



**COTTONWOOD DISTRICT – BARTON  
4-H NEWSLETTER  
April—May 2022**

I wanted to reshare my newspaper article from a couple of weeks ago in case anyone missed it.

I came across a picture a few days ago that had the caption, “We can’t always choose the music life plays for us, but we can choose how we dance to it.”

I am part of a group of agents across several states who are reading and discussing the book, “The Positive Shift” by Catherine A. Sanderson. The research included in this book has been a fascinating look at how we can adjust our outlook as not all of us wake up every day filled with energy and excitement about a new day. For some, each day can be a struggle to be or stay positive. The research, however, shows that we can improve our physical and mental health by working on our outlook.

The last two years have been filled with frustration, separation, anxiety, and loss. Loss of civility, loss of relationships, loss of time together. I shared some pretty somber thoughts about loss with my 4-H families a few weeks ago with the reminder to check on themselves, their neighbors, and their friends.

At a good friend’s funeral recently, the message included that our friend had selected the Garth Brooks song, “The Dance” for the father-daughter dance at his daughter’s wedding. Our pastor related the words of the chorus which state:

“And now I'm glad I didn't know  
The way it all would end, the way it all would go  
Our lives are better left to chance  
I could have missed the pain  
But I'd have had to miss the dance”

I hope that your takeaway of the last few years is to truly cherish friends and family and listen to the music life gives you. Look for opportunities to be kind, be helpful, be community and choose your dance every day.

**Life is a Grand Adventure – Make every day count!**



# Family Resource Page



Saturday Sessions! We have a goal to help newer 4-H families or those in new projects to grow and learn about resources, activities, and events.

You will need to register for the Saturday Session by noon on the Friday prior via a Qualtrics survey link (see below) so we know how many to prepare for and a link will be posted for each session's sign-up.

For the next few months, we have scheduled the following:

**Apr. 9 10-11:30                      Projects: Rabbits/Poultry    Extension Office**

Get selection, handling and feeding suggestions, fair process, tattooing and paperwork, Round Robin. This is NOT a showmanship clinic but a chance to learn. [https://kstate.qualtrics.com/jfe/form/SV\\_5hbRgQWLYtjviMC](https://kstate.qualtrics.com/jfe/form/SV_5hbRgQWLYtjviMC)

**May 7 10-11:30                      Fair Registration    Extension Office**

Information about fair registration, fair week process and volunteers, check-in/check-out, KSF, Life Skills and Ag Skillathon, Horticulture [https://kstate.qualtrics.com/jfe/form/SV\\_2o65awOdnH2VKSy](https://kstate.qualtrics.com/jfe/form/SV_2o65awOdnH2VKSy)

**June 4 10-11:30                      Record Books        Extension Office**

It's time to update those record books! [https://kstate.qualtrics.com/jfe/form/SV\\_e4E9nsC7SC4GWW2](https://kstate.qualtrics.com/jfe/form/SV_e4E9nsC7SC4GWW2)

April 9—Saturday Session—Rabbits and Poultry

April 23—State Shooting Sports Match, Great Bend

May 7—Saturday Session—All Things FAIR!

May 25—YQCA, Extension Office

June 4—Saturday Session—Record Books

June 25—4-H Dog Show

June 30—Fashion Revue, Fiber Arts, Clothing Construction Judging

July 6-11—Barton County Fair

# LEADERS' CORNER



\*\*For club accounts which are mailed to the Extension Office, don't forget to change the address to 3007 10th Street beginning in December. We have set up new "mailboxes" for the clubs—stop by and see us!



\*\*This is a great time of year to be actively working on 4-H projects!

**For Foods**—practice measuring and reading a recipe; understanding food safety and kitchen safety; understanding where to find ingredients at the grocery store (and what you need for a recipe); perhaps, making one or more parts of a meal on a regular basis.

**For Photography**—take photos in different light and with different techniques (mirror, water, bright sunlight, portraits, landscapes) and practice printing and mounting onto boards as you do NOT want to wait until the day before check in!

**For Woodworking**—make sure you know how to use new tools safely; pick out a pattern or two and work on them in case you need to start over.

