



**COTTONWOOD DISTRICT – BARTON
4-H NEWSLETTER
December 2024-January 2025**

Goodness—It's December! If your house is like ours, this year has flown by and I can barely keep up.

While the next couple of months are filled with lots of fun—and sometimes stressful—events, I hope that you can take a bit of time to enjoy the activities, family and friends, and some time outdoors enjoying nature.

Kansas 4-H shared a Holiday Activity Guide which includes lots of fun and inexpensive ideas, many with a theme of sharing with a neighbor or friend and practicing civic engagement. You can find it [HERE!](#)

4-H Club Day and Regional Club Day will be here very soon and now is a great time to be putting a presentation together. Even if you aren't ready to present to a judge and audience, I encourage everyone to watch, listen, and learn!

This is a great time to set goals and make plans for 4-H projects.

Livestock members are certainly beginning the process of selecting, feeding, and halter-breaking.

For Foods & Nutrition, are you taking a role in planning a meal each week or helping with the grocery list? Are you practicing measuring and trying new recipes?

As someone who crochets, I like to curl up with a project during the winter rather than when it is hot and humid. Do you have a pattern and yarn selected?

Winter photography is fun, challenging, and can have beautiful results! Are you looking for days and places to practice?

Some projects may need a field trip or other event so now is the time to check the calendar and make plans.

After my very serious reminder in March to not take things for granted, know that I appreciate each and every 4-H family! I look forward to 4-H members taking on bigger responsibilities and leadership roles, improving their communication skills, and growing in confidence and decision-making.

Life is a Grand Adventure – Make every day count!



Family Resource Page



| | |
|--------------|---|
| Dec 3 | Golden Belt Community Foundation Giving Tuesday |
| Dec 24 | Extension Office closed |
| Dec 25-Jan 1 | Extension Office closed |
| Dec 30 | Foods Workshop. 10-12 |
| Jan 4 | 4-H Day with the Wildcat Women |
| Jan 8 | DEADLINE for SR Project Records for Regional Competition |
| Jan 17 | DEADLINE for 4-H Club Day entries |
| Feb 2 | 4-H Club Day |
| Feb 16/17 | Citizenship In Action, Topeka |
| Feb 22/23 | Horse Panorama, Rock Springs Ranch |
| March 1 | Junior Producer Swine Day |
| March 14 | Regional 4-H Club Day |
| March 17 | Foods Workshop 10-12 |
| March 21 | Quilt Guild Sewing Class (see flyer for more information!) |
| March 22 | Super Saturday, Colby |
| March 22 | Junior Producer Meat Goat Day |
| May 23 | Foods Workshop 10-12 |

JUNE 25-29 2025 Barton County Fair

Interested in testing your evaluation skills?

Interested in a day of fun and learning?

Join 4-H youth on March 22 for Super Saturday at Colby Community College! This event alternates sites with FHSU and the morning involves multiple judging contest such as Life Skills, Entomology, Crop ID, Weed ID, and Photography. In the afternoon, you can test your livestock judging skills or participate in one of several project-related activities such as STEM or Visual Arts.

Watch for more information in December!

48 Hours of 4-H Report

On Saturday October 12, 29 4-Hers met in the Great Bend High School FACS room to bake cookies for first responders. During three shifts, six junior leaders led volunteers in baking 43 dozen cookies. Members also colored thank you notes to be delivered with the boxes of cookies that were distributed to area community police, fire stations, and hospitals.



Submitted by Russell Kern

Shutterbugs and Live Well Lead Well Workshops

If given the opportunity, participate in state 4-H led activities. On October 5, I went to a Shutterbugs and Live Well Lead Well Workshop in Oskaloosa. Shutterbugs was a photography focused activity. Talented leaders led activities on black and white photography, how to focus on small objects, using the horizon, and different settings to be successful. One session focused on how to take good shots of bubbles. That same afternoon, I attended a Live Well Lead Well Workshop. This focused on the 4 H's of 4-H. We did hands-on activities about Strong Minds, Active Hearts, Helping Hands, and Healthy Lives. We used the blender bike to make salsa and a fruit smoothie. I learned half of our plates each meal should be fruits and vegetables. We had a session on yoga and we painted kindness rocks to leave in our communities. Going to state activities can give you ideas to bring back to your club and county.

