youth Leadership Forum, Rock Springs



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