**For Visual Arts**—experiment with different mediums, learn about the mediums and styles of art. Practice and develop your project now.

**For Clothing and Textiles**—evaluate your wardrobe and upcoming events; try on different styles; watch for sales to purchase; learn about different types of fabrics and how to care for each one.

**Club Leaders—help remind 4-H members that we have curriculum for nearly every project area in the Extension Office for check out.**



\*\*\*\*\*As a reminder, help families review the fair book when the updated version is posted to check rules, sizes (we had a question about banners), and other specifics for department rules\*\*\*



Club Resources—are you stretched finding new ways to engage 4-H members at meetings? Check out these great resources!! <https://www.kansas4-h.org/resources/leader-resources/clubcorner/index.html>

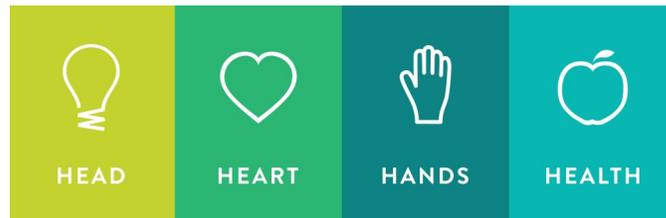
## Fair Shirt order

Club members will need to find out the deadline for ordering from your club leader.

Club Leaders will need to turn orders and payment into the office by 5 pm on May 1. We will provide an order sheet to Club Leaders via email soon to compile the orders.

Independent members can provide their order with payment to the Extension Office by 5 pm on May 1.

We will post the design and pricing on the Facebook page as soon as it is finalized!



## Fair entries

Entries for the Barton County Fair must be submitted by midnight on June 15!

The entry link on the Barton County Fair website is not active yet but we will email it to 4-H families and post to the Barton County 4-H Facebook page as soon as available.

The updated Fair Book will be available soon with minimal changes to Foods, Swine, and a couple of other areas.

The link to the paper form is <https://cottonwood.k-state.edu/barton-county4h/2021%204-H%20Fair%20Pre-entry%20Form.pdf>

\*\*Remember, fair entries are exhibits that reflect a year's project learning. NOW is the time to be practicing recipes and kitchen skills, learning new tools and plans for woodworking, taking and printing photos! The judge is looking forward to hearing from the 4-H member about everything they learned in the project this year not just how they made Grandma's cake last night for the first time.

The Extension Office has curriculum available for nearly every project area which can be checked out by 4-H families!

## Junior Leader Trip

A group of 9 junior leaders traveled to Branson over spring break for 4 days of fun. We have been selling peaches as a fundraiser for the last few years to save up for a trip like this. The committee came up with a points system to qualify to go. We had to participate in many activities at the county and state level as well as attend the jr leader meetings to qualify.

While in Branson we took in some of the sites and shows. We went to Wild World, Beyond the Lens, the Titanic museum, Dixie Stampede, and a quick stop at Table Rock Lake marina. We also got to stop at Fantastic Caverns on our way home. We rented a cabin where we each took turns planning and cooking breakfast. We also had a pool table in our cabin that was fun. Each person had a favorite activity, but I think the most fun thing for me was Beyond the Lens. We got to play old video games, try out virtual reality games, a lock-in room, and a fun ride called Fly Over.

Any 4-H'er in Barton County 12-years old and older can sign up for the Junior Leader project. We meet before county council meetings at the old 4-H building at 6:00.

Many thanks to chaperones Nathan and Melissa Woydziak!

Submitted by Landon Woydziak



## Summer Intern



**We are delighted to announce that Dalton Dicks will be joining the Cottonwood Extension District—Barton office for the summer!**

**In addition to assisting with fair preparation and activities, Dalton will have the opportunity to shadow other agents and plan a day camp.**

**Dalton is a Barton County 4-H alumnus and a student at WSU with a major in Communications and minor in Political Science.**

**We are excited to see Dalton put his leadership, communications, and technical skills to work!**

**You may also see 2021 summer intern, Tamara Robertson, as a 4-H program assistant. Her primary responsibility will be in Hays due to staffing constraints.**

# Crafting FUN

June 7, 2022

10 am -3 pm

Dilly & Doc

explore several 4-H craft projects!