Submitted by Russell Kern



Regional Project Records

If you had the top Project Record (see list below), consider making corrections/updates based on the local judging process and submitting your Senior Project Record for Regional competition. We can send ONE project record from each category.

- 1) Please review the [Guide to Kansas 4-H Project Recognition](#) to assist in preparing your cover letter and project resume.
- 2) Review the rubrics for the [Project Report Form](#) and the [Cover Letter & Resume Evaluation](#).
- 3) Assembling the 4-H Project Award

The following items must be turned in for a complete Regional Project Award submission in the following order:

1. Check Sheet
2. Personal Information Page
3. Cover Letter
4. Resume
5. Project Report Form

Please do not include:

- 4-H Permanent Records
- Plastic page sleeves

Project Records are due to the Cottonwood-BT office by 5 pm on Wednesday, Jan. 8.

Those qualifying for Regional Competition are:

Kassie Linsner—Dairy Goat, Swine

Kylie McCormick—Dog

Russell Kern—Foods & Nutrition

Jonas Kern—Leadership

Ailey Williams—Performing Arts

Melody Braddy—Photography

4-H Club Day

What: Exercise communication and presentation skills!

When: Sunday, February 2, 2025

Where: Hoisington High School

Why: 4-H Club Day is an opportunity to present a project talk, demonstration or illustrated talk, a musical selection, or to work together as a club to present a skit or model meeting. Cloverbuds and very young 4-H members can present a Show and Share while our 13+ 4-H members can participate in Public Speaking, Extemporaneous Speaking, or Application, Resume, Interview (ARI).

Register by 1.17.2025 via the [REGISTRATION LINK!](#)

If a section runs out of available slots, please let Michelle know and she can add.

Plan to come and watch others present! It is a great way to learn and support your club members.

Updated 2025 Guidelines are posted at:

https://cottonwood.k-state.edu/barton-county4h/barton_4hforms.html

We will offer Life Skills judging and Photography judging from 1:30-2:15!

Regional 4-H Club Day will be Friday, March 14.

Saturday, January 4, 2025, 4:00 PM

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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)



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K-State Research and Extension is an equal opportunity provider and employer. Resource:
<https://www.apa.org/topics/resilience>

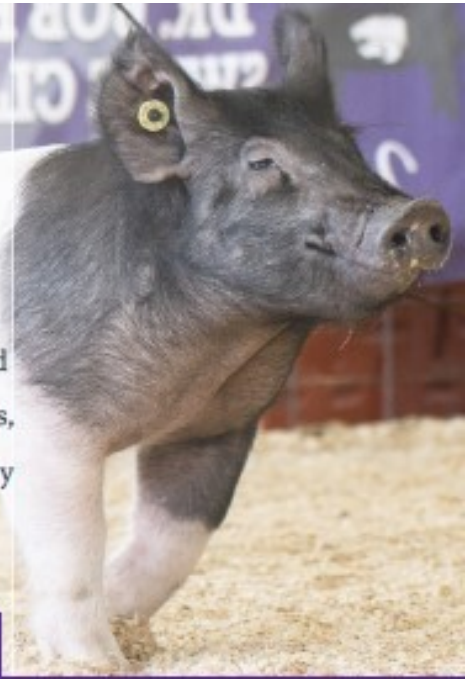


Online registration for this event will be due December 13, 2024. No paper registrations will be accepted. To register, go to:

<https://tinyurl.com/4HDaywiththeCats2025>



2025 K-State Junior Swine Producer Day



Join us on Saturday, March 1, 2025 for the biennial K-State Junior Swine Producer Day at the Stanley Stout Center in Manhattan. This educational event will be a fun-filled day in which youth, parents, agents, ag teachers, and swine project leaders can increase their knowledge of youth swine projects. Presentations will be provided by K-State faculty members, graduate students, former exhibitors, and guest speakers. All ages and skill levels are invited! Participants will receive a K-State Show Pig Guide, t-shirt, and complimentary lunch. Only those who register by February 5 will receive a t-shirt. The registration fee is \$20/person for those who sign up by the registration deadline, or \$25/person after that date. Registration is limited to 400 attendees, on a first come, first served basis. This is a family event! Anyone attending must register, including all youth and adults.

March 1



Tentative Schedule

- 8:00AM Registration Opens
- 9:00AM Welcome
- 9:15AM Project Selection
- 10:00AM Breakout Sessions
 - Nutrition, Meats, Facilities & Equipment, Breeds & Ear Notching
- 12:00PM Lunch
- 12:45PM Health
- 1:30PM Breakout Sessions
 - Showmanship, Daily Care & Clipping, Show Day Prep, Resources
- 3:00PM Wrap-up
- 3:30PM YQCA Training (optional)



Registration

- ☑ \$20/person by February 5
- ☑ \$25/person after February 5
- ☑ Late registrants will not receive a t-shirt.
- ☑ All attendees must register, including youth, parents, and adults.
- ☑ No refunds.
- ☑ Attendance is limited to the first 400 participants to register.



Questions?

Joel DeRouchey
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785.532.2280

Lexie Hayes
adhayes@ksu.edu
785.532.1264

Register By February 5

Limited Attendance

Location
Stanley Stout Center

Register Online
<https://commerce.cashnet.com/KSUASIND>

K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age, or disability.

K-State Research and Extension and the Department of Animal Sciences & Industry, or their assignees, reserve the right to photograph, record the image and/or voice of participants for future research, educational, or promotional purposes. By attending, you provide consent to the above items and waive all rights to claims for payment or royalties in connection with any use of said images or recordings, unless you notify event organizers you withhold consent, in writing, prior to the event.



Scan Me!

K-State Junior MEAT GOAT PRODUCER DAY

3.22.25

Event

Join us on Saturday, March 22, 2025 for the biennial K-State Junior Meat Goat Producer Day at the Stanley Stout Center north of the K-State campus in Manhattan. This educational program will be a fun-filled day in which youth, parents, agents, ag teachers, project leaders, and volunteers can increase their knowledge of youth meat goat projects. Presentations will be provided by K-State faculty members, graduate students, former exhibitors, and guest speakers. All ages and skill levels are invited! Participants will receive a K-State Meat Goat Show Guide, t-shirt, and complimentary lunch. Only those who register by the deadline on February 26 will receive a t-shirt. The registration fee is \$20/person before February 26 and \$25/person after the deadline. This is a family event! Anyone attending must register, including all youth, parents, and adults. Registration is limited to 400 participants, filled on a first come, first serve basis.

K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age, or disability.

Registration

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- 🕒 No refunds
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Scan me!

Questions?

Lexie Hayes
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785.532.1264

Tentative Program

Friday, March 21

5:00-7:00PM *Optional Tour*
Sheep & Meat Goat Center

Saturday, March 22

8:00AM Check-in

9:00AM Welcome

9:15AM Selection

10:00AM Breakout Sessions

-Nutrition

-Facilities & Equipment

-Doe Management &
Kidding

11:15AM Health & Wellness

12:00PM Lunch

1:00PM Breakout Sessions

-Showmanship

-Reproduction

-Clipping & Grooming

3:15PM Wrap-up

3:30PM YQCA Training (*optional*)

4:00-6:00PM *Optional Tour*
Sheep & Meat Goat Center

Register Online

[https://commerce.cashnet.com /
KSUASIND](https://commerce.cashnet.com/KSUASIND)