Registration  
Fee  
\$5

Register with QR Code or URL



<https://tinyurl.com/5xrdt6x2>

\*Provided sack lunch and drink  
(includes sandwich, chips, fruit, cookie, water)

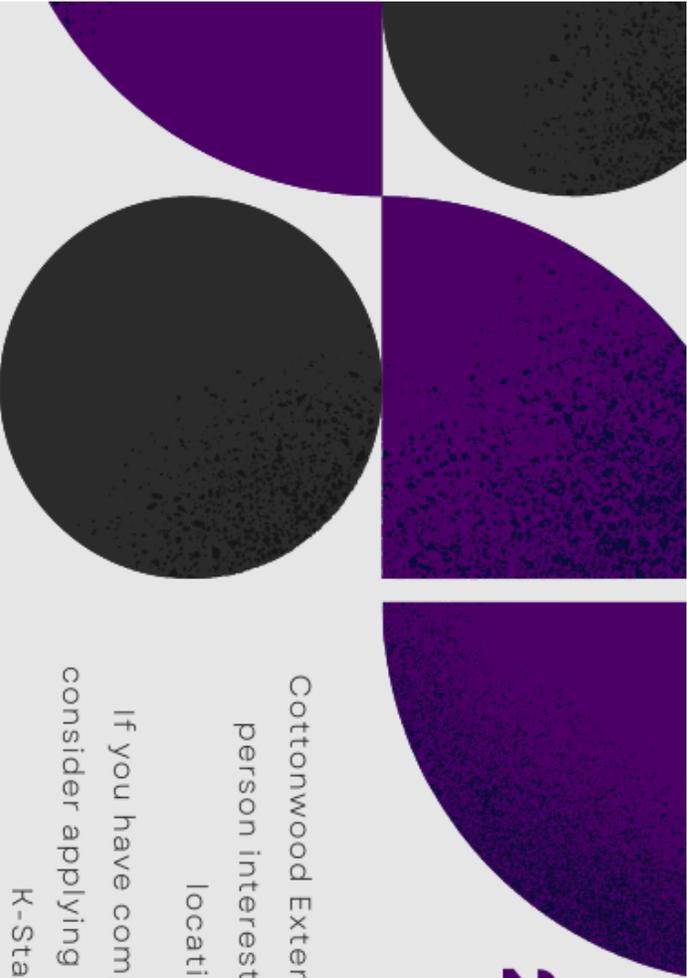
\*Reserve your spot by May 18

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Cottonwood  
District

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furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended.  
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Department of Agriculture cooperating.



# 2022 SUMMER INTERNSHIP

Cottonwood Extension District is seeking a self-motivated person interested in learning more about Extension: location will be in the Hays office.

If you have completed at least 4 semesters of college, consider applying for this opportunity to learn more about K-State Research and Extension!

To view the position announcement and application process go to:

[www.cottonwood.ksu.edu](http://www.cottonwood.ksu.edu)

**Application will remain open until filled**

Cottonwood Extension Office - Hays  
601 Main St.  
Hays, KS 67601  
(786) 628-9430



**K-STATE**  
Research and Extension

Cottonwood District

Kansas State University, County Extension Councils, Extension districts, and U.S. Department of Agriculture cooperating. All educational programs and materials are available without discrimination on the basis of race, color, national origin, sex, age, or disability. KSU 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 Donna Krug at 620-793-1910

Check out this great opportunity in the Ellis County office. If you know a college student (or graduating senior) who would be a good fit, please share!

**Junior Leaders**

**May 16 6-7 pm**

**4-H Council**

**May 16 at 7:30 pm**

**Meetings are held at the 4-H Education Building (Hwy 281) OR Zoom Conference Call**



**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](http://www.Kansas4-H.org)

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Research and Extension | **GROWS HERE**

**Stay in touch with Cottonwood Extension District—Barton 4-H**

[www.cottonwood.ksu.edu](http://www.cottonwood.ksu.edu)

620-793-1910



Instagram

Cottonwood 4H-Barton County



K-State Research and Extension—Cottonwood Extension District

Barton County 4-H Members