By
February 26

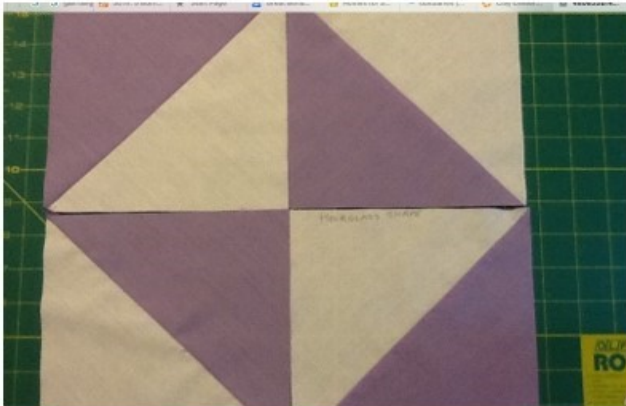
Beginning Quilting Workshop Set

Members of the Central Kansas Thread Benders Quilt Guild are excited to share a fun project that you can complete during a spring break workshop.

Mark your calendar for **Friday, March 21st**, and come to the Extension office (3007 10th Street) meeting room from **9:00 – 10:30 AM**. You will need to bring two 10-inch squares of contrasting fabrics and a ½ yard piece of fabric to complete a 12" pillow. You will also want to bring a spool of thread that matches your fabric.

All other equipment (sewing machines, cutting mat, scissors, etc) will be provided. This project will give you some basic quilting skills and you will come away with a pillow that you may want to enter in the Fair.

Class size is limited to 10 so call the Extension office @ 620-793-1910 before March 14th to reserve your spot. Call Donna Krug, (620)282-7338 if you have any questions.



Disappearing
Hourglass Quilt Block



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CONGRATULATIONS TO MELODY BRADY!

During KYLF (Kansas Youth Leadership Forum), Melody was selected to the Kansas 4-H Youth Council as a delegate to the National 4-H Conference in April 2025! The National 4-H Conference is a working conference in which youth and adults, at the invitation of the Secretary of Agriculture, assist in the development of recommendations to help guide 4-H Youth Development programs nationally and in their communities. The event provides youth the opportunity to acquire practical knowledge and skills to reinforce the attitudes and motivation that will give them a heightened sense of responsibility and capacity to connect with others as active member of society. Youth will engage in educational activities to explore, practice and master civic engagement skills and personal development to make a difference in their community, country and world.



LEADERS' CORNER



CLUB LEADERS—It is very important that you set up a Volunteer Profile in 4-H Online and verify that you have completed the volunteer training in 4-H Online! This helps us manage volunteer resources, training, and certification. Please remember that in order for a 4-H Club to be in good standing you must have TWO leaders who have current 4-H volunteer certification. As we began the new 4-H year on Oct. 1, please complete your paperwork as well as working with 4-H families!



Please visit with your club's 4-H Council Representatives so that they are aware of their role and responsibility to attend 4-H Council and fulfill their elected duties. They serve as the conduit of information between the club and the county-wide 4-H Council.



How can you help your club members prepare for 4-H Club Day?

- 1) Remind them to sign up via the Sign-Up Genius link on pg 4
- 2) Share the resources at: <https://www.kansas4-h.org/projects/leadership-personal-development/communications.html>
- 3) Encourage them to Practice, Practice, Practice!



Also, a great resource for welcoming new members (and not just at the first meeting) can be found at https://bookstore.ksre.ksu.edu/download/welcoming-new-4-h-members_4H1117



Project Records—Have everyone bring their Goal Setting Sheets and Project Records to your next meeting! Check on updates, upcoming opportunities—this can be fun and interactive; maybe toss out a piece of candy for updates?

<https://www.kansas4-h.org/resources/awards-and-recognition/index.html>

2024-25 4-H Enrollment

Why enroll Oct-Dec?

The goal of 4-H is project learning throughout the year, not just to produce a fair entry!

The sooner your family is enrolled, the sooner you are added to email lists for communication.

Clubs should not elect officers from non-enrolled 4-H members (that's hard to keep in mind during October officer elections!) so get enrolled ASAP if you were elected to a club office.

Selecting Projects—setting goals

Using the goal setting sheet (https://bookstore.ksre.ksu.edu/download/setting-4-h-project-goals_4H1100) is a great way to start your project year!

Keep in mind that winning Grand Champion or a purple ribbon is not a goal. Goals should be SMART: **Specific** (bake a cake), **Measurable** (understand and improve the texture of my cake), **Achievable** (I can do this myself or with help from a family member); **Relevant** (I am enrolled in the Foods & Nutrition project); **Timely** (one/week in Feb-May)

Why start Project Records early in the year?

By having Project Records out in October, you have the opportunity to look ahead for activities and events that provide learning/practice or where you need to practice at home.

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Setting 4-H Project Goals

Name: _____ Club: _____ Year: _____

Now that you have selected your 4-H projects for the year, it is important to plan out what you would like to learn and accomplish. What new skills would you like to gain? Who is going to help you along the way? Setting measurable goals will help guide you through positive 4-H project learning experiences.

WHAT IS A GOAL?

A GOAL is . . . Deciding what you want to do and learn in a 4-H project.
A road map. It helps you get where you want to go.

Your goals should have three parts that will allow you to measure and check your progress. The three parts of a good goal, include:

1. **ACTION** — How are you going to do something.
2. **RESULT** — What are you going to do. Be specific!
3. **TIMETABLE** — When are you going to do it.

This worksheet is designed to help you set your 4-H project goals. Below are some examples of well-written goals:

| Action | Result | Timetable | Who Will Help Me |
|-----------------|---|---------------------------|-----------------------------|
| I want to learn | about my bucket calf's nutritional needs | before county weigh-in. | Dad |
| I want to make | three nutritious snacks for the nursing home residents | by our June club meeting. | my project leader |
| I want to learn | about the aerodynamics of my rocket | before the spring launch. | Mom |
| I want to lead | a horse project meeting | by February. | my extension agent |
| I want to keep | accurate records of my photography project experiences and expenses | monthly. | my project leader & parents |

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 record keeping. For example, "I want to win grand champion with my cookies at the county fair," does not pass the control test. A 4-H member doesn't have control over ribbon placing.

Now it is your turn. Practice writing three goals that you would like to accomplish this 4-H year. If you need help, ask an adult to assist.

| Action | Result | Timetable | Who Will Help Me |
|-----------------|--------|-----------|------------------|
| I want to . . . | | | |
| I want to . . . | | | |
| I want to . . . | | | |

Time to begin. In the spaces provided on the next page, set your goals for each project you are enrolled in this year. Attach additional pages as necessary.

Please keep in mind that younger 4-H members will have fewer, less complex goals than older, more advanced 4-H members. A good rule of thumb is three to five goals per project for ages 7 to 10, four to eight goals per project for ages 11 to 13, and seven to 12 goals per project for ages 14 to 18.

For older youth, you may need to include leadership activities related to the project and this is much easier to plan over the winter months instead of when the year is nearly complete.

4-H Online Resources are available at:

<https://www.kansas4-h.org/resources/4-h-online/index.html>

Junior Leaders

December 16

6 pm

4-H Council

December 16

7:30 pm

Council committees meet before the meeting or at 7 pm on meeting nights or may schedule meetings at other times.

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

New schedule—4-H Council determined at 8.16.24 meeting to meet on the following dates: Oct 21, Dec 16, Feb 17, Apr 21, and Aug 18. This is a **CHANGE** but minimizes meetings on holidays and for more efficient business at the beginning of the 4-H year.



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

www.cottonwood.ksu.edu

620-793-1910



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Barton County 4-H